Navigating breakups can be difficult, especially if the other person becomes abusive. At times, digital breakups are the safest option. Check out these tips for safely breaking up online!

**Before the break up:**
- You may be feeling uncertain or unsure about how to end the relationship. That’s okay!
- Family or friends may be pressuring you to stay in the relationship, remember to make the best choice for you.
- Trust your instincts and consider how and when to have the conversation.

**During the break up:**
- Find a mutual space or medium. Consider using video chat or a phone call.
- Plan what you will say - write it down or practice with someone you trust.
- Be clear and honest about your boundaries.
- Honor your feelings. You may still care for the person, but ultimately your safety is more important.
- If the conversation escalates, it is okay to walk away.

**After the break up safety plans:**
- Turn off your location on apps, untag photos, and update passwords.
- Consider blocking, muting, or snoozing them.
- Talk to your loved ones and/or a trusted adult in school or the community.
- Set boundaries with mutual friends.
- Let someone know if you are being threatened or see signs of stalking.
- Prioritize your healing and don’t feel guilty if breaking up is the safest choice for you.
- If there were intimate images shared during the relationship that you are concerned about visit StopNCII.org.

Remember, you have the right to safely leave a relationship. Visit nnedv.org and eleven-24.org for more information about teen dating violence.