

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 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



Survivors of
Teen
Dating
Violence

Stepping Stone Shelter

www.steppingstoneshelter.org

Not Sure If You're Experiencing Sexual Violence?

Unhealthy relationships don't always start out that way, and they don't always look like what you see on TV. If your partner checks your phone, puts you down, controls whom you hang out with, pressures you sexually, or makes you feel like you're constantly doing something wrong, that's not love. That's control.

If any of this sounds familiar, trust your gut. You don't have to have it all figured out to reach out. We are here to listen.

*"If something feels off, it probably is.
Trust your gut."*

How We Can Help You

Reaching out takes courage, and we are here the moment you do, with no pressure, no judgment, and without telling you what to do.

When you need us most:

- Safe, confidential place to talk
- 24-Hour Emergency Shelter if you need somewhere 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 are in control of your own story.
We are just here to walk with you.

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Knowing Your Rights

No matter your age, you have the right to:

- **Be Believed:** your experience is valid and deserves to be taken seriously
- **Be Safe:** you can seek a protective order regardless of your age
- **Confidentiality:** your conversations with our advocates are private
- **Make Your Own Choices:** you decide if and when you are ready to report
- **Free Services:** all of our support is available to you at no cost
- **Have a Support Person:** you don't have to face any of this alone

"You are in control of your own story."

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.