



# Just for Teens

## Ten Warning Signs of an Abusive Relationship

- ↑ History of discipline problems.
- ↑ Blames you for his/her anger.
- ↑ Serious drug or alcohol use.
- ↑ History of violent behavior.
- ↑ Threatens others regularly.
- ↑ Insults you or calls you names.
- ↑ Trouble controlling feelings like anger.
- ↑ Tells you what to wear, what to do or how to act.
- ↑ Threatens or intimidates you in order to get their way.
- ↑ Prevents you from spending time with friends or family.

### Could you be in an abusive relationship?

**Create a Safety Plan Today!**

Visit <http://thesafespace.org/stay-safe-need-help-safety-planning.html>

**AND do these things . . .**

- ↑ Find an adult that you can trust and talk to him/her.
- ↑ Plan in advance to have a safe place to go.
- ↑ Keep money and your cell phone or calling card with you at all times.
- ↑ Establish a code word or sign so that family, friends, teachers and co-workers know when you are in danger and when to call for help.

**For help call: National Teen Dating Abuse Helpline 1-866-331-9474  
1-866-331-8453 (TTY for deaf/hearing impaired)**

**Or call Safe Places at 501-351-SAFE (7233) to speak to an advocate.  
But remember, if you find yourself needing help NOW, call 911.**