

16 TIPS

to Support Teens Who May be Experiencing Dating Violence

AGENCY

- **Prioritize their boundaries**, even the ones you don't understand right away
- **Encourage their decision-making** about their body and relationships
- **Ask open questions** about their experiences and needs
- **Brainstorm** solutions *with* them

SAFETY & COMFORT

- **Remind them** of ways they can reach you when you're not together
- **Make physical spaces** more comfortable and accessible
- **Connect them to a health professional** they trust
- **Help them practice** setting boundaries that might be helpful for them at and away from home

CONNECTION

- **Help them balance** time spent with family, friends, partners, etc.
- **Remind them** of times you have witnessed their joy around others
- **Help them connect** to communities who share one or more of their identities
- **Encourage them to tune into** physical/emotional signs that they want connection or time alone

RESILIENCE & HEALING

- **Ask them** what helps them feel loved and what doesn't
- **Challenge gender expectations** to help them identify what they want & need in a relationship
- **Model respect** with and around youth of all ages
- **Remind them** of their interests, strengths, and curiosities