



# Office of the Solicitor General Gwinnett County, Georgia

## Teen Dating Violence Safety Tips

Teen dating violence refers to the physical, psychological, emotional or sexual abuse between two teenagers in a relationship. Understanding and recognizing the signs of teen dating violence is important as it can affect teens of every age, race and background. These tips can help protect yourself, a friend or a teen in your life:

### 1. Seek Advice from a Person You Trust

- Ask for advice from a trusted adult or your friend & be open to receiving support & resources provided.
- Trusted adults can be your parent(s), family member, guidance counselor, teacher, youth leader, coach, counselor, etc.

### 2. Reach Out if You Notice Warning Signs

- Offer to be that trusted friend.
- Don't take it personally if the person becomes angry.
- People who are being abused are often very afraid and may lash out from that fear.

### 3. Talk to a Trained Professional

- National Teen Dating Abuse Hotline: **1-866-331-9474**
- Love is Respect Online Chat: Text **LOVEIS** to **22522**
- Breaking Silence-Project Safe (Anonymous Texting Line): Text: **706-765-8019**

### 4. Online Resources

- Website: [loveisrespect.org](http://loveisrespect.org)
- Website: <https://www.cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html>

If you or a teen you know is experiencing teen dating violence, know that you are not alone and there are resources available. You deserve to feel safe and loved.