

# PROVIDER GUIDE: TEEN DATING ABUSE

This guide is designed to help health and human service professionals provide support and safety planning for young adults who are experiencing unhealthy or abusive relationships.

## OBSTACLES THE TEEN CLIENT MAY FACE

- Not being taken seriously
- Few supportive adult allies
- Adults telling them what to do (rather than empowering them to make their own choices)
- Unfamiliarity with what healthy, unhealthy, or abusive relationships look like



## THINGS TO KEEP IN MIND WHEN INTERACTING WITH THE TEEN CLIENT

### Stages of Change

Teens may feel restricted in taking action. Meet the teen client where they are and work together to create options that will help.

### Child Protection Laws

Laws like mandated reporting or truancy are meant to support youth safety, but can sometimes be barriers for safety. Inform teen clients of the laws and work together to create the safest plan possible.

### Confidentiality

Be clear about what you can and cannot keep confidential. Volunteer to create child abuse reports together to build trust.

### Empowerment

Provide options and choices instead of advice. The teen client knows their situation the best. Validate the teen client's feelings and instincts to help build confidence.

### Safety Online

The teen client may need support to think through how to maintain their safety on the internet, social media, and their cell phone. Visit [techsafety.org](https://techsafety.org) for tips on staying safe online.



## USEFUL QUESTIONS TO ASK

### ① What would you like to do?

It's important to return as much control to the teen client as possible because their partner is taking control away from them. Any planning should be led by the teen client.

### ② Who can you turn to for support?

It's important to understand the teen client's support system. This may include, but is not limited to, a parent, teacher, mentor, friend, or neighbor. Do not assume that parents or guardians are a supportive option.

### ③ How can I help you?

Be clear about what you can and cannot do. Do not make empty promises and be clear about boundaries.

### ④ Does your partner use your phone or social media as a way to monitor you?

Social media and cell phones can be important to the teen client's connections to others and information. But abusive partners often use technology to monitor, control, or harass. Find out what role technology has in your teen client's relationship and talk through options to make a safety plan.

### ⑤ Would you like some other useful resources to help with your options?

Let the teen client know that there are resources for relationship abuse that are completely confidential (see list below). Explain the process for these services to the teen client.

## RESOURCES

### HOTLINE AND TEXT RESOURCES

#### Love Is Respect

(866) 331-9474 (24/7 Hotline) or text LOVEIS to 22522  
[www.Loveisrespect.org](http://www.Loveisrespect.org)

*Information and resources for teens in abusive relationships.*



@loveisrespectofficial

#### Access Matters Information Hotline

(215)-985-3300 or text (833)-667-3377  
(M-Th 9am-6pm; F 9am-5pm)  
[www.accessmatters.org](http://www.accessmatters.org)

*Referrals, information, and resources for sexual and reproductive healthcare.*



@accessmatters

### COUNSELING FOR TEEN SURVIVORS

#### Lutheran Settlement House Bilingual Domestic Violence Program

(215) 426-8610 ext. 1282  
[www.lutheransettlement.org](http://www.lutheransettlement.org)

*Free counseling for teens and adults who have experienced IPV.*



@lshphilly

#### Congreso de Latinos Unidos Latina Domestic Violence Program

(267) 825-0524  
[www.congreso.net](http://www.congreso.net)

*Free counseling for teens and adults who have experienced IPV and children who have witnessed IPV.*



@congreso1977

#### Women In Transition

(215) 751-1111  
[www.helpwomen.org](http://www.helpwomen.org)

*Free counseling for teens and adults who have experienced IPV.*



@wit.philly

*Resources continued on next page.*



## RESOURCES (CONTINUED)

### YOUTH SHELTERS

**Covenant House**

(215) 951-5411

[www.covenenthousepa.org](http://www.covenenthousepa.org)

*Services include crisis shelter, transitional living program, and assistance with finding employment for youth under 21.*



@Covenant\_house

**CTS Youth Transition Center**

(267) 969-7272 ext. 104

[www.ctsworks.org](http://www.ctsworks.org)

*A shelter for runaway youth ages 14 - 17.*

**Valley Youth House**

(215) 442-9760

[www.valleyyouthhouse.org](http://www.valleyyouthhouse.org)

*Provides housing and supportive services for homeless youth age 16 to 24, including specialized services for LGBTQ+ youth.*



@ValleyYouthHouse

**Youth Emergency Service**

(215) 787-0633

[www.Ysiphilly.org](http://www.Ysiphilly.org)

*Offers housing to youth who are homeless or unable to stay safely with family.*



@YSIPhilly

**Attic Youth Center**

(215) 545-4331

[www.atticyouthcenter.org](http://www.atticyouthcenter.org)

*Services include life skills programming, support groups, community engagement events, and counseling*



@AtticYouthCenter

### LEGAL SERVICES

**Juvenile Law Center**

(215) 625-0551 x1315

[www.jlc.org](http://www.jlc.org)

*Legal services and advocacy for youth in the child welfare and justice systems.*



@JuvLaw1975

**Women Against Abuse Legal Center**

(215) 686-7082

[www.womenagainstabuse.org](http://www.womenagainstabuse.org)

*Free legal advocacy and representation for relationship violence-related legal matters, including PFA orders, child custody, and child support.*



@WomenAgainstAbuse

### HEALTH CARE

**Youth Health Empowerment Project (Y-HEP)**

(215) 344-1632

[www.fight.org](http://www.fight.org)

*Inclusive, trauma-informed and gender-affirming healthcare services for adolescents ages 13-24.*



@yhephealthcenter

**Mazzoni Center**

(215) 563-0652

[www.mazzonicenter.org](http://www.mazzonicenter.org)

*Provides adolescent drop-in clinic for medical care and counseling for LGBTQ+ community.*



@MazzoniCenter



**FOR FURTHER SUPPORT, CALL THE PHILADELPHIA DOMESTIC VIOLENCE  
HOTLINE: [1-866-723-3014](tel:1-866-723-3014)**

*Services are available in any language through Language Line interpretation services.*