

## WEBSITES

learn  
look out  
**step up**  
speak out  
adults  
network

These websites can help you find information and resources, understand issues, connect with others, speak out, and read stories by teens going through some of the same things you may be going through.

[dating abuse]

[www.seeitandstopit.org](http://www.seeitandstopit.org)

An action campaign to motivate teens to recognize and stop dating violence. Take quizzes, learn warning signs, and methods to help stop violence.

[www.breakthecycle.org](http://www.breakthecycle.org)

A program that provides domestic violence prevention and intervention through education and outreach, legal services, and peer leadership.

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

A multi-state program that provides information and tools that men, women, youth, and corporations need to learn more about and end domestic violence.

[www.safeyouth.org/scripts/teens.asp](http://www.safeyouth.org/scripts/teens.asp)

A national resource center that provides information on teen dating violence, bullying, harassment, and related issues. Learn ways that you can respond to acts of violence.

[www.endabuse.org/programs/teens](http://www.endabuse.org/programs/teens)

Part of a national campaign to end teen relationship violence and abuse. Find facts, resources, guides, and other helpful information on this website.

[www.chooserespect.org](http://www.chooserespect.org)

A useful resource center, including tools for the community.

[sexual assault]

[www.rainn.org](http://www.rainn.org)

The nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline and carries out programs to prevent sexual assault and help survivors.

[www.rapeis.org](http://www.rapeis.org)

An informative and interactive website that provides resources for anti-rape activism, multi-media presentations, and a discussion guide for talking about related issues.

[1:800.899.4000] [[www.reachma.org/pavenet](http://www.reachma.org/pavenet)]



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[relationships and health]

[www.teenrelationships.org](http://www.teenrelationships.org)

A website for teens by teens about respectful and abusive relationships. Read poetry and check out the live chat.

[www.mariatalks.com](http://www.mariatalks.com)

A public health website that contains medically accurate information about sexuality, sexually transmitted diseases, birth control, pregnancy, and emergency contraception.

[www.coolnurse.com](http://www.coolnurse.com)

An informative website for teens on issues of physical, sexual, and mental health.

[www.teenbreaks.com](http://www.teenbreaks.com)

Get information and read stories about dating, dating violence, sex, sex, pregnancy, and other issues.

[gay, lesbian, bisexual, transgender, gender queer, and intersex youth]

[www.bagly.org](http://www.bagly.org)

Boston Alliance of Gay, Lesbian, Bisexual, & Transgender youth provides weekly and monthly social activities and special events for people under 25.

[www.bostonglass.org](http://www.bostonglass.org)

A drop-in center for GLBT and questioning young people between the ages of 13 and 25. GLASS is a safe space to hang out at, make new friends, and get support.

[www.outproud.org](http://www.outproud.org)

The resource center for the National Coalition for GLBT youth.

[www.gbpflag.org/support/youthgroups](http://www.gbpflag.org/support/youthgroups)

Greater Boston chapter of the Parents, Families and Friends of Lesbians and Gays. Find information on support, education, advocacy, and events.

[www.gendercrash.com](http://www.gendercrash.com)

The Intersection of Boston's queer, transgender, and gender queer communities. Resources, rants, and information for everyone. (Formerly butchdykeboy.com)

[www.bodieslikeours.org](http://www.bodieslikeours.org)

An intersex information and peer support group.

[1.800.899.4000] [[www.reachma.org/pavenet](http://www.reachma.org/pavenet)]

# RESOURCES

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## Local Lesbian, Gay, Bisexual, Transgender, & Questioning/Queer/GenderQueer Hotlines

*If you have questions about your relationships, sexuality, or identity, or you just need someone to talk to, these hotlines and resources are here for you.*

Boston Alliance of Gay & Lesbian Youth (M-F 9-5pm)  
Boston, MA  
1-800-422-2459

Fenway Community Health Center  
Boston, MA  
1-888-242-0900 x311

Fenway Peer Line (M-F 4-7pm)  
1-617-399-PEER

## Sexual Health Resources

*Many other issues are part of teen relationships and dating violence, sexual health and pregnancy. These resources are people you can talk to or places you can go to get information about or seek help for sexual health.*

### LOCAL:

AIDS Action Committee - Hotline  
(HIV/AIDS) 1-800-235-2331  
(Hepatitis-C) 1-888-443-4372

Casa Myrna Adolescent Transitional Living Program  
(Teen Mothers Program)  
1-800-992-2600

Planned Parenthood  
(Reproductive Health Resources)  
617-616-1660

### NATIONAL:

Teen AIDS Hotline  
800-234-8336

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Other Resources: Drugs & Alcohol, Eating Disorders,  
& Suicide

*Many other issues are part of teen relationships and dating violence, including mental and emotional well-being. These resources are people you can talk to or places you can go to get information about or seek help.*

## LOCAL:

Samariteens Hotline  
(Suicide prevention)  
1-800-252-TEEN

Mayor's Youth Line  
(Database of youth resources - 9am-11pm)  
1-617-635-2240

Massachusetts Drug & Alcohol Hotline  
1-800-327-5050

Boston Glass  
(Community Center for LGBTQ youth)  
617-266-3349

## NATIONAL:

National Runaway Hotline  
1-800-621-4000

National Hopeline Network  
(Suicide, crisis, and domestic violence service referrals for teens)  
1-800-SUICIDE

National Gay and Lesbian Youth Hotline  
1-800-347-TEEN

National Association of Anorexia Nervosa and Associated Disorders  
847-831-3438

National Smokers Quit Line  
800 TRY TO STOP

National Child Abuse Hotline  
800-422-4453

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## Local Domestic/Teen Dating Violence Hotlines

*If you have questions about your relationship, feel like you might be in an unhealthy situation, or you just need someone to listen to you, please call any of these hotline numbers.*

REACH Beyond Domestic Violence (Domestic Violence Advocacy Center)

Waltham, MA  
1-800-899-4000

RESPECT Line for Teens

(A program of the Dating Violence Intervention Project)  
Cambridge, MA  
1-877-644-DVIP

Teen Safe, Kol Isha

(Jewish Domestic Violence Program)  
Waltham, MA  
781-647-5327

DOVE Youth Hotline

(Domestic Violence Advocacy Center)  
Quincy, MA  
1-617-773-HURT

SafeLink Massachusetts Statewide Hotline

1-877-785-2020

Casa Myrna Vazquez, Inc.

(Domestic Violence Advocacy Center)  
Boston, MA  
1-800-992-2600

Asian Task Force Against Domestic Violence

(Domestic Violence Advocacy Center)  
Boston, MA  
617-338-2355

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## Statewide Sexual Assault Hotlines

*If you or someone you know has been sexually assaulted, call one of these numbers for immediate help.*

Boston Area Rape Crisis - Boston 1-617-492-4273

North Shore Rape Crisis - Beverly 1-800-922-8772

Rape Crisis Center of Greater Lowell 1-800-542-5212

YWCA of Greater Lawrence 1-877-509-9922

Rape Crisis Center of Central Massachusetts 1-800-870-5905

Wayside Victim Services - Milford 1-800-511-5070

Voices Against Violence - Framingham 1-800-593-1125

A Safe Place - Nantucket 508-228-2111

Independence House - Hyannis 800-439-6507

New Hope - Attleboro 800-323-4673

Stanley Street Women's Center - Fall River 508-675-0087

Womansplace Crisis Center - Brockton 508-588-8255

The Women's Center - New Bedford 888-839-6636

Elizabeth Freeman Center - Pittsfield 413-443-0089

Everywoman's Center - Amherst 413-545-0800

New England Learning Center for Women in Transition -  
Greenfield 413-772-0806

YWCA/Arch - Springfield 800-796-8711

YWCA of Western Mass. - Westfield 800-479-6245

# If Your Friend is in an Abusive Relationship...

*"I was there and he got real mad. First he started screaming at her and calling her names. Then he shoved her into the car and started slapping her. She was scared and tried to tell him she loved him. I got mad and yelled at him to stop, that she didn't do anything wrong. My boyfriend also tried to get him to stop. He told him to calm down, that this was not the way to treat a girlfriend. Later, we talked with her, and kept telling her he had no right to hit her."*

- Abbie, 15

Since teens are most likely to go to a friend for help, here's what you can do:

## ➡ Point Out the Different Types of Abuse.

Help your friend recognize abuse is more than getting shoved against a locker, hit or slapped. Abuse can be emotional, verbal, physical, or sexual. Let your friend know that abuse happens and hurts more over time and it won't stop on its own. Let them know that being abused is not their fault — the abuser chooses how to act.

## ➡ Express Your Concerns.

Tell your friend you are glad they confided in you. Let them know you are sorry this is happening. You can never say the following things too much: I'm worried about you; It's not your fault; I'm glad you told me about what you're going through; You deserve better; or I'm here for you.

## ➡ Be Accepting.

Try to understand that there are both good and bad times in your friend's relationship. Don't become upset if they are not ready to break off the relationship and keep returning to the abusive partner. Hold back from telling them that they are wrong. Help your friend see they are not to blame for the violence and that changing their behavior will not stop the abuse. Tell your friend you are worried about their safety. Let them know you are there for them and will support them in whatever decisions they make.

## ➡ Support Your Friend's Strengths.

Point out your friend's strengths. Remember, abusive partners often put down, make fun of, or ridicule their partner to make them feel no one else will like or accept them. Encourage your friend to take time for themselves and spend time with people who support them.

### ➡ Reach Out to an Adult for Help.

Encourage your friend to find someone to talk to about the abuse. Some suggestions: a domestic violence/sexual assault program, school counselor, teacher, clergy member or relative. Crisis lines are answered 24 hours a day and you don't have to give your name. Offer to go with them or to make the first call for them.

### ➡ Talk to the Abusive Partner.

If you feel safe doing this, tell the abusive partner that you know what's going on and you want it to stop. Refuse to accept their excuses for the abuse. The blame for abuse cannot be put on the dating partner or external factors (like having a bad day). Let them know you are still their friend, but their behavior is unacceptable.

### ➡ Work on a Safety Plan.

Help your friend think of ways to increase their safety. Remember the abuse may temporarily increase if your friend takes steps to end the relationship. Offer to walk with her to and from school or between classes. Encourage her to tell other friends so they can help. Find local resources that can offer additional support.

### ➡ Be There. Listen. And Stay There.

You may feel like a broken record that no one is listening to. Keep supporting your friend. Avoid blaming them so they will know you are standing beside them. If your friend is ready to end the relationship, continue to be supportive and try to get them involved in activities. It takes time to get over any relationship — even one that is violent. Help your friend resist the pressure to get back together.

### ➡ Keep Educating Yourself on Dating Violence.

*Coping with Dating Violence* by Nancy Rue and *In Love & In Danger* by Barrie Levy are available for teens to learn more about violence in dating relationships. Check your local library or domestic violence program to borrow these or other materials.

**If you are frightened or frustrated, get support for yourself.  
Remember, you can't rescue or solve your friend's problems,  
but you can offer your support.**

Quote from *In Love & In Danger: A Teen's Guide to Breaking Free of Abusive Relationships*, 1993.