



High School Student Resources

Teen Dating Violence, Sexual Violence, and Healthy Relationships



- **Safe+Sound Somerset has a 24/7 anonymous, local helpline.**
 - Anyone can call or text for supportive listening or information about dating violence, sexual violence, or free services.
 - You do not need parental permission to call or text the helpline.



- **Ask Ava** – a weekly 3-5 minute podcast where Safe+Sound staff and volunteers answer questions from Somerset County teens about relationships and friendships.
 - <https://www.safe-sound.org/ask-ava> or wherever you listen to podcasts
 - Transcripts available here: <https://www.buzzsprout.com/829681>
- **National Suicide Prevention Lifeline:** 1-800-273-8255 + online chat; <https://suicidepreventionlifeline.org>
- **2NDFLOOR NJ Youth Helpline:** 1-888-222-2228; www.2ndfloor.org
- **RAINN – National Sexual Assault Hotline:** 1-800-656-4673; live chat [here](#)
- **STOPit messenger app** to report crimes anonymously (Access Code: SOMERSETNJ)



Free Services for Children, Teens, and Adults

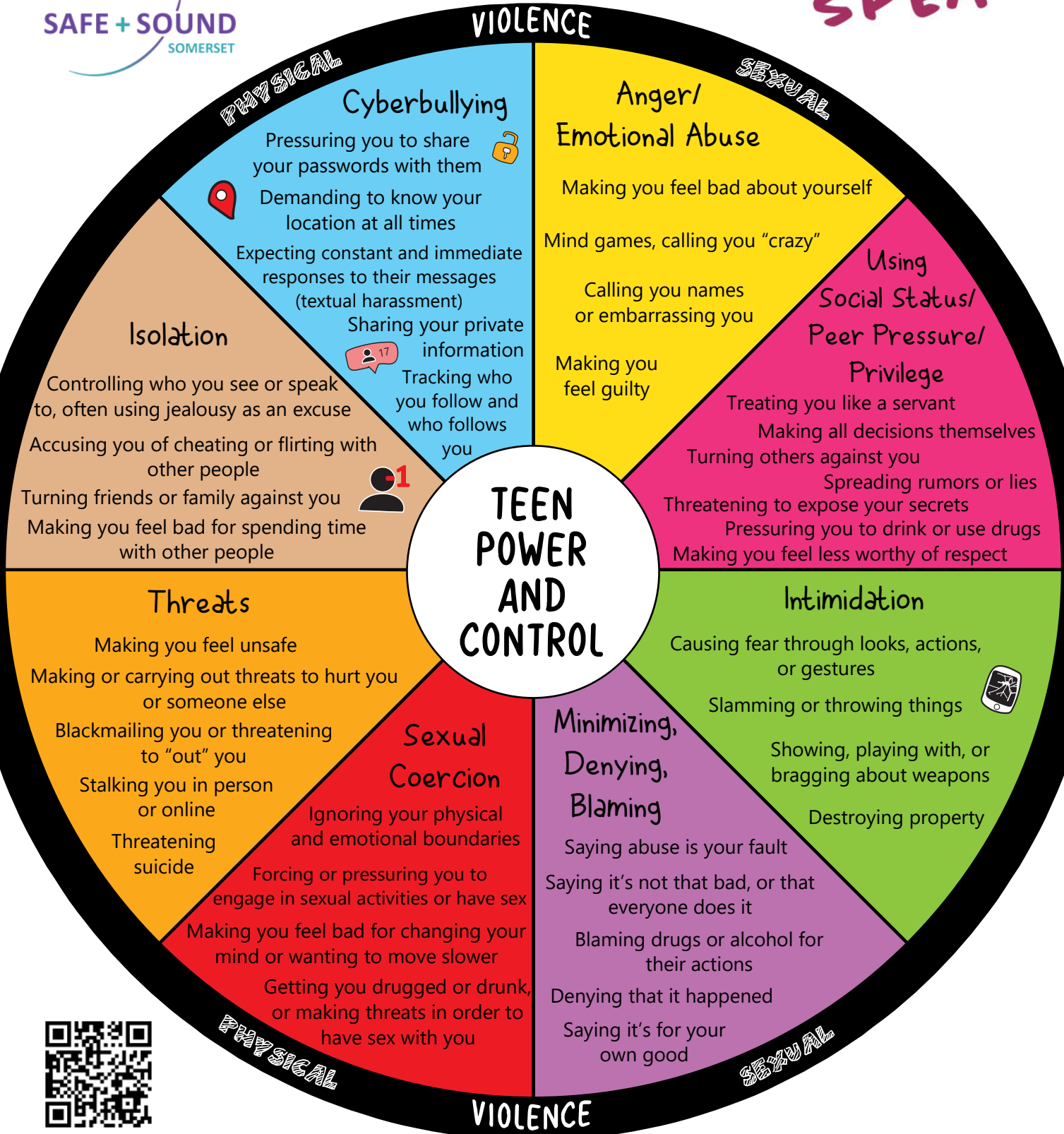
- 24-Hour Call or Text Helpline: **866-685-1122**
- Safe Shelter
- Counseling
- Domestic Violence Response Team (DVRT)
- Sexual Assault Response Team (SART)
- Legal Advocacy
- Financial Empowerment Center + DV Housing First
- Family Advocacy
- Domestic Violence Liaison
- SPEAK Outreach and Prevention



Follow us and stay involved!



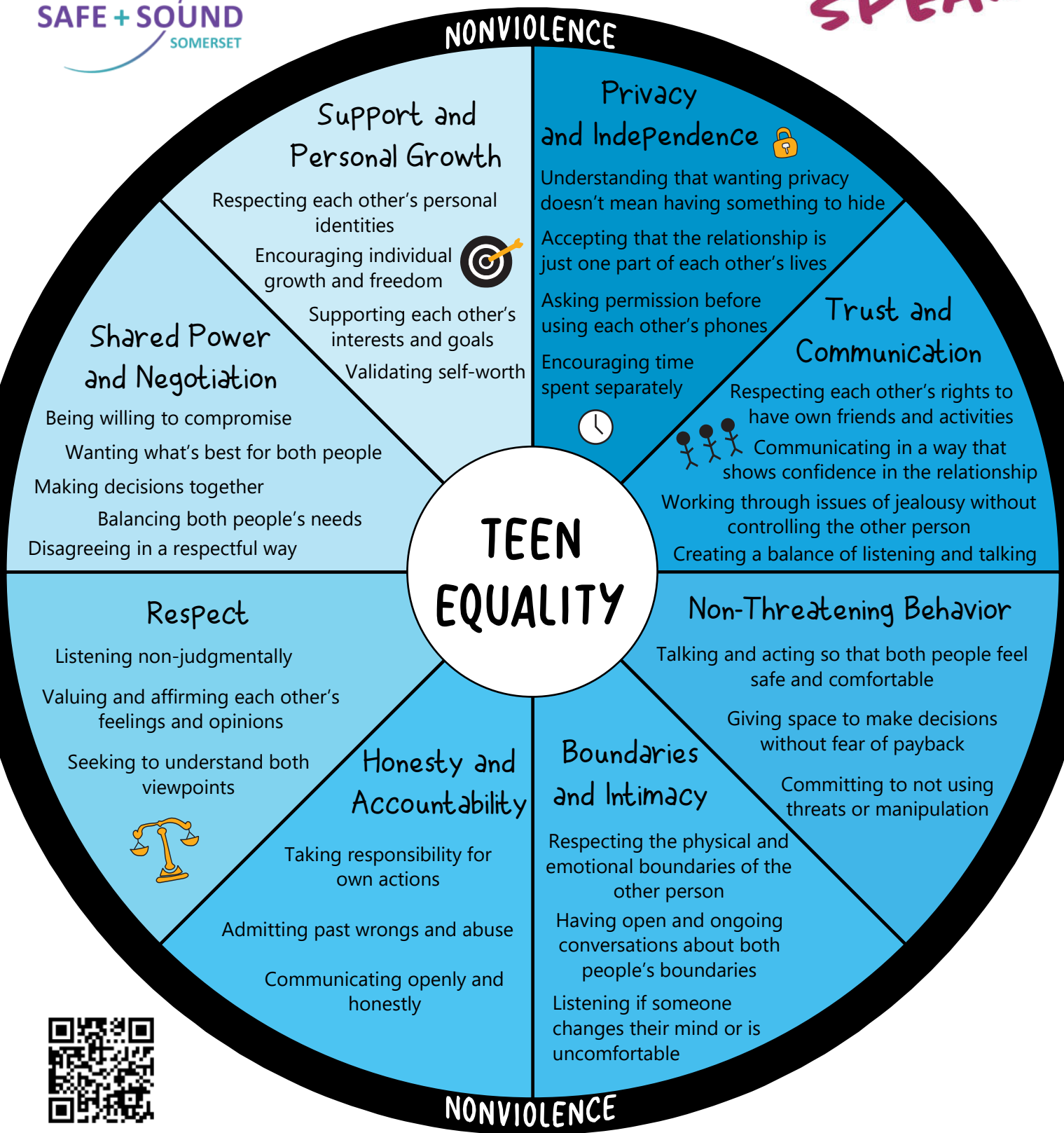
Information and updates
about healthy
relationships,
dating/domestic violence,
and sexual violence.



24-Hour Call or Text Helpline: 866-685-1122

Adapted from:

"Power and Control Wheel" - Developed by Domestic Violence Intervention Project
"Teen Power and Control Wheel" - Produced by National Center on Domestic and Sexual Violence



24-Hour Call or Text Helpline: 866-685-1122

Adapted from:

"Equality Wheel" - Developed by Domestic Abuse Intervention Project
 "Teen Equality Wheel" - Developed by National Center on Domestic and Sexual Violence
 "Teen Equality Wheel" - Developed by Loveisrespect.org

Healthy relationships are the right and responsibility of both people. Use this framework to help inform your healthy relationship boundaries.



RIGHTS

- I have the right not to be abused – physically, emotionally, or sexually
- I have the right to end a relationship or “fall out of love” with someone
- I have the right to express my own opinions
- I have the right to have my needs be as important as my partner’s needs
- I have the right to grow as an individual and not be criticized for it
- I have the right to accept responsibility for my own behavior, not someone else’s behavior
- I have the right to change my mind
- I have the right to have my own friends
- I have the right to say “NO”
- I have the right to be respected and loved and to live a peaceful life
- I have a right to give or take away consent

RESPONSIBILITIES

- It is my responsibility to not abuse my partner
- I cannot blame anyone else but myself if I am abusive
- Alcohol or drugs cannot be used as an excuse for abuse
- It is my responsibility to treat other people the way I want to be treated
- I am responsible for my own actions – my partner is not responsible for my actions, and I am not responsible for their actions
- It is my responsibility to find support and resources to change my behavior if I am being abusive
- It is my responsibility to understand that a relationship is only one part of my life
- I am responsible for my own life

24 Call or Text Helpline

866-685-1122

safe-sound.org

SPEAK



SPEAK™

Teens for Healthy Relationships

TEEN SAFETY PLANNING



+ Remember your EMOTIONAL SAFETY!

- Trust your instincts — if it doesn't feel right to you, it probably isn't.
- You have a right to be safe and to set your own boundaries.
- No one deserves to be abused physically, sexually, emotionally, or verbally — it's not your fault, no matter what your partner says
- Take time for you — do activities you enjoy and spend time with supportive family and friends

+ Helpful items to keep with you AT ALL TIMES

- A working cell phone and charger
- Spare cash in case abuser gets into your phone-pay apps
- Keys
- Driver's License and/or other important ID
- Copy of restraining order
- Important phone numbers of people/places you trust
- Your safety plan

What is a SAFETY PLAN?

A safety plan is a personal plan just for you. It's a tool that can keep you safe if:

- You are in an abusive relationship
- You plan on staying in the relationship
- You are getting ready to leave
- You have already ended things

Figuring out next steps in a relationship can be tricky; call or text our anonymous and confidential hotline at 866-685-1122 to talk things out. Our advocates can help you use this plan to create your own safety strategies.



Emergency and Transitional Housing
 Legal Advocacy | Financial Empowerment
 Counseling and Case Management
 SPEAK™ Outreach + Violence Prevention

24-Hour Call/Text Hotline
 866.685.1122

safe-sound.org

If you're feeling depressed, scared, or unsafe, call the following friends, family, or safe person at any time, day or night:

NAME: _____ PHONE: _____

NAME: _____ PHONE: _____

NAME: _____ PHONE: _____

In case of an emergency: **911**

Local Police#: _____

National Suicide Prevention Hotline: **800.273.8255**

Teen Line: Text **"TEEN"** to **839863**

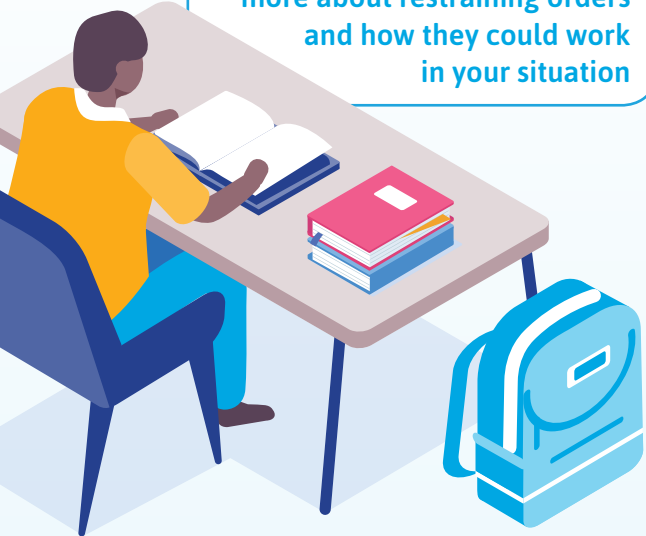
Safe+Sound Somerset
 24-Hour Call or Text: **866.685.1122**

STOPit™ App – report crimes anonymously
 access code: **SOMERSET NJ**

STAYING SAFE AT SCHOOL

- + Find the safest way to get to and from school
- + Ask a friend to walk with you between classes, or ask the school to help you plan your schedule to avoid seeing your abuser
- + Find safe spaces on campus to eat lunch and spend free time; find places where there are school staff nearby

Talk with our advocates to learn more about restraining orders and how they could work in your situation



Use a code word with friends and family so they can call for help if your abuser is around

Avoid talking to your partner alone; let someone know where you'll be if you're meeting up with them



If you want to break up with an abusive partner, try to do it in a public space and review your safety plan beforehand

STAYING SAFE AT HOME

- + Keep windows and doors locked when you're by yourself
- + Let a trusted family member or roommate know what is going on
- + Identify the safest ways out of each room; practice your escape routes if you're able to
- + Find a safe place to stay if you don't feel safe at home
- + If your abuser is in your home, don't go into rooms where you could be trapped or where there are items that can be used as weapons



STAYING SAFE ONLINE

- + Make your accounts and social media profiles as private as possible; turn off the GPS/location-sharing features on your apps
- + Keep your passwords to yourself, and change any passwords that your partner has access to; make sure you log out of all devices that are synced up
- + Screenshot any abusive, threatening, or harassing messages and save the pictures in a safe place
- + Change your phone's settings to block your abuser's phone number; ignore unknown or blocked numbers
- + Understand that any time you contact your abuser using technology, you could be tracked or your words could be used against you
- + Visit techsafety.org for additional tips

Keep your safety plan up-to-date, even if your partner apologizes and things seem better