

1 in 3 young people will be in an abusive or unhealthy relationship

DON'T NORMALIZE DIGITAL ABUSE

- Spreading rumors online or through texts
- Pressuring for sexual photos
- Sharing pictures to friends without consent
- Using social media to monitor whereabouts
- Demanding passwords to email and social media accounts
- Texting constantly

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for 24/7, free, &
confidential help

25% of dating
teens have been
digitally victimized
by their partners.



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relationship health

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