

Love is freedom.  
Love **isn't** about possessing  
anyone or anything.

Love is accepting.  
Love **isn't** telling someone  
what to do, what to wear,  
or how to act.

Love is secure.  
Love **isn't** being jealous or  
suspicious or paranoid.

Love is trusting.  
Love **isn't** keeping tabs with  
obsessive calls and texting.

**LOVE IS RESPECT.**

Trust yourself.

## Maryland Helpline

1-800-MD-HELPS (1-800-634-3577)

### Confidential 24/7 Hotlines in Maryland

Allegany County .....	(301) 759-9244
Anne Arundel County.....	(410) 222-6800
Baltimore City .....	(410) 889-7884
	or (410) 828-6390
Baltimore County .....	(410) 828-6390
Calvert County.....	(410) 535-1121
Carroll County.....	(410) 857-0077
Caroline, Kent, Dorchester, Queen Anne's, & Talbot Counties .....	(800) 927-4673
Cecil County .....	(410) 996-0333
Charles County .....	(301) 645-3336
Frederick County.....	(301) 662-8800
Garrett County.....	(301) 334-9000
Harford County .....	(410) 836-8430
Howard County.....	(410) 997-2272
	or (800) 752-0191
Montgomery County.....Day:	(240) 777-4195
	Eve./Weekend: (240) 777-4673
Prince George's County.....	(866) 382-7474
St. Mary's County .....	(301) 863-6661
Somerset, Wicomico, & Worcester Counties .....	(410) 749-4357
	or (410) 641-4357
Washington County .....	(301) 739-8975
Jewish? .....	(800) 991-0023
Hispanic/Latino? .....	(443) 315-8673
	9/10

**THE SECRET  
TO**



**BEING MORE  
THAN**

**“JUST FRIENDS”**

## Dating Tips

- ♥ Be honest with each other.
- ♥ Listen to each other.
- ♥ Compromise when you disagree.
- ♥ Give each other support.
- ♥ Respect each other's privacy.
- ♥ Encourage each other.
- ♥ Set and keep limits.
- ♥ Trust yourself.

**FACT:** 1 in 3 teens experience some type of abuse while dating, including verbal and emotional abuse.

**FACT:** Dating abuse affects guys, girls, teens, tweens, young adults, and LGBTQ teens. Young women ages 16-24 are most at risk.

**FACT:** 30% of teens who date receive 10, 20, or 30 texts an hour from their boyfriend or girlfriend, wanting to know where they are, what they're doing, and who they're with.

## Red Flags

**Does your girl or boyfriend, partner, or ex:**

- 🚩 Call you names or put you down?
- 🚩 Discourage you from participating in activities?
- 🚩 Make fun of your clothes, hair, or body?
- 🚩 Threaten to hurt you, him or herself, your family, friends, or pets?
- 🚩 Pressure you to have sex or to go farther than you want to go?
- 🚩 Get jealous of your new friends or when you spend time with others?
- 🚩 Have a history of being mean or abusive to his or her ex?
- 🚩 Call, text, or IM you too much?

## Where to Get More Info

National Teen Dating Abuse Helpline  
1-866-331-9474  
IM: [www.loveisrespect.org](http://www.loveisrespect.org)

The Safe Space: [www.thesafespace.org](http://www.thesafespace.org)  
That's Not Cool: [www.thatsthatcool.com](http://www.thatsthatcool.com)

## You Have Rights and Options

- ❑ Talk to your friends or a trusted adult about your situation.
- ❑ Block your boyfriend, girlfriend, or ex and untrustworthy mutual friends online.
- ❑ Have a friend with you between classes. Find a new, safer way to get to and from school, work, or practice.
- ❑ Text someone you trust every time you go somewhere to make sure you are safe.
- ❑ Contact a domestic violence organization to get support and tips on staying safe.
- ❑ Get a new email address and change your passwords.
- ❑ At your school, ask to get your schedule or locker changed.
- ❑ Save harassing emails, chats, comments, texts, and voice mails.
- ❑ Get a peace order from the court to stop unwanted contact or abuse.
- ❑ Tell the police if you are assaulted, threatened, or stalked.