

Do's & Don'ts

Teen Dating Abuse
How to be an Adult Ally

Believe Teens &
Be Supportive

Do



Start a
conversation &
Listen



Don't

Wait for them to
come to you

Question them



Express concern
for their safety

Do

Keep it low key



Try to fix the
problem or
pressure a teen
to talk

Don't

Make it about
you or tell them
what they should
do



Focus on how the
teen is feeling

Tell them you're
here to talk anytime

Do

Contact: thrivingrelationshipsab@gmail.com

Find Online @ www.thrivingrelationshipsab.com

Presented by: Lauren Reed, MSW, PhD; Megan Lindsay-Brown, MSW, PhD;
Jenny McCullough Cosgrove, MSW; John Costello; Hayley Trickey; Felicity Welch