

GO FOR IT! TAKE ACTION!



Photos by Douglas Beasley, douglasbeasley.com

An abusive dating relationship may look like:

- Spreading rumors about you in My Space, Facebook, or txt messages,
- Not allowing you to talk to your friends,
- Being forced to do things you don't want to do.

Think of your 3 best friends...

According to statistics 1 of them
may be hurt by a boyfriend.

What if that's true?

You can prevent **teen dating violence** from happening by raising awareness and taking action. Choose one of the options below or create your own.

Raise Awareness & Prevent Violence!

Learn. Learn about the facts of teen dating violence, resources, and how to help your friends. Visit www.casadeesperanza.org or www.loveisrespect.org/

Facebook, Twitter, or My Space. Raise awareness about teen dating violence by posting the Pledge of Hope (www.casadeesperanza.org/hope-campaign) -- a promise to live a life free of violence-- in your status. Encourage your friends to take the Pledge of Hope and forward it to others.

Discuss. Share the Pledge of Hope video (www.casadeesperanza.org/hope-campaign) with friends, teachers, or family. Discuss: Is the information new to you? Who's responsible for doing something?

Help a Friend!

Ask and Listen. If you think your friend is in an abusive relationship, let her know that she can talk to you at any time and you will be there to listen. Remind her it's not her fault and she deserves better.

Encourage. Encourage your friend to talk to adults she connects with, such as a teacher, counselor, or sister.

Connect. Connect your friend with resources, such as www.loveisrespect.org/ (1-866-331-9474), www.thesafespace.org, www.casadeesperanza.org, or 24-hour bilingual crisis line 651-772-1611.

Challenge. If you have a friend who is being abusive, you can say: "It's not okay." "What if it was your sister or mom?" "Stop." "Grow up!"

Tell us how you are taking action. Send your activities, videos, or pictures to info@casadeesperanza.org