



What you can do to help yourself or someone else that is being abused or is experiencing inappropriate behavior

Speak Up: Tell a trusted adult– Parent or family member, Principal, Assistant Principal, Counselor, Dean of Students, Teacher

Do not ignore inappropriate behavior, including comments and/or touching

Do not make excuses for the person engaging in inappropriate behavior or abuse

Call the Police (911)

Seek out hotline numbers and websites for child abuse such as:

- Childhelp National Child Abuse Hotline: 1-800-422-4453
- National Domestic Violence Hotline: 1-800-799-SAFE (7233) or the hotline.org
- National Teen Dating Abuse Hotline: 1-866-331-9474 or text loveis to 22522
- Teenlineonline.org
- Runaway hotline: 1-800-RUNAWAY
- National Suicide Hotline: text or call 988
- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: text HOME to 741741
- Trevor Project (LGBTQ+): 1-866-488-7386