

# Journey to Safety TeenSafe

The Teen Dating Abuse Prevention Program of Jewish Family & Children's Service

## Help get **RID** of Teen Dating Abuse

**R**ecognize the definition and types of abuse

- Dating abuse is a repeated pattern of behavior that the abuser uses to gain and maintain control over a partner.
- Abuse can be physical, sexual, verbal, cultural, financial, or emotional.

1 in 3 teens in the US is a victim of abuse from a dating partner.

Loveisrespect.org

**I**dentify common warning signs of abusive relationships

- Isolation from friends and family
- Possessiveness
- Controlling behaviors
- Constant checking in
- Relationship gets too serious too fast
- Threats
- Jealousy

73% of teens said they would turn to a friend first for help if they were experiencing dating abuse.

Liz Claiborne Inc.

**D**iscuss your concerns with your friends and talk to a trusted adult

- Believe your friend's story
- Make sure they are safe
- Let them know they don't deserve to be abused
- Ask them questions to get them to think about the problem
- Ask them what their options are and what they can do (don't make the decision for them)
- Encourage them to seek help

Caring for Generations

**JF&CS**  
Jewish Family & Children's Service

*Jewish Family & Children's Service is the leading provider of comprehensive human services, delivering personalized and integrated care that improves people's lives.*

Headquarters | 1430 Main Street | Waltham, MA 02451 | 781-647-JFCS (5327)

Visit our website at [jfcsboston.org](http://jfcsboston.org)

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Information on this flyer is brought to you by Journey to Safety TeenSafe, a leadership development program for Jewish high school students that promotes healthy behavior in relationships and works to prevent teen dating abuse.

Continue reading to see how TeenSafe participants help a peer address teen dating abuse.

Dear TeenSafe,

I'm concerned about my friend Rachel. She has been dating Ethan for four months. She tells me they have fun and that he is romantic but it seems really intense, especially when he says he wants to be with her forever. Once, we were at a party without him and he came in, grabbed her, and yelled, "Why aren't you responding to my texts? Why didn't you tell me you were at this party?" After that I tried texting her but she didn't respond. Later she told me that Ethan gets mad when she isn't paying attention to him. All of this makes me nervous but what really scared me was when Rachel came to school with bruises on her arm. When I asked her what happened she changed the subject. I don't know if I should say something, but I'm really worried!

Please help me,  
Concerned Candace

Dear Candace,

Thanks for reaching out to us. It's easy for you (or us) to give our opinions, but it's more important to find out how Rachel feels about the situation. Ask her questions to get her to think about what is going on. How does she feel when Ethan yells at her? Does it bother her that she can't text you when she is with him? Point out your concerns and tell her that no one deserves to be controlled in a relationship. Then ask her what she wants to do. Don't make any decisions for her but encourage her to talk to an adult. No matter what, make sure that you don't take responsibility for all of this yourself. You sound like a really good friend, but this is a lot to handle. If you have other questions, check out the list of resources on the bottom of this page.

TeenSafe

## RESOURCES

### Hotlines:

**National Teen Dating Abuse Helpline**  
866-331-9474  
**REACH**  
1-800-899-4000  
**Journey to Safety**  
781-647-5327

### Websites:

[Reachma.org/pavenet](http://Reachma.org/pavenet)  
[Loveisrespect.org](http://Loveisrespect.org)  
[Loveisnotabuse.com](http://Loveisnotabuse.com)  
[Cdc.gov/chooserespect](http://Cdc.gov/chooserespect)

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For more information on TeenSafe email Sara Berkowitz, Youth Educator, at [sberkowitz@jfcsboston.org](mailto:sberkowitz@jfcsboston.org) or visit our website at [www.jfcsboston.org/TeenSafe](http://www.jfcsboston.org/TeenSafe)