



Join the **Youth  
Advisory Council**  
239.775.3862

Confidential  
24-hour crisis line:  
239.775.1101

**National Teen  
Dating Abuse Helpline:**  
1.866.331.9474

**National Runaway Hotline:**  
1.800.Runaway

[www.naplesshelter.org](http://www.naplesshelter.org)



The Shelter for Abused Women & Children does not discriminate in any of its programs because of sexual orientation, race, age, gender, citizenship, marital status, ethnicity or culture, country of origin, immigration status, religion, physical or mental ability or language spoken.



**Youth  
Advisory  
Council**

Teens Talking to Teens

The **Truth** about  
Healthy Relationships  
& Teen Dating Violence

**you  
have a voice  
USE IT!**

[www.facebook.com/youthadvisorycouncil](http://www.facebook.com/youthadvisorycouncil)

## Teen Dating Violence

A pattern of **violent behavior** that someone uses against a partner. It can be **psychological, emotional, physical, sexual and/or financial abuse**.

Relationship violence:

- **Affects everyone** - from every part of town, all walks of life
- Is a **pattern of violence** that escalates over time
- Mixes abusive behavior with apologies and **promises to change**
- Involves **increased danger** for victims attempting to end the abusive relationship
- **Is NEVER the victim's fault!!**

## Warning!

### Signs a Partner May Be Abusive

- Extreme **jealousy** or **controlling** behavior
- Things get **'serious,'** fast
- **Mood swings**
- **Alcohol/drug** use
- **Explosive** anger
- **Takes you away** from family and friends
- Is **forceful** during an argument
- **Easily annoyed,** angered, upset
- Boxes you into **'traditional'** gender roles

## Clues!

### A Friend Needs Help

- **Bruises, bumps, breaks**
- **Skipping-** or dropping out of school
- **Failing** grades
- **Mood or personality changes**
- **Drug/alcohol** use
- Emotional **outbursts**
- **Separation** from family and friends

## Need help?

Call The Shelter's confidential 24-hour crisis line: **239.775.1101**  
**TTY 239.775.4265**

## The Healthy Relationship Quiz

Does something about your relationship **scare** you? Take the quiz and know that **we're here to help!**

Does your partner:

- Look at you or act in ways that **scare** you?
- Respond with **jealousy** or possessiveness?
- Put you down or criticize you?
- Try to **control** where you go, what you wear and/or what you do?
- Text or IM you **ALL the time?**
- Blame you for the abuse?
- **Threaten to hurt or kill you,** your loved ones or pets if you end the relationship?
- **Threaten suicide** if you leave?
- Try to **stop you** from seeing or speaking with friends and family?
- **Pressure** or force you to have sex before you're ready?
- **Hit, slap, push and/or kick you?**

If you've answered **YES** to even one of these questions, you may be in an **abusive relationship**.

We're here 24 hours a day, 365 days a year.

**Call Us  
to Talk!**

All calls are  
**confidential:**

**239.775.1101**

**TTY 239.775.4265**

## Things that Affect Teen Dating Violence

**Lack of experience** with dating  
**Peer pressure** to act violently  
Seeking **freedom from parents**  
"Romantic" views of **love**  
**How you view yourself and others**

The **Youth Advisory Council (YAC)**, a partner with The Shelter for Abused Women & Children, is made up of teens from across Collier County, FL, working to **change the knowledge, attitudes, beliefs and behaviors of teens**, reducing teen dating violence in our community.



We're dedicated to **promoting healthy relationships**, raising awareness about the realities of teen dating violence, assisting teens in abusive relationships and making sure everyone knows confidential support is available 24-hours a day by calling 239.775.1101.



If you'd like to join YAC, please call 239.775.3862. You can also follow us on Facebook at [www.facebook.com/youthadvisorycouncil](http://www.facebook.com/youthadvisorycouncil)

To learn more about The Shelter, our local domestic violence center, visit [www.naplesshelter.org](http://www.naplesshelter.org)

## Florida Law Protects You!

"Florida law allows individuals to petition for an Injunction for Protection against Domestic Violence or an Injunction for Protection against Repeat Violence, Sexual Violence, or Dating Violence." Florida Statute 784,046

This law allows you to petition for an Injunction for Protection (IP or 'restraining order') on your own behalf, although the form requests a parent or guardian's signature. While this signature is NOT required to file, the judge may require a parent's signature. Parents or guardians can petition for IPs on behalf of their minor (under 18 years of age) children.

We recommend including your parent/guardian in your safety plan unless it's not safe to do so. For more information, call 239.775.3862, ext. 237.

## Teen Safety Plan - How I plan to protect myself if I am being abused.

- If I see these **warning signs** in the future, I will know to **take action to prevent violence and protect myself**:
  - Using drugs and/or alcohol
  - Embarrassing me in front of my friends/family
  - Extreme jealousy
  - Verbal abuse/put downs
  - Pressuring me about sex
- These are the **ways that I've protected myself in the past that have worked**:
- These are the **ways that didn't work**:
- When I sense an argument or fight, I will go to a **place a public place** where others can see and hear me - **a place where there is less risk of injury**.
- Numbers I can call for help when I'm in danger**:  
Police: **911**      When will I call?  
**The Shelter's hotline: 239.775.1101**      When will I call?
- People I can trust (safe people) who are willing to be part of my safety plan**:
- My **code word** to use with my 'safe' people so that they know I am in danger and I need them to send help:
- I will keep journals describing the abuse and save emails, text messages and Facebook posts for evidence.
- I will **change my numbers to be safe** (cell, beeper, pager).
- I always carry spare change, calling cards, the number of the local shelter (239.775.1101/TTY 239.775.4265) and someone who can help me if I'm in an unsafe situation.
- I keep **restraining orders/injunctions for protection with me** at all times.
- Here's my plan to escape danger and get out of the house quickly:
- If I need to go to a **safe location where my partner can't find me**, I will go:
- If I'm going to end the relationship, I will do it in a public place and make sure that safe people know where I am. I will try not to be alone in case my partner's behavior escalates.
- If my partner becomes abusive, dangerous or threatening, I will call the domestic violence center at 239.775.1101/TTY 239.775.4265, seeking counseling, legal advice and, possibly, an injunction for protection.

## Dating Rights

### I have the right to:

- **Ask someone out** on a date
- **Refuse to go out** on a date
- **Suggest date-night activities**
- **Refuse activities** that I don't want to do or that make me uncomfortable
- **Have my own feelings**
- Be in a relationship **free from physical, emotional, sexual and/or financial abuse**
- **Choose and keep my friends**
- **Be treated as an equal**
- Have my **limits, boundaries and expectations respected**
- **Spend or save my money** the way I want to
- **Tell my partner** what kind of affection I want
- **Voice my opinions safely**
- **Be respected and heard**
- Say "No" and walk away
- **Be safe**
- **A healthy relationship!**

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