



love is respect org

National Teen Dating Abuse Helpline

1-866-331-9474 1-866-331-8453 TTY

## Support for Your Teen

Parents play a very important role in ending teen dating abuse. Teens in abusive situations truly need the support of their parents. Even in the rockiest parent-teen relationship, the advice of a parent can make a dramatic difference in a teen's life. For that reason, it's imperative that you familiarize yourself with the warning signs of dating abuse and what you can do to help.

### How do I recognize the signs?

An abusive person will do various things to control their partner. A teen experiencing abuse may:

- Make **changes** in their daily rituals
- **Retreat** from school or activities
- Experience **isolation** from friends
- Make changes in clothing
- Wear clothing **inappropriate** for the weather in order to hide marks
- Have **visible marks or bruises**
- Spend **excessive** amounts of time with the person they're dating

### What can I do to help?

If you notice something has changed, consider talking to your teen:

- Ask questions about your teen's life
- Listen with an open mind
- Support your teen as they decide what to do
- Open up clear channels of communication
- Be calm and take positive action

### What else can I do?

Communicate with a trained Peer Advocate at loveisrespect, National Teen Dating Abuse Helpline. Contact us at **1-866-331-9474 (1-866-331-8453 TTY)** or chat online from 4pm - 2am CST.