**Do's & Don'ts**

**Teen Dating Abuse**

**How to be an Adult Ally**

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**Believe Teens & Be Supportive**

**Do**

Start a conversation & Listen

**Don't**

Wait for them to come to you

Express concern for their safety

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**Make it about you or tell them what they should do**

**Do**

Try to fix the problem or pressure a teen to talk

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**Focus on how the teen is feeling**

**Do**

Tell them you're here to talk anytime

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Contact: thrivingrelationships@lab@gmail.com
Find Online: www.thrivingrelationships.com
Presented by: Lauren Reed, MSW, PhD, Megan Lindsay-Brown, MSW, PhD; Jenny McCullough Cosgrove, MSW, John Costello; Hayley Trickey, Felicity Welch