

## Web Resources

[loveisrespect.org](http://loveisrespect.org)  
(live 24-hour chat)

**Dating Violence Resource Center**  
[dvrc-or.org](http://dvrc-or.org)

[azrapeprevention.org](http://azrapeprevention.org)

[peersolutions.org](http://peersolutions.org)

[kaitysway.org](http://kaitysway.org)

[weboffriends.org](http://weboffriends.org)

[helpfixthehurt.org](http://helpfixthehurt.org)

**Family Advocacy Center**  
602-534-2120  
[phoenix.gov/fac](http://phoenix.gov/fac)

**Arizona Coalition to End Sexual and Domestic Violence**  
602-279-2900  
[acesdv.org](http://acesdv.org)

## Hotlines

If in danger call 9-1-1

**Teen Life Line**  
1-800-248-8336

**Tumbleweed Center for Youth Development**  
1-866-SAFE-703  
(7233)

**LGBT National Hotline**  
800-246-PRIDE (7743)

**Crisis Response Network, Inc.**  
Suicide prevention  
1-800-631-1314

**Rape, Abuse, Incest National Network RAINN**  
1-800-656-HOPE (4673)



City of Phoenix



## Teen Relationships

**Aim High...**

**Demand Respect!**



It takes everyone to **prevent** domestic, dating, relationship and/or sexual **violence** before it begins. If you see or hear something that is not ok, when safe **speak up**. There are many people out there that care and want to help.

## Who Does this Affect?

**A**nyone can be hurt in a relationship. It does not matter how much money you or your family have, what race you are or if you're gay or straight, popular or not.

It can occur in person or electronically and may occur between a current or former dating partner.



## Get the Facts

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- Twenty-five percent of high school girls have been victims of physical or sexual abuse.
- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

## Warning Signs

### *Does your partner...*

- Threaten or physically hurt you
- Put you down
- Want your passwords to keep tabs on you by monitoring your social media; Instagram, Twitter, Facebook, text messages and calls
- Want to take pictures or videos of you in sexual situations
- Threaten to post pictures or spread rumors of you that you don't want
- Force or pressure you to do things you feel uncomfortable doing, including how to dress or sexual acts
- Tell you who you can be friends with
- Keep you from spending time with friends and family
- Threaten to "out" you to family and friends
- Threaten to commit suicide or tell you, "If I can't have you no one will"

If you answer **YES** to any of these questions, you may be in an **unsafe** relationship.

## Self Assessment

### *Are you...*

- Thinking of hurting yourself
- Unsafe when you're with your partner
- Hiding bruises or other injuries
- Withdrawing from family and friends
- Sending your partner nude pictures
- Skipping school, doing poorly or falling behind
- Experimenting with drugs or alcohol to cope
- Afraid or embarrassed to talk to someone about what is going on
- Doing things you know are not right for you

If you answered **YES** to any of these questions, you are not alone. You can get help. Learn more from the websites listed in this brochure.

***If you are thinking of hurting yourself, call***  
**CRISIS RESPONSE NETWORK**  
**602-222-9444**  
24-HOUR HOTLINE