

HOW YOU CAN HELP PREVENT TEEN DATING VIOLENCE

- **EDUCATE YOURSELF:** Learn about the signs of teen dating violence and what healthy relationships look like.
- **SPEAK UP:** If you or someone you know is experiencing abuse, don't be afraid to reach out for help.
- **SUPPORT VICTIMS:** Be a friend by offering a listening ear and pointing them to resources like Rianna's Voice.
- **ADVOCATE FOR CHANGE:** Join Rianna's Voice in our mission to raise awareness and break the cycle of abuse.

GET INVOLVED WITH RIANNA'S VOICE

- **VOLUNTEER:** Help with our events, campaigns, and workshops.
- **DONATE:** Your support helps us provide resources and services to those in need.
- **JOIN OUR MOVEMENT:** Follow us on social media and spread the message.



SUPPORT HOTLINE:

For immediate help, call the
National Domestic Violence Hotline
at
1-800-799-7233.

RIANNA'S VOICE EMPOWERING TEENS TO BUILD HEALTHY RELATIONSHIPS

Rianna's
voice

BREAKING THE SILENCE ON TEEN DATING VIOLENCE

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WHAT IS TEEN DATING VIOLENCE (TDV)?

Teen dating violence involves controlling, abusive, or aggressive behavior in a romantic relationship. It can take many forms, including:

- **PHYSICAL ABUSE:** Any form of physical harm like hitting, slapping, or pushing.
- **EMOTIONAL ABUSE:** Insults, threats, humiliation, manipulation, and isolation.
- **SEXUAL ABUSE:** Forcing or pressuring a partner into sexual activity without consent.
- **DIGITAL ABUSE:** Using technology or social media to harass or control a partner.
- **REMEMBER:** Teen dating violence can happen to anyone, regardless of gender, background, or identity.

WARNING SIGNS OF AN UNHEALTHY RELATIONSHIP

Be on the lookout for these red flags:

- **JEALOUSY OR POSSESSIVENESS:** Constantly checking on you, becoming overly jealous, or controlling where you go and who you see.
- **ISOLATION:** Trying to limit your contact with friends or family.
- **PRESSURE:** Forcing you to do things you're uncomfortable with, including sexual pressure.
- **BLAMING AND GUILT:** Making you feel like the relationship issues are your fault.
- **THREATS:** Using threats to manipulate or control you. Healthy Relationships are built on trust, respect, communication, and boundaries.

HOW RIANNA'S VOICE CAN HELP

OUR RESOURCES INCLUDE:

- **WORKSHOPS & EDUCATION:** We offer interactive sessions for teens, parents, and schools to learn about healthy relationships and how to identify warning signs of abuse.
- **PEER SUPPORT NETWORKS:** Safe spaces for teens to connect with others, share experiences, and receive emotional support.
- **AWARENESS CAMPAIGNS:** Engaging with schools and communities through events, social media, and advocacy to raise awareness.
- **VICTIM SUPPORT:** Connecting individuals with counseling, legal assistance, and local shelters.

