

How to help yourself

Know that what is happening to you is never your fault. You have the right to feel safe and be respected in your relationships. You also do not have to deal with this on your own. There are people who can help.

Call your local crisis center to talk to an advocate about what's going on. An advocate can give you support and information and talk with you about ways to keep safe. Phone numbers for your local crisis center are on the back of this brochure.

Talk to someone you trust. Share with a parent, teacher, coach, or other trusted adult what is going on. They may be able to help. You can also talk to a friend for support.

What kind of help can you expect?

You may have questions about your own experiences, or you may want ideas on how to help

a friend or family member. Someone is available to talk on a 24-hour basis, 7 days a week. Trained domestic and sexual violence advocates can help you find the assistance and support you need. Types of advocacy services include:

- A hotline that is available 24 hours a day
This service is confidential; you do not need to provide your name.
- Emotional Support
- Accompaniment, support, and advocacy at local hospitals, courts, and police departments
- Assistance with protective orders and referrals to legal services
- Information & referrals to community programs
- Shelter
- Support groups and peer support
- **You don't have to be in crisis to call**

We Can Help

Response Domestic & Sexual Violence Support Center (1-866-662-4220)

Berlin, Colebrook, Lancaster—www.coosfamilyhealth.org/response

Starting Point (1-800-336-3795)

Conway, Wolfeboro—www.startingpointnh.org

Voices Against Violence (1-877-221-6176)

Plymouth—www.voicesagainstviolence.net

WISE (1-866-348-9473)

Lebanon—www.wiseuv.org

New Beginnings: Without Violence and Abuse (1-866-841-6247)

Laconia—www.newbeginningsnh.org

Turning Points Network (1-800-639-3130)

Claremont, Newport—www.turningpointsnetwork.org

Sexual Harassment and Rape Prevention Program (SHARPP) (1-888-271-7233)

University of New Hampshire, Durham—www.unh.edu/sharpp

Crisis Center of Central NH (1-866-841-6229)

Concord—www.cccnh.org

HAVEN (603-994-7233)

Epping, Portsmouth, Rochester—www.havennh.org

REACH Crisis Services at YWCA NH (603-668-2299)

Derry, Manchester—www.ywcanh.org/reach

Monadnock Center for Violence Prevention (1-888-511-6287)

Keene, Peterborough—www.MCVPrevention.org

Bridges: Domestic & Sexual Violence Support (603-883-3044)

Nashua, Milford—www.bridgesnh.org

The 12 member programs of the New Hampshire Coalition Against Domestic and Sexual Violence provide services regardless of gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity/expression, socioeconomic status, race, national origin, immigration status, or religion or political affiliation

Rev 2/2022



We can help.

TTY & Language Line interpretation available.

1-866-644-3574

www.nhcadsv.org

TOGETHER WE CAN END TEEN DATING VIOLENCE

**YOU
HAVE
THE
RIGHT
to FEEL
SAFE**

to be treated with respect

to say no to sex

to spend time with friends

to feel good about yourself



Together we can end teen dating violence



What is abuse?

An unhealthy relationship has an imbalance in which one person tries to gain power and control over the other through threats, emotional/verbal abuse, or physical or sexual violence. It can include:

- Name calling, making a person feel stupid, telling them they can't do anything right.
- Intimidating a person through looks or actions (ex. threatening to destroy property, or displaying weapons.)
- Making all the decisions, telling someone what to do, what to wear, who to spend time with.
- Cutting a person off from friends and family.
- Pressuring or forcing someone into sexual activity.
- Shoving, grabbing, hitting, pinching, holding down, or kicking someone.
- Being really nice sometimes and really mean at other times.
- Excessive jealousy and possessiveness.
- Frequently sending text messages or cell phone calls that make the other person feel uncomfortable or disrupt their life.
- Preventing someone from getting a job, or taking money from them.
- Telling someone you cannot live without them and threatening to do something drastic if the relationship ends.
- Requiring someone's to share their social media passwords.
- Constantly monitoring and regulating someone's social media activity.

How to help a friend who is being abused

The most important way to help a friend is through the messages you give them. Here are some things you can say to be supportive:

Offer to go with your friend to talk with a trusted adult. An adult may be a good person to talk with to get ideas on how to keep safe and what your friend's options are. Just be there for your friend—whenever they want to talk. And keep a non-judgmental and listening ear.

Visit our website for more information:
www.nhcadv.org

I BELIEVE you. It's NOT your FAULT.

How can I help you feel SAFE?

Your reactions are NORMAL reactions to a horrible experience.

Help me UNDERSTAND how you feel.

You're not alone; millions of people are in the same situation.

Paid for in part or in whole by the US Office of Justice Programs and/or the US Department of Health & Human Services.

one
in
four

1 in 4 teens in a relationship say they have been called names, harassed or put down by their partner through cell phones and texting.



1 in 3 young people will experience abuse in a relationship.

one
in
three

It can happen to anyone regardless of race, economic status, gender, sexual orientation, or where one lives. People stay in abusive relationships for many reasons including: fear, belief that their abuser needs help and will change, and because they care about the person.

You have rights in a relationship

Relationships should be built on a foundation of respect and should include qualities like honesty, openness, trust, support, and understanding.