



love is respect org

Who We Are

loveisrespect is here to help! We are a national resource accessible by both internet and phone. Young adults can obtain support from peer advocates through the live chat offered on loveisrespect.org or by calling The Helpline at 1-866-331-9474 or 1-866-331-8453 TTY.

Peer advocates are trained to offer support, information and advocacy to those involved in abusive relationships as well as concerned parents, teachers, service providers, clergy and law enforcement. Advocates are available to talk 24 hours a day, 365 days a year. All calls and chats are confidential so your privacy is always safe.



peer advocates are available to chat at www.loveisrespect.org



text "loveis" to 77054



call 1.866.331.9474
(1.866.331.8453 TTY)

free.
confidential.
24/7.

Ways to Help

Volunteer

Want to help young adults in need and have fun hanging out with your peers? Become a Volunteer Peer Advocate for loveisrespect! Training is provided and no experience is necessary. If you are located in the Central Texas area and are 16 years of age or older, this is a great way to help out.

Spread the Word

loveisrespect's goal is to bring awareness to healthy dating behaviors and prevent dating abuse. Your school is a great place to spread the word.

Donate

loveisrespect, accepts online donations for both The Helpline and online service provision efforts. This is a great way to help out! Your generous efforts are the reason The Helpline can assist young adults in need.

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Are you in a healthy relationship?

Dating Abuse is a pattern of controlling behavior an individual uses against his/her significant other. It can be emotional, verbal or physical. Healthy relationships do not exhibit any of those signs. Consider the following guidelines when assessing your relationship:

Love is Trusting – It isn't keeping tabs with obsessive calls and texting

Love is Secure – It isn't being jealous, suspicious or paranoid

Love is Accepting – It isn't telling someone what to do, what to wear or how to act

Love is Freedom – It isn't about possessing anyone or anything

Get Help

If you have concerns about the nature of your relationship please consider the following steps:

- + Confide in a friend
- + Try taking a break from the relationship
- + Consider talking to an adult; it can be a parent, teacher or even a counselor
- + If you do not feel safe, try not to be alone with your girlfriend/boyfriend.

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