

Name: \_\_\_\_\_

**If you need to talk to someone:**

**National Domestic Violence/Abuse Hotline**  
(800) 799-SAFE  
TTY (800) 787-3224

**National Organization for Victim Assistance**  
(800) TRY-NOVA

**National Resource Center on Domestic Violence**  
(800) 537-2238

**Rape, Abuse and Incest National Network**  
[www.rainn.org](http://www.rainn.org)  
(800) 656-HOPE

**Other places to go for help:**

- teachers, school counselors, school nurses
- local rape crisis centers
- doctors and other health professionals
- police
- battered women's shelters

Name: \_\_\_\_\_

## Helpful URLs

**Alabama Coalition against Domestic Violence**  
<[www.acadv.org/dating.html](http://www.acadv.org/dating.html)>

**Break the Cycle**  
Engages, educates and empowers youth to build lives and communities free from domestic and dating violence  
<[www.breakthecycle.org](http://www.breakthecycle.org)>

**CampusBlues.com**  
"Relationship Abuse"  
<[www.campusblues.com/teabu.asp](http://www.campusblues.com/teabu.asp)>

**ChooseRespect.org**  
CDC Department of Health and Human Services  
<[www.chooserespect.org](http://www.chooserespect.org)>

**GirlsHealth.gov**  
"What are the Signs that I Am in an Abusive or Unhealthy Relationship?"  
<[www.girlshealth.gov/safety/relationships.htm#4](http://www.girlshealth.gov/safety/relationships.htm#4)>

**KidsHealth.org**  
"Abusive Relationships"  
<[www.kidshealth.org/teen/your\\_mind/relationships/abuse.html](http://www.kidshealth.org/teen/your_mind/relationships/abuse.html)>

**Love Is Not Abuse**  
<[www.loveisnotabuse.com](http://www.loveisnotabuse.com)>

**Making Waves**  
Educating and involving teens in dating violence prevention  
<[www.mwaves.org](http://www.mwaves.org)>

**National Youth Violence Prevention Resource Center**  
<[www.safeyouth.org/scripts/topics/dateviolence.asp](http://www.safeyouth.org/scripts/topics/dateviolence.asp)>

**Rape, Abuse and Incest National Network**  
<[www.raimn.org](http://www.raimn.org)>  
**Teenwire.com**  
Planned Parenthood Federation of America  
Information on relationships and sexual health for teens  
<[www.teenwire.com](http://www.teenwire.com)>