

RESOURCES FOR TEENS

If anyone is in immediate danger, call 911.

Safety Planning

A safety plan is an individualized, practical plan that outlines ways to stay safe while in a relationship, while planning to leave a relationship, or after a relationship has ended. A good plan includes vital information about how to cope with emotions, reach out to and talk to others, and how to take action. It is important that teens have this type of information laid out in advance of stressful situations when it is often difficult to think clearly.

As an educator, you can help a teen in an unhealthy or unsafe relationship develop a safety plan. Safety plans are relevant to all individuals in an unhealthy or unsafe relationship. They are relevant for both teens being hurt by their partner, in addition to teens trying to change their unhealthy or violent behavior toward others and plan for situations that challenge their emotional control.

Loveisrespect.org has an interactive tool to create a safety plan.

<http://www.loveisrespect.org/get-help/safety-planning>

Once you've taken notice and listened, you may need to connect a teen in an unhealthy or unsafe relationship to professionals trained to help teens navigate relationships and assist in identifying options.

Below is information for national resources. Many of these websites can also help you identify more local organizations. There are also additional resources available on the home page of this training and by clicking the notebook icon that appears in the top-right corner of each module.

LOVEISRESPECT

<http://www.loveisrespect.org> | 1-866-331-9474

Loveisrespect provides 24/7 support and help to teens in an unhealthy or unsafe dating relationship, including a free and confidential helpline, an anonymous online chat with a peer advocate, and a text chat (text "loveis" to 22522). The website also contains resources on dating and dating safety.

GAY, LESBIAN, BISEXUAL & TRANSGENDER (GLBT) NATIONAL HELP CENTER

<http://www.glnh.org/chat/index.html> (Online Peer-Support Chat)

1-800-246-PRIDE (7743) (National Youth Talkline)

The GLBT National Help Center offers free, confidential, and one-to-one support for teens and young adults up to age 25 who need to speak about relationship concerns, coming-out issues, school problems, parent issues, and other topics.

RAINN NATIONAL SEXUAL ASSAULT HOTLINE

<https://ohl.rainn.org/online/> | 1-800-656-HOPE (4673)

The Rape, Abuse & Incest National Network (RAINN) offers free, confidential, 24/7 support online and by phone to sexual assault victims and their friends and families. Trained staff members provide support and information about sexual assault, including resources and referrals to local sexual assault service providers.

NATIONAL RUNAWAY SAFELINE (NRS)

<http://www.1800runaway.org> | 1-800-RUNAWAY (786-2929)

The NRS is a 24-hour crisis line and website that provides solution-focused, confidential support to keep runaway, homeless, and at-risk youth safe and off the streets. The website also contains runaway prevention curriculum and other resources and tips for educators and parents.

THE TREVOR PROJECT

<http://www.thetrevorproject.org> | 1-866-488-7386

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24. Teens can get immediate help by calling the 24/7 lifeline or chat with a trained counselor online and via text (text "Trevor" to 1-202-304-1200). The website also contains online, interactive trainings and other resources for adults to learn about the risks and challenges LGBTQ youth face and how they can help.

LEGAL PROTECTIONS AND SERVICES

<http://www.loveisrespect.org/legal-help/> | 1-866-331-9474

Loveisrespect provides information about what the police can do, ways to document abuse, and how to get a restraining or protection order. In 2010, the organization conducted a National Survey of Teen Dating Violence Laws and created state report cards that detail what legal protections are available to victims based on where they live. The report cards are available on the loveisrespect website (<http://www.loveisrespect.org/resources/teen-dating-violence-laws/>). Although loveisrespect staff cannot give you specific legal advice, they can locate a legal advocate in your area who can help.

COUNSELING OR MENTAL HEALTH SUPPORT

<http://locator.apa.org>

The Psychologist Locator is a service of the American Psychological Association Practice Organization that makes it easier to find practicing psychologists based on geographic location, area of specialization, cultural sensitivity, language(s) spoken, ages served, and type(s) of insurance accepted.