

TEEN RESOURCE GUIDE

Have questions? Looking for more information?
Here are a few places where teens can go for further information.

Inclusion on this list does not imply Between Friends' endorsement.

Telephone numbers that begin with 1-800 or 1-888 are free of charge.

Hotlines

CHILD ABUSE

National Child Abuse Hotline: 1-800-422-4453

CRISIS HELPLINES

Youth Crisis Hotline: 1-800-442-HOPE

Teen Help: 1-800-840-5704

Adolescent Suicide Hotline: 1-800-784-2433

DATING/DOMESTIC VIOLENCE

Between Friends: 1-800-603-HELP

DRUGS AND ALCOHOL

ALANON/ALATEEN: 1-888-425-2666

EATING DISORDERS

ANAD: 847-831-3438 www.anad.org

GAY AND LESBIAN YOUTH

Gay & Lesbian National Hotline: 1-888-843-4564

Center On Halsted: 773-871-2273 (24 hours)

GANGS

BUILD, Inc: 773-227-2880

RAPE/SEXUAL ASSAULT

Chicago Rape Crisis Hotline: 888-293-2080

Mujeres Latinas en Acción: 312-738-5358

RUNAWAY/HOMELESS

Covenant House: 1-800-999-9999

National Runaway Switchboard: 1-800-RUNAWAY

SEX, PREGNANCY, STDs

Planned Parenthood: 1-800-230-PLAN

STD Info Line: 1-800-227-8922

AIDS Hotline: 1-800-243-2437

Websites

GAY AND LESBIAN YOUTH

The Gay and Lesbian National Hotline:

www.glnh.org/home.htm

HEALTH

Illinois Caucus for Adolescent Health:

www.icaah.com

RELATIONSHIPS

www.teenrelationships.com

RUNAWAY/HOMELESS

Covenant House: www.covenanthouse.org

SEX, PREGNANCY, STDs

Teenwire: www.teenwire.com

It's Your Sex Life: www.itsyoursexlife.com

Not Me, Not Now: www.notmenotnow.org

I Wanna Know: www.iwannaknow.org

TEEN DATING VIOLENCE

www.seeitandstopit.org

You Have the Power to Help Friends in Abusive Relationships

How to Help a Victim:

- Listen and believe.
- Don't ask blaming questions like "What did you do to provoke her/him?" or "Why don't you just break up?" the abuse is the abuser's fault, not the victim's fault.
- Don't be critical of your friend's girlfriend or boyfriend, no matter how tempting it is ... Try to focus on your friend's thoughts and needs.
- Keep communication open & keep listening.
- Offer to go with her/him for help.
- Call the police when you witness an assault.

How to Help an Abuser:

- Tell your friends clearly that violent behavior is not okay—that violent behavior shows he/she has a problem and needs help.
- Offer to go with him/her to get help.
- Demonstrate respect with your friends.
- Be a positive role model for healthy relationships by treating your partner with respect!
- Call the police when you witness an assault—in many cases the abuser can be required to get counseling.

Between Friends
1-800-603-HELP
(1-800-603-4357)