

If You are a Teen in a Violent Relationship

- If things in your relationship don't feel right to you, talk about it with someone you trust.
- Decide which relative, friend, teacher, or police officer you can go to in an emergency.
- Contact a domestic violence advocate at Domestic Violence Solutions at 964-5245 to learn how to obtain a restraining order and make a safety plan.
- Remember – you should never have to feel afraid in your relationship!
- **NO means NO!**