

What is Teen Dating Violence?

Teen dating violence is abuse or controlling behavior within a romantic relationship between young people. It doesn't have to be physical to be real, and it can happen to anyone.

It can look like:

- Physical: hitting, pushing, or unwanted contact
- Emotional: criticism, humiliation, or isolation
- Sexual: any unwanted contact or pressure without consent
- Digital: monitoring your phone, texts, or social media
- Financial: using money to manipulate or control

If your relationship makes you feel scared or like you have to walk on eggshells, that is not okay. You deserve to feel safe and respected.

If you are unsure if you are experiencing teen dating violence, you can still contact us. Your call can remain anonymous, and we do not have to take any action until or if you are ready.

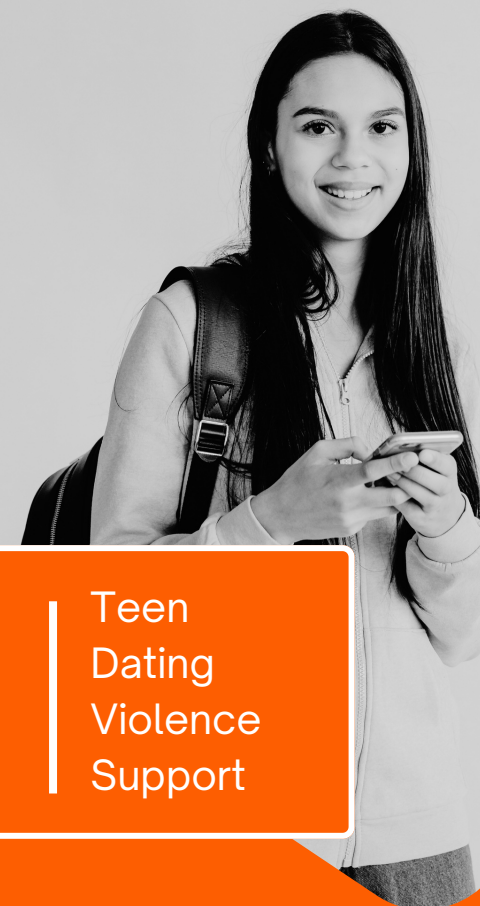


We are Here for you, as your local advocacy center.

We work to empower survivors to rebuild their lives and break the cycle of violence to create a safer community through outreach, education, and awareness.

Have questions or want to learn more? Get in touch with us!

219-879-4615 (24-hour crisis line)
info@steppingstoneshelter.org
www.steppingstoneshelter.org



Teen
Dating
Violence
Support

Stepping Stone Shelter

www.steppingstoneshelter.org

Prevention

Recognizing the signs of teen dating violence is the first step toward safety. Abuse doesn't always look the way you expect; it can start small, feel confusing, and leave you questioning yourself.

You are not alone, and it is not your fault.

If something in your relationship doesn't feel right, trust yourself. Help is available 24 hours a day. Call or text our crisis line anytime.

How To Contact Us:

219-879-4615 (24-hour crisis line)

info@steppingstoneshelter.org

www.steppingstoneshelter.org

Find us on social media as well.



Did You Know:

3 out of 5 women in the state of Indiana, which is 60% of women, experience sexual violence in their lifetime. For men, it's 25%, or one in 4 men in the state will experience sexual and/or domestic violence.

Intervention

Reaching out takes courage, and we are here the moment you do. Whether you're ready to make a change or just need someone to talk to, our advocates are here for you with no pressure and no judgment.

We can help you with:

- Safety Planning, figuring out next steps at your own pace
- Emergency Shelter if you need a safe place to go
- Support During Medical Exams
- Help Filing Charges & Protective Orders if you choose
- Someone to Go With You to legal proceedings
- Emotional Support & Coping Strategies
- Helping the Trusted Adults in Your Life understand how to support you

You get to decide what happens next. We are just here to walk with you.

Here When You Need Us

Healing is a process that requires time and support. At Stepping Stones, we stand in power and save space for all survivors. We do this by:

- Offering Support Groups
- Counseling Resources
- Housing Resources
- Resume Building & Application Help
- Case Management
- Safety Planning

We stand strong in a community built over four decades because this story belongs to everyone. All are welcome to pull up a chair in support of our community of survivors.

