Love is freedom.
Love isn’t about possessing anyone or anything.

Love is accepting.
Love isn’t telling someone what to do, what to wear, or how to act.

Love is secure.
Love isn’t being jealous or suspicious or paranoid.

Love is trusting.
Love isn’t keeping tabs with obsessive calls and texting.

LOVE IS RESPECT.
Trust yourself.

Maryland Helpline
1-800-MD-HELPS (1-800-634-3577)

Confidential 24/7 Hotlines in Maryland

Allegany County ........................................ (301) 759-9244
Anne Arundel County............................. (410) 222-6800
Baltimore City ........................................ (410) 889-7884
or (410) 828-6390
Baltimore County ................................... (410) 828-6390
Calvert County ...................................... (410) 535-1121
Carroll County ....................................... (410) 857-0077
Caroline, Kent, Dorchester, Queen
Anne’s, & Talbot Counties ...................... (800) 927-4673
Cecil County ......................................... (410) 996-0333
Charles County ..................................... (301) 645-3336
Frederick County .................................. (301) 662-8800
Garrett County ...................................... (301) 334-9000
Harford County .................................... (410) 836-8430
Howard County .................................... (410) 997-2272
or (800) 752-0191
Montgomery County.........................Day: (240) 777-4195
Eve./Weekend: (240) 777-4673
Prince George’s County .................. (866) 382-7474
St. Mary’s County .............................. (301) 863-6661
Somerset, Wicomico,
& Worcester Counties ....................... (410) 749-4357
or (410) 641-4357
Washington County .......................... (301) 739-8975

Jewish? ............................................... (800) 991-0023
Hispanic/Latino? .............................. (443) 315-8673
9/10

THE SECRET TO

BEING MORE THAN
“JUST FRIENDS”
Red Flags

Does your girl or boyfriend, partner, or ex:

- Call you names or put you down?
- Discourage you from participating in activities?
- Make fun of your clothes, hair, or body?
- Threaten to hurt you, him or herself, your family, friends, or pets?
- Pressure you to have sex or to go farther than you want to go?
- Get jealous of your new friends or when you spend time with others?
- Have a history of being mean or abusive to his or her ex?
- Call, text, or IM you too much?

Where to Get More Info

National Teen Dating Abuse Helpline
1-866-331-9474
IM: www.loveisrespect.org

The Safe Space: www.thesafespace.org
That’s Not Cool: www.thatsnotcool.com

You Have Rights and Options

- Talk to your friends or a trusted adult about your situation.
- Block your boyfriend, girlfriend, or ex and untrustworthy mutual friends online.
- Have a friend with you between classes. Find a new, safer way to get to and from school, work, or practice.
- Text someone you trust every time you go somewhere to make sure you are safe.
- Contact a domestic violence organization to get support and tips on staying safe.
- Get a new email address and change your passwords.
- At your school, ask to get your schedule or locker changed.
- Save harassing emails, chats, comments, texts, and voice mails.
- Get a peace order from the court to stop unwanted contact or abuse.
- Tell the police if you are assaulted, threatened, or stalked.

FACT: 1 in 3 teens experience some type of abuse while dating, including verbal and emotional abuse.

FACT: Dating abuse affects guys, girls, teens, tweens, young adults, and LGBTQ teens. Young women ages 16–24 are most at risk.

FACT: 30% of teens who date receive 10, 20, or 30 texts an hour from their boyfriend or girlfriend, wanting to know where they are, what they’re doing, and who they’re with.

Dating Tips

- Be honest with each other.
- Listen to each other.
- Compromise when you disagree.
- Give each other support.
- Respect each other’s privacy.
- Encourage each other.
- Set and keep limits.
- Trust yourself.

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