

Tips for Teens and Young Adults How to leave an abusive relationship



1. First, make sure you're safe. Contact a trusted adult for help.
2. There's a tendency to isolate yourself from your friends and family when you get involved in a serious relationship. Re-establish contact so they can provide support.
3. Talk to adults you trust, such as counselors, doctors, teachers and coaches. Tell them what's going on for you.



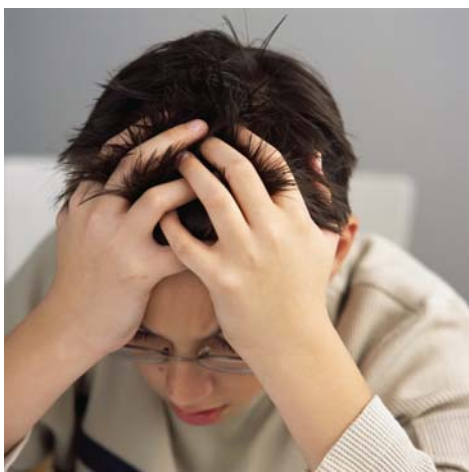
4. Don't rely on yourself alone to get out of the situation. The people who love and care about you can help you break away.
5. Break up with your partner over the phone, so the partner cannot touch you. Do this when your parents or guardians are at home.
6. Look through your local phone book and the internet for crisis centers, teen help lines and abuse hotlines. These organizations have professionally trained staff to listen, understand and help.



7. Write down any violence that may have occurred, the dates, the locations and what happened. This could be important if you need to obtain a restraining order to keep the abuser away from you.

8. For safety sakes, avoid contact with the person.

9. Walk with your friends, not by yourself.



10. Think of where to go in case you are being followed, or in case your ex-partner confronts you e.g. a police station or even a public place like a restaurant or mall.

11. Carry a cell phone, phone card or money. Decide on code words ahead of time so your family and friends will know you need help when you call.

12. Call 911 right away if you are ever afraid that the person is following you or is going to hurt you.

13. Keep domestic violence hot-line numbers in your wallet and/or program them into your cell phone.



Making sure you stay safe after you leave a relationship is everybody's business