

How to Help a Friend

- Express your concerns for his/her safety.
- Listen without judgment.
- Remember, only the abuser is responsible for the violence and your friend is not to blame.
- Educate yourself about healthy relationships and dating violence.
- Avoid telling him/her to leave the relationship; instead, discuss how s/he can stay safe.
- Encourage him/her to participate in activities outside of the relationship with friends and family.
- Avoid direct confrontation with the abuser; this could be dangerous for you and your friend.
- Be patient. It takes courage for victims of dating violence to take action. Speaking to you is a huge first step.
- If you are worried but feel you can't talk to your friend, speak to an adult you trust, such as a teacher, school principal, counselor, school resource officer, parent, or employer.
- Give your friend this pamphlet.
- Encourage your friend to seek help.
- Suggest s/he report the abuse to the police.

★ **CALL THE POLICE IF YOU WITNESS VIOLENCE**

Resources

Hotlines provide information, safety planning, referrals, housing options, criminal justice options and resources.

NYC Domestic Violence Hotline (www.safehorizon.org)

1 (800) 621-HOPE (4673)

TDD: 1 (800) 810-7444

National Teen Dating Abuse Helpline (www.loveisrespect.org)

1 (866) 331-9474

NYC Youth Connect Information Service

(M-F 9am-9pm, Sat-Sun 12pm-8pm)

1 (800) 246-4646

Day One (www.dayoneny.org)

1 (800) 214-4150

Anti-Violence Project (www.avp.org)

(Assists LGBT and HIV-affected individuals)

(212) 714-1141

New York City Family Justice Centers

Provide criminal justice, civil legal, and social services all in one location. Call for open times.

■ Brooklyn

(718) 250-5097

350 Jay St., 15th Fl., Brooklyn, NY 11201

■ Bronx

(718) 508-1222

198 E. 161 St., Bronx, NY 10451

■ Queens

(718) 575-4500

126-02 82nd Ave., Kew Gardens, NY 11451

■ Manhattan

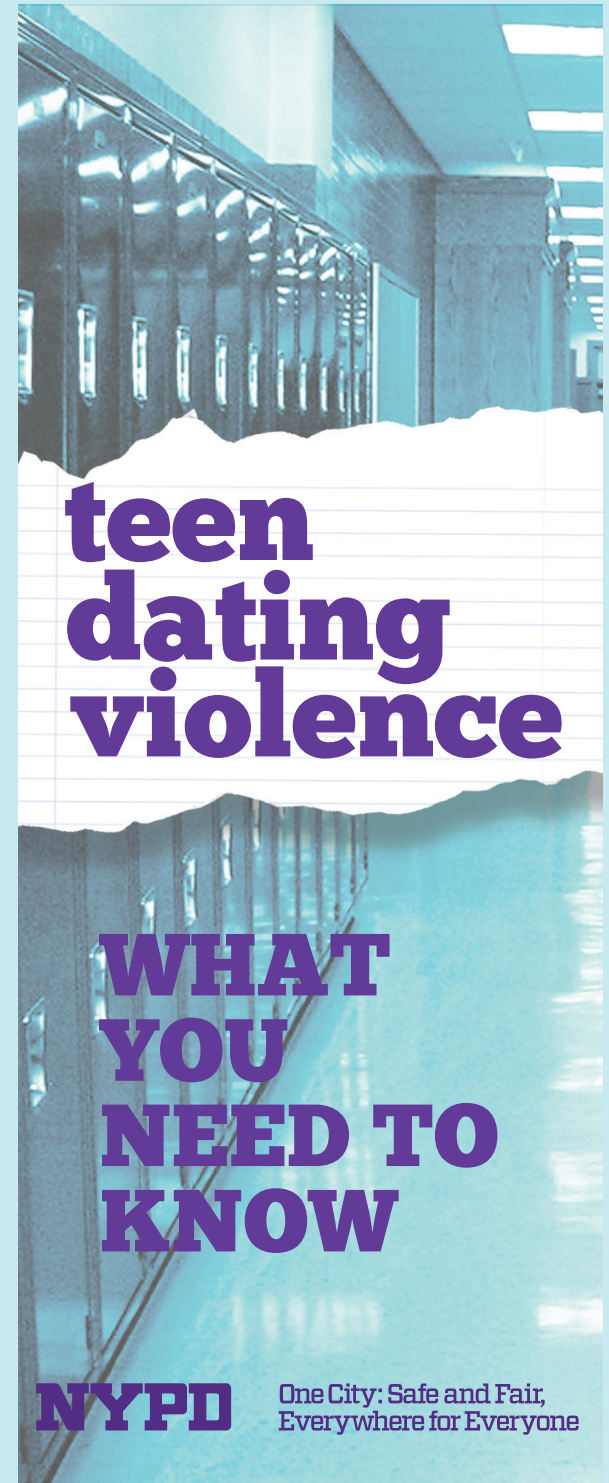
(212) 335-3523

80 Centre St., 5th Fl., New York, NY 10013

■ Staten Island

(718) 697-4300

126 Stuyvesant Pl., Staten Island, NY 10301



**teen
dating
violence**

**WHAT
YOU
NEED TO
KNOW**

NYPD

One City: Safe and Fair,
Everywhere for Everyone

The Dating Quiz



- My partner gives me a hard time when I want to spend time with my friends instead of hanging out with him/her.
- My partner gets angry when I don't answer his/her phone calls or texts. S/he won't stop calling until I respond.
- My partner always wants to know what I am doing, where I am going, and whom I am with.
- If I have a disagreement with my partner, s/he loses control, gets upset, and says hurtful things.
- Sometimes my partner pressures me to do things that make me uncomfortable.

If you answered yes to any of these questions, you may be experiencing dating violence and abuse. Use this pamphlet for resources, assistance and tips.

Many teens are experiencing dating violence and abuse. No one deserves to be treated this way.



**YOU ARE NOT ALONE AND
THERE ARE MANY PEOPLE
WHO CAN HELP YOU**



The NYPD Can Help

- Some teen dating violence or abuse is criminal. You can speak to a Domestic Violence Prevention Officer (DVPO) at your local precinct who will explain your options.
- Officers can inform you about how to obtain an Order of Protection.
- You can obtain referrals to health care and social service programs.
- Officers can help you to get to a safe place.
- Officers can help you develop a safety plan.



**IN AN EMERGENCY,
DIAL 911**



How to Help Yourself



- **Protect yourself online.**
 - Explore information that is available about you by going to social networking sites. Type your name into a web-based search engine.
 - Create secure passwords and change them regularly.
 - If you think somebody is tracking you with your cell phone, the safest thing to do is to turn off the phone and take out the battery.
 - Install anti-spyware software in your computer and keep it updated.
 - Be careful about information that you post.
- Do not give out private information.
- If someone is using his/her phone to harass you, call your phone company and block his/her number or change your phone number.
- Call the police to report the abuse or harassment.
- Consider getting an Order of Protection.

How to Help Your Community

- Join a peer education program on teen dating violence.
- Encourage your school to start programs that promote healthy relationships.
- Read up on healthy relationships and dating violence.

