

25 Ways to Support Teens

- 1** Listen to teens about their world
- 2** Read ODVN's *Teen Relationship Violence Resource Guide*
- 3** Know that teens will go to teens first
- 4** Allow teens to express themselves in a healthy manner
- 5** Be a positive role model to all teens in your life
- 6** Don't promise confidentiality if you can't keep it
- 7** Encourage healthy eating and exercise habits
- 8** Know the signs of depression in teens
- 9** Encourage involvement in after school programs and/or youth groups
- 10** Let teens know they are capable of great things
- 11** Encourage teens to set boundaries that feel right for them
- 12** Help teens explore their sexuality in a healthy manner
- 13** Help teens explore their spirituality
- 14** Help teens express their ideas and feelings through arts and cultural programs
- 15** Help teens manage their time
- 16** Model healthy relationships for them
- 17** Talk openly about health sexuality, sexual orientation and identity
- 18** Know the signs a teen is being abused
- 19** Provide opportunities for teens to highlight their strengths and be leaders
- 20** Talk with teens about healthy relationships
- 21** Know that violence happens in teen relationships
- 22** Talk with teens about the warning signs of unhealthy relationships
- 23** Know resources for teens like www.loveisrespect.org
- 24** Let teens talk and listen to them
- 25** Promote the Teen Dating Abuse Hotline Number (866-331-9474 /866-331-8453-tty)



For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at www.odvn.org. Published as part of the 25 for 25 years of ODVN Celebration!