

Take Action



Everyone deserves to be in a safe and healthy relationship. You can help make that happen by raising awareness about the issue, saying something about abuse when you see it and organizing your friends to make a difference. Here are some easy ways to get started:

Take the Pledge

Teens and young adults across the country are pledging to keep their relationships free from abuse. They are sending a message that abuse is not acceptable in our schools, communities or hearts. Promote safe and healthy relationships by being a role model. Take the dating pledge at loveisrespect.org and then talk to your friends about it.

Get the Word Out

There are so many ways to raise awareness about dating abuse and healthy relationships. You can:

- Make a poster and get permission to put it up in a public place.
- Create a PSA (check out our YouTube channel to get started).
- Write a story or blog.

Just use your creativity to make a difference! Send us a copy of whatever you create and we'll try to feature it on our blog. Thanks! On Facebook or Twitter? Bring attention to teen dating abuse by encouraging your friends and family to visit loveisrespect.org. Your words can make a difference! Here are some sample posts to get you started:

- One in three teens experience some form of relationship abuse and two thirds of them never tell anyone. Help change this -- Visit loveisrespect.org today.
- Everyone has the right to a safe and healthy relationship. Find out more at loveisrespect.org.
- Love is not abuse. Break the cycle. Visit loveisrespect.org today.

You can also post the videos and blogs throughout this site on your Facebook or Twitter. Together, we'll let everyone know that love IS respect.

Get Political

Every day local, state and federal officials make decisions that impact your life. Even if you can't vote yet, you can be heard! Speak out and let the people who represent you know your opinion. Tell them that dating abuse is an important issue that should be addressed. Download our template letter to send to elected officials in your area. Most federal legislators have email systems built into their web pages -- you can find your representative by visiting www.house.gov or www.senate.gov.

Speak out in your community. Call your local school board or city council and request to speak about dating abuse at their next meeting. Use our template and information on loveisrespect.org to talk about dating abuse and explain how they can help you prevent it. Change starts with one voice -- so your community is counting on YOU!

For more information, visit www.loveisrespect.org

Repurposing is allowed and encouraged.
Please contact [loveisrespect](http://loveisrespect.org) for more information.

connect now!

chat at loveisrespect.org

SMS text "loveis" to 22522

call 1-866-331-9474

Discuss your options confidentially.
Peer advocates are available 24/7.