

## **Helping Teens Draw A Digital and Dating Violence Line**

Digital communication a central part of teens' lives. A new campaign has been launched to help them recognize digital dating abuse and take steps to prevent it. ThatsNotCool.com is designed to help teens understand that their cell phones, instant messaging and online accounts are a part of them. If someone they are dating is controlling, being disrespectful or pressuring them in those spaces, that's not cool. The website provides online forums for teens to talk about being harassed by text, constant instant messaging, and spreading rumors on the web. The forums also address sharing pictures that should be private. They also tackle someone looking at cell phone or online information without the teens OK.

The campaign helps teens to identify when they need help. When does caring become controlling? When does affection becomes obsession? When does talking become stalking? The site hosts guest videos from YouTube. It also provides info on how to get help for themselves and friends.

A second campaign offers information on knowing the warning signs of dating violence. Designed by teens, SeItandStopIt.org gives them tools for how to stop it. It also has ideas about making a difference in their schools and where they live. Research show most teens are clear about dating abuse but many are less clear about the gray areas of actions that indicate warning signs, such as harassment or emotional abuse. Most teens say they would get involved if they saw physical abuse. But, they are less comfortable about intervening when the abuse is less clear. Their instincts tell them it is wrong but they need tools and resources to intervene.

If you or someone you know needs help, call:

National Domestic Violence Hotline  
1-800-799-7233 (SAFE)  
1-800-787-3224 (TTY for the Deaf)

Or visit: [www.ndvh.org](http://www.ndvh.org)

Teens can also call the National Teen Dating Abuse Helpline  
1-866-331-9474  
1-866-331-8453 (TTY for the Deaf)

Teens can also join online chats at [www.loveisrespect.org](http://www.loveisrespect.org)

Help is available 24 hours a day in English and Spanish and many other languages.  
All contact with the hotlines is free and confidential.