

Know the signs!



WHAT DIGITAL ABUSE LOOKS LIKE:



CONSTANTLY TEXTS YOU AND MAKES YOU FEEL LIKE YOU CAN'T BE SEPARATED FROM YOUR PHONE



SENDS YOU NEGATIVE, INSULTING OR THREATENING EMAILS, MESSAGES, TWEETS, DMS



TELLS YOU WHO YOU CAN OR CAN'T BE FRIENDS WITH ON FACEBOOK AND OTHER SITES



USES NETWORKS LIKE FACEBOOK, TWITTER, AND FOURSQUARE TO KEEP CONSTANT TABS ON YOU



PUTS YOU DOWN IN THEIR STATUS UPDATES



SENDS YOU UNWANTED, EXPLICIT PICTURES OR VIDEO AND DEMANDS YOU SEND SOME IN RETURN



INSISTS TO BE GIVEN YOUR PASSWORDS & LOOKS THROUGH YOUR PHONE

Speak Out! Stand Up!



IT IS OKAY TO TURN OFF YOUR PHONE.



DON'T RESPOND TO HOSTILE, HARASSING, ABUSIVE OR INAPPROPRIATE TEXTS OR MESSAGES.



TELL A TRUSTED ADULT.



YOU HAVE THE RIGHT TO BE ALONE AND SPEND TIME WITH FRIENDS.



BE MINDFUL WHEN USING CHECK-INS ON SOCIAL CHANNELS.



CHANGE YOUR PHONE NUMBER.



DON'T SEND ANY MESSAGE YOU WOULDN'T WANT SEEN BY OTHERS.

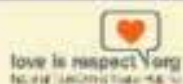


YOU DO NOT HAVE TO SHARE YOUR PASSWORDS.



SAVE OR DOCUMENT TROUBLESOME TEXTS, IMS, DMS, ETC. YOU MIGHT NEED THEM AS "EVIDENCE."

TEEN DATING VIOLENCE AWARENESS & HELP RESOURCES:



www.loveisrespect.org



www.breakthecycle.org



www.teendvmonth.org



www.loveisnotabuse.com

Give dating and domestic violence victims and survivors the chance to make a lifesaving call by donating your no-longer-used wireless phone to HopeLine from Verizon.

WWW.VERIZONWIRELESS.COM/HOPELINE

Sources: Urban Institute (2013 studies); Pew Research Center (Teens and Technology 2013; Teens, Social Media, and Privacy 2013); Loveisrespect.org; DoSomething.org; AP-NORC Center for Public Affairs Research.