

PROVIDER GUIDE: TEEN DATING ABUSE

This guide is designed to help health and human service professionals provide support and safety planning for young adults who are experiencing unhealthy or abusive relationships.

OBSTACLES THE TEEN CLIENT MAY FACE

- Not being taken seriously
- Few supportive adult allies
- Adults telling them what to do (rather than empowering them to make their own choices)
- Unfamiliarity with what healthy, unhealthy, or abusive relationships look like



THINGS TO KEEP IN MIND WHEN INTERACTING WITH THE TEEN CLIENT

Stages of Change

Teens may feel restricted in taking action. Meet the teen client where they are and work together to create options that will help.

Child Protection Laws

Laws like mandated reporting or truancy are meant to support youth safety, but can sometimes be barriers for safety. Inform teen clients of the laws and work together to create the safest plan possible.

Confidentiality

Be clear about what you can and cannot keep confidential. Volunteer to create child abuse reports together to build trust.

Empowerment

Provide options and choices instead of advice. The teen client knows their situation the best. Validate the teen client's feelings and instincts to help build confidence.

Safety Online

The teen client may need support to think through how to maintain their safety on the internet, social media, and their cell phone. Visit techsafety.org for tips on staying safe online.



USEFUL QUESTIONS TO ASK

① What would you like to do?

It's important to return as much control to the teen client as possible because their partner is taking control away from them. Any planning should be led by the teen client.

② Who can you turn to for support?

It's important to understand the teen client's support system. This may include, but is not limited to, a parent, teacher, mentor, friend, or neighbor. Do not assume that parents or guardians are a supportive option.

③ How can I help you?

Be clear about what you can and cannot do. Do not make empty promises and be clear about boundaries.

④ Does your partner use your phone or social media as a way to monitor you?

Social media and cell phones can be important to the teen client's connections to others and information. But abusive partners often use technology to monitor, control, or harass. Find out what role technology has in your teen client's relationship and talk through options to make a safety plan.

⑤ Would you like some other useful resources to help with your options?

Let the teen client know that there are resources for relationship abuse that are completely confidential (see list below). Explain the process for these services to the teen client.


RESOURCES

HOTLINE AND TEXT RESOURCES

Love Is Respect

(866) 331-9474 (24/7 Hotline) or text LOVEIS to 22522
www.Loveisrespect.org


Information and resources for teens in abusive relationships.

 @loveisrespectofficial

Access Matters Information Hotline

(215)-985-3300 or text (833)-667-3377
(M-Th 9am-6pm; F 9am-5pm)
www.accessmatters.org

Referrals, information, and resources for sexual and reproductive healthcare.


 @accessmatters

COUNSELING FOR TEEN SURVIVORS

Lutheran Settlement House Bilingual Domestic Violence Program

(215) 426-8610 ext. 1282
www.lutheransettlement.org


Free counseling for teens and adults who have experienced IPV.

 @lshphilly

Congreso de Latinos Unidos Latina Domestic Violence Program

(267) 825-0524
www.congreso.net


Free counseling for teens and adults who have experienced IPV and children who have witnessed IPV.

 @congreso1977

Women In Transition

(215) 751-1111
www.helpwomen.org

Free counseling for teens and adults who have experienced IPV.

 @wit.philly

Resources continued on next page.



RESOURCES (CONTINUED)


YOUTH SHELTERS

Covenant House

(215) 951-5411

www.covenenthousepa.org

Services include crisis shelter, transitional living program, and assistance with finding employment for youth under 21.

 @Covenant_house

CTS Youth Transition Center

(267) 969-7272 ext. 104

www.ctsworks.org


A shelter for runaway youth ages 14 - 17.

Valley Youth House

(215) 442-9760

www.valleyyouthhouse.org

Provides housing and supportive services for homeless youth age 16 to 24, including specialized services for LGBTQ+ youth.


 @ValleyYouthHouse

Youth Emergency Service

(215) 787-0633

www.Ysiphilly.org

Offers housing to youth who are homeless or unable to stay safely with family.


 @YSIPhilly

Attic Youth Center

(215) 545-4331

www.atticyouthcenter.org

Services include life skills programming, support groups, community engagement events, and counseling

 @AtticYouthCenter


LEGAL SERVICES

Juvenile Law Center

(215) 625-0551 x1315

www.jlc.org

Legal services and advocacy for youth in the child welfare and justice systems.


 @JuvLaw1975

Women Against Abuse Legal Center

(215) 686-7082

www.womenagainstabuse.org

Free legal advocacy and representation for relationship violence-related legal matters, including PFA orders, child custody, and child support.

 @WomenAgainstAbuse


HEALTH CARE

Youth Health Empowerment Project (Y-HEP)

(215) 344-1632

www.fight.org

Inclusive, trauma-informed and gender-affirming healthcare services for adolescents ages 13-24.


 @yhephealthcenter

Mazzoni Center

(215) 563-0652

www.mazzonicenter.org

Provides adolescent drop-in clinic for medical care and counseling for LGBTQ+ community.

 @MazzoniCenter



FOR FURTHER SUPPORT, CALL THE PHILADELPHIA DOMESTIC VIOLENCE HOTLINE: [1-866-723-3014](tel:1-866-723-3014)

Services are available in any language through Language Line interpretation services.