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# 2021 Fall Youth Voice Newsletter-News Today

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*“My whole story is about having a second chance.”*

S a r a h i C a r d o z a

To begin, my title is a famous quote from 2 Chainz. Now, I don't know if you are all familiar with him, but he is alright. The reason why this quote really stands out for me is because my whole life is about having a second chance in life. I want to start off with some of my background. I grew up here in Caldwell, I went to Jefferson Middle School. I was only there for my 6<sup>th</sup> grade and a few months of my 7<sup>th</sup>. My mom took me to Mexico at the age of 13. I tried to run away before she took me. But I was caught lol. Long story short, I lived in Mexico for three years and then I came back to Caldwell at the age of 17.

When I returned from Mexico, I tried going to school but money was more important for me at that time. I dropped out of High School at the age 18. I had a fulltime job where I met some people who I so called “Homies”. I met some guy, and we began to date, and he was the



first person to introduce me to weed. After that I became super addicted to it and all I would do was party and get messed up. There was a couple of times where I felt like I was going to die and yet the first time I felt that it didn't stop me from doing it. What got me to stop smoking was, I was super BROKE. I couldn't think where all my money was going to. Set aside the things I did I have always been a hard, reliable and responsible worker.

I was super tired of just working so hard and having nothing nice for myself. So, I decided I was going to bring all my family first and then I was going to see how to make more income. I went to Vallivue Academy to see if I could enroll my brother who had just gotten here from Mexico. At that point in my life, I was 21 years old and on a straight path; no more homies and weed.

*“I learned my lesson...”*

from being broke all the time. Back to enrolling my brother. The counselor had asked me if I had my high school diploma. I told him no I was a drop out. Well long story short, I ended enrolling myself as well. I was a super SUPER senior and graduated high school at the age of 21. And I am not ashamed of it.

During the last months of my high school, we had CWI advisors come to our school and talk about college. I honestly wasn't paying attention because I knew I was BROKE. But then my teacher said that there was this thing called F A S F A (Free Application for Federal Student Aid). It was still unclear of what this was, but it is a grant that you are given from the government to further your education with their funding. This is the page, FAFSA® Application | Federal Student Aid.

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So, I applied and guess what, my friends. I GOT IT! I received funding to go to college and at that point in my life I didn't feel like I was useless and that I could do good and be successful. I went to CWI and I got two Associates Degree, Criminal Justice and

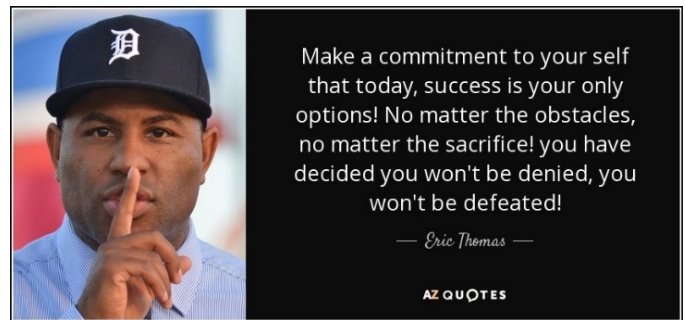


Law Enforcement. Trust me I was not liked for joining a Law Enforcement Program. I eventually ended up as a Correctional Officer, which is my current job. The reason why I chose this route was because this is only a small part of something very impactful that happened to me. I am full of surprises and this is just one. I tell you part of my story because I come from the background of smoking, not liking cops, and thinking I was no good because I am a Mexican. I was never told to get an education because that was the ticket to success. No, I was taught to work hard and be humble. Obviously, I got sidetracked in my youth. But I am now 27 years old, (I know I am old) and I am going back to school to become a Social Worker



because as a Correctional officer it is hard to try and help people when you are seen as the enemy.

This is me always being cool at work. I try to tell a lot of the population to not have that same hate towards me as they do for the ones that weren't there for them. We are not all the same, it becomes super difficult to explain but I am always honest and real with them. Super long story short, no matter what your background is that doesn't mean to settle for that. Work hard for what you want! If you fall you get right back up. You don't know how much I regret not having a straight set of minds to where at the age that I am now I probably could have had a bachelor's degree. But I always say things happen for a reason and things eventually fall in to place. If you get an opportunity look at Eric Thomas, he is a motivational speaker.



Thank you to our partners for collaborating on the Youth Committee Newsletter Project



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The Idaho Juvenile Justice Commission is a board of governor-appointed volunteers from each district working to represent the interests of Idaho concerning its youth. We, the Youth committee, are the heart and spirit of the Commission, made up of young adults who have experienced the situations that many Idaho youth currently encounter. Visit [www.ijjc.idaho.gov](http://www.ijjc.idaho.gov) to learn more about your local District Council! Contact the Idaho Juvenile Justice Commission Youth Committee: Chelsea Newton, (208) 334-5100, [Chelsea.Newton@idjc.idaho.gov](mailto:Chelsea.Newton@idjc.idaho.gov).

# Love Who You Are, Just as You Are

Paige Palmquist

I've known that I am bisexual since I was old enough to write my name. Let's just say that learning to write my name took a lot less time than learning to embrace my sexuality (by about 18 years, but who's counting). I spent the first few years of my life in Baltimore, a huge city filled with people that came of every size, shape, and color. I knew my uncle, who always brought gifts when he visited, who was tanned from the Floridian sun, and who had a male partner. I saw my parents and my neighbors treat him the same as anyone else, he was just Uncle Jack, not my gay uncle. Because of this, I didn't feel like there was anything different about me, I thought that the way people loved came in as much variety as the way people looked, and it didn't matter. I held this belief until I moved to a small-town in South Dakota and was enrolled in a private, religious school, I was in 4th grade. Everything was different, there were now only 15 other kids in my grade, who looked the same, talked the same, and believed the same. I soon found out that a part of these beliefs was that homosexuality was a sin, unnatural, and unwelcome. As the new kid I just desperately wanted to fit in, so I prayed to God, crying, asking Him to stop me from liking girls, to fix me.

From that point I suppressed my sexuality. To my dismay it didn't entirely work, it felt like I had ...

*"I like girls..."*

written on my forehead. There were several girls in high school who confessed that they had a crush on me, to which I would always respond, sorry but I'm straight. Yikes. When I went off to college it became harder and harder for me to deny my sexuality. I was going to school

away from my hometown, surrounded by new people, and it felt like I could become anyone I wanted. So why couldn't I embrace my sexuality now? I was afraid that the new friends I had made would treat me differently if they knew that I would be rejected. My past upbringing stuck with me, any time I thought of coming out I was stricken by panic and anxiety. All I wanted was to fit in, to be "normal". But I was unhappy. I felt like an imposter. There was this part of me that I



hadn't shared with anyone, screaming to be let out, to be embraced.

I had to come to terms with my sexuality after an especially wild Halloween party in college, when a girl dared to kiss me. I spent the rest of the night crying in the bathroom, because there was no denying it anymore. I had wanted to kiss her, not because of a dare, but because I thought she was pretty. I knew then that I had to tell people that I was bisexual. I took baby steps, first I came out to strangers and new acquaintances, people whose opinions didn't matter much to me. It felt good, liberating; I found that most people just didn't care. But what mattered to me most was how my

family and friends would react. I was scared that I wouldn't be just a daughter anymore, but a bisexual daughter, that I would become not just a friend, but a bisexual friend. I didn't want my sexuality to become the biggest part of my identity. I wanted to be just Paige, who happened to be bisexual.

I came out to my older brother first. He laughed, he said that every girl that he is good friends with is either bisexual or lesbian, so it made sense that I was too. Then I came out to my parents. My mom said, "well, I figured that statistically one of my kids would be in the LGBTQ+ community". My dad only said, "I don't care". So... that was a bit anticlimactic. All those years I was afraid to be myself, I had driven myself into a panic. Don't get me wrong, not everyone was accepting, but I had my support group. I no longer cared what anyone else had to say about who I was and who I loved, because I had the people who mattered to me most in my corner.

This is my advice to you, whether you're afraid to be open about your sexuality or afraid to be yourself: find someone you can trust to have in your corner, and you'll find that the rest will become less scary. At the end of the day, you should be excited about who you are and who you can become. Is the safety of being like everyone else worth it? No, absolutely not.





# Drugs, Addiction, and Prison

## Jason Congleton

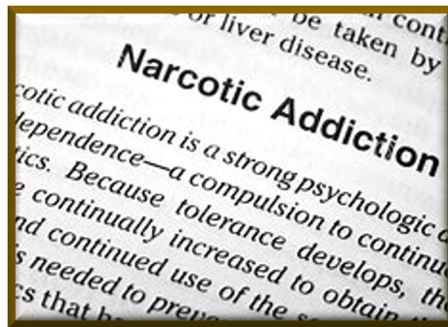
What up little “homies”? Let me start by introducing myself, my name is Jason. I am in my second semester of college at the College of Western Idaho, I would like to tell you a little bit about myself. First, I just want to say how stoked I was when I heard I would get a chance to be a part of this newsletter. I know all too well what you guys are going through. I hope what I have to say will give you some perspective, and that there is indeed light at the end of the tunnel. Most of my story involves drugs, addiction, and prison. I wanted the opportunity to talk to you guys and tell you where I went wrong. I grew up in McCall, if you aren't familiar with it, a small town a couple hour north of Boise. I am the fourth out of six brothers, so life as a kid was always adventurous. The environment I grew up in was always hectic, but I was lucky enough to have parents that provided for me. I know that a lot of you got a raw deal when it comes to your family and I won't pretend to tell you I know what that is like, because I don't. All I can say is hang in there and believe in yourself. When I was about 9 years old my brother and I were playing with matches out in the woods and we accidentally burned a couple of acres of forest down before the fire department put it out. I can look back at it now and laugh but as a 9-year-old that was the first time that...

### ***“I really screwed up”...***

and got into some serious trouble with my parents. Luckily for me the cops didn't get involved. The punishment came from my parents. Let's just say I couldn't sit for a week. Because I had three older brothers, naturally I was always looking up to them and wanted to do what they were doing. When they started smoking cigarettes so did I. Of course, when they started smoking weed, I was right there with them.

I was 12 the first time I smoked weed and the last thing I was

thinking was, “I better not do this because I'm going to end up in prison.” Around the same time, I had my first experience with opiates. I remember it like it was yesterday. The crazy thing is it was by accident. I wasn't trying to get high. I had no idea about the effects of opiates. Thirty years ago, you could buy cough syrup that had codeine in it over the counter,



meaning you didn't need a prescription to get it. I had a cold, so my mom gave me some of this medicine. Well, that is when I found out that there were a lot of other substances that would make me feel good. That is also the day I stopped caring about my future and what I wanted to accomplish in life. From the age of 12 to 18 my main goal was to get high on anything I could, and that is what I did but not without consequences. The problem with having three older brothers when it comes to partying is that my parents were hip on all the bs that I tried to throw at them. I was constantly in trouble. What that looked like was if I wasn't at school, I was working, and if I wasn't working, I was stuck at home. I was ok with working because I knew I would have money to buy dope. One of the good things about my parents being so strict was it kept me from getting busted by the cops when all my other friends got busted. I can tell you this, if I hadn't had a job, I would have been sneaking out of the house to meet up with those friends. By the time I was 16 my addiction was moving like a freight train out of control.

My sophomore year was when things really got bad. My parents searched my room one day and found an ounce of coke and a bunch of money. That day was also the first time I got into a physical fight with my old man. The next thing I knew I was in Intermountain Hospital. I don't blame my old man for putting his hand on me. I was 16 and I treated my parents with complete disrespect, when all they wanted was to save me from going down that road. They would tell me all the time that I was going to wind up dead or in prison. If I could go back and do things differently I would. I do wish I would have listened to what they were telling me. After that I was able to keep it together for another two years while I finished high school, but I watched almost all my friends either drop out or transfer to the alternative school. I didn't see the point in dropping out of school because I worked hard to get through high school. I grew up having a reading disability along with attention deficit disorder and some other mental health issues so high school really was a challenge for me.

After I graduated, I moved to Boise because I wanted to be closer to the dealers. I started running drugs between Boise and McCall and that is how I supported my habit. It only took six months before I got busted and got my first felony possession of meth. That was in 2000. I have been on either probation or parole ever since. The first time I went to prison I was 19, and I remember saying, “I'm not going to be like those guys that spend their whole life in prison” huh I was such a fool. I did exactly that. From 2000 to 2018, I was in and out of prison. The longest time I did was 5 years, and that was because...

### ***“the parole board wouldn't let me out.”***

My fixed time was only a year and a half, but I had been in and

out so many times the commission had other plans. While I was in prison, I continued to use drugs and hustle to make money for the commissary. I was also hanging around a lot of gang members and was seriously considering putting in some work. I was good friends with one of the big homies, and he knew I was thinking about it. He said, "you should think hard about this because if you ride with us there is a good chance you won't ever get out of prison," which I was already aware of. After watching these guys and seeing the way they could turn on you in an instant and seeing how much time they spent in the hole, I decided that I was just going to do me. I didn't need to be part of a gang. It was a good thing I didn't because not long after that 15 or 20 of them including my homies got federally indicted under the "Rico Act." They were charged with attempted murder, racketeering, extortion, and drug trafficking. They were all looking at 5-15 years in federal prison after they finished their sentence in Idaho. What I'm getting at is the cops don't stop going after you even if you have gone to prison. If you're still involved in that life in prison, they will get you. I get wanting to be in a gang, but you must ask yourself is it worth possibly dying, and most likely being in prison your entire life?

The last time I went to prison was the one that broke me. I ended up overdosing on some heroin that was laced with fentanyl in Reno Nevada, thank God they were able to Narcan me. At the time of my overdose, I had enough meth on me that they were able to charge me with trafficking, so not only did I have those charges, I also was on parole in Idaho. When I bailed out of jail in Nevada, I got arrested the minute I got back to Boise. To be honest it was a relief. Even though I knew what was coming with detoxing, and the fact that I was looking at 25 to life. I still had a huge sense of

relief. In the end I was able to plead to a 2 plus 3 in Idaho, and Nevada gave me a 14-month sentence that ran concurrent with my Idaho sentence. I was very lucky. After I overdosed things changed for me. That overdose was the first time in my life as an addict that I was truly scared, and it made me think about my life, where I was at, what I had accomplished, and how much I had missed out on because I was always in prison.

From 2000 to 2018, fifteen of those years were spent in prison.



That is the time I will never get back. I have a tattoo on my forearms that says wasted time. It's just a reminder that I'm done wasting time.

I have to say this, I had a few cuss words in this article, but I was told to take them out because of the no cussing rules. The old me would have made a big old stink about how that's bs and they are taking away my ability to be authentic, but the person I am today knows how important it is to follow the rules. It all finally made sense to me the last time I was in prison. I realized that if I couldn't follow the simple rules in prison, there was no way I would follow the rules when I got out. I haven't been perfect with following the rules, but I have been able to recognize that and fix whatever needs fixing.

***"Everyone has a choice..."***

to choose something different in life. Even if it is doing time and wasting time like I did; choose to rewrite your story. Make the choice

to change and be or do anything you want, just make the choice. I know how scary that can be, trust me. I have lived with the fear of failing my whole adult life and I let that fear hold me back from taking chances until I finally said no more. I stood up to that little demon on my shoulder and told him he was not welcome any more. That's what must be done sometimes. I know you all know what I'm talking about. That little guy sitting on your shoulder telling you that you can't do that or you're not smart enough, or maybe smoking that joint is a good idea, or going out and robbing someone because you need the money. You get the point. You must stand up to that voice, because if you don't and you continue down the path you are on, the only certain thing in your life is going to be what you're doing now, sitting in a cell asking your cellmate what's for dinner and slinging cards. I don't have to tell you how old that gets. It never changes. It always has the same faces and the same crappy meals. Ask yourself, is this how I want to live the next 5, 10, or even 15 years? All I'm asking is for you to stop and think about what it is you really want in life? Don't do what I did and wait 20 years to finally do something different. You all are young and have amazing opportunities to go out and do something great with your lives. Stop wasting time and go do it.

My best wishes to all of you.

Cheers



Discussion of relationship violence and mature content.

## *Because I love me,* by Madalyn Flint

The way someone else treats you does not dictate your worth. Your worth is not based on someone else's ability to see and accept you for who you are. You are worthy of unconditional love, most importantly, you are worthy of unconditional love from yourself. You might be thinking "what does this have to do with dating violence" and let me tell you **EVERYTHING**. It will all come full circle, but you must keep reading.

I want to start with my personal experiences with dating violence. I had two major "relationships" in my teen years. One was with a boy I like to think of as my first love, and one was with a boy that I now have nothing but resentment for. These relationships were young and dumb and to my definition of dating now, wouldn't even be considered "real" but at the time, they were incredibly real. My first relationship with the only boy I've ever loved, we'll call him Nathan, and it lasted a long time. It started the summer before freshman year in high school.

### First Red Flag

He was older and going to graduate that year. I was giddy at the thought that I was desirable, especially to an older boy. I couldn't let my parents find out about him or his real age or I would be in so much trouble. So, I would tell my parents I was hanging out with friends when really, I would hang out with him. Things seemed so great.

### Second red flag

He was obsessed with me, always was complimenting me, always texting me, always giving me SO MUCH attention. And I was obsessed with him. I loved all the attention, the compliments, the warm feeling he gave me inside, the butterflies, I loved it all. I knew something didn't feel right about the relationship after we hung out a couple of times. After a couple months of mostly texting but occasionally seeing each other, things started to happen. The more we hung out the weirder feelings I would get. Eventually, I was getting guilted into doing so many things that I didn't want to do. Eventually it got to the point where I was sending explicit pictures I did not want to send, saying explicit things about sex over text message and eventually being coerced into sexual actions. I was young. I didn't know that I could say no. I was so afraid to say no because I didn't want to lose him. He became such a big part of my every day that the thought of him leaving made me sick to my stomach, sicker to my stomach then taking the pictures or saying what he wanted to hear. He tried to have sex with me so many times. I would have to say "no" or "I don't think this is a good idea" or...

**"...I don't want to continue", ...**

he would just respond with "one more try" or "it's okay" or "I'll help you" and just keep trying, until he would get frustrated that it wasn't working and would quit. I didn't

know that was wrong. I was young and no one really talked to me about what my first time would be like, so I thought it was normal. I ended the relationship before we had sex. Thank God I did. I was not ready to have sex. I was only 14 or 15. He was 18 when I met him and 20 by the time we stopped talking. I reflect on that time of my life and realize so many messed up things that happened in that relationship. At the time I didn't think anything was wrong or out of the ordinary because I was young and ignorant. The obsession, the control, the continuous guilt he would make me feel, these things are not normal. These behaviors weren't normal then and are not normal now.

The United States Department of Justice defines dating violence as "violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim..." Violence comes in many forms and can be physical, emotional, or psychological. Just because a person was not physically hit doesn't mean they haven't experienced dating violence. The Office on Women's Health department of the United States Department of Health and Human Services has a longer list of early abuse warning signs, but I am just going to talk about a couple of them. These are no more or less important than others, these are just the most common ones that I have experienced personally or have witnessed a close person in my life go through. The first one I am going to talk about is sex. RAINN, the rape, abuse, and incest national network, defines consent as "Consent is an agreement between participants to engage in sexual activity. Consent should be clearly and freely communicated. A verbal and affirmative expression of consent can help both you and your partner to understand and respect each other's boundaries."



Let's break this down "consent should be clearly and freely communicated" this means that you are not being guilted, threaten, or coerced into saying yes. This means that you have both asked and been asked if the sexual activities about to take place are okay. Both the other person AND you must consent to sexual actions clearly and freely. If your partner is telling you that you owe them sex for ANY reason, that behavior is unacceptable, and you shouldn't tolerate it. If your partner is forcing themselves on you, that is not acceptable behavior and an



## TRIGGER WARNING TRIGGER WARNING TRIGGER WARNING

example of abuse. The next sign of abuse I want to talk about is control. There are a lot of examples of abuse that I have just put under the one category of control. I will give you some examples. If your partner tells you what you can/cannot wear, who you can/cannot talk to, where you can/cannot go, when you are allowed to come/go, constantly keeps tabs on you, or controls all of the money and only gives you what you're allowed to spend. These are all examples of how control manifests abusively. (Quick note, I am not saying that if any of these things have happened to you that you were abused. I am simply stating that these are some ways that abusers abuse, and it is always a good idea to know as much information as you can.) Some more warning signs include feeling like you have to walk on eggshells because you don't know how they'll react to anything, physically harming you, including pushing or slapping, when they intimidate you or make you feel less than, and inability to take responsibility for their actions/blame their actions on you. . Now you know some of the things that can help identify an abusive relationship, but what now?

Dealing with dating violence is hard for everyone involved. However, whether you are the victim or the support there is always something that can be done. The first step for anyone is education. Understanding the dynamics of abusive relationships can not only help the victim but those that are there for support too.

The person dealing with dating violence can learn that it is not their fault, and nothing is wrong with them. Supporters can learn and try to understand why those dealing with dating violence don't "just leave". The best way to help someone that is in an abusive relationship is to be a strong support for them. Trying to help victims of relationship violence by telling them to "just leave" or guilt them for staying does not help the situation at all. A person going through relationship violence needs a person to support them and continue to love them even if they stay in the abusive relationship.

Victims need people to show them what positive love looks like, and the biggest way you can do that is to continue to be by their side positively loving them. For people experiencing the dating violence, there are different things you can do. The first step is admitting that something is wrong. It is often hard for victims of dating violence to even admit that something is wrong, so that has to be the first step. Once a problem has been identified, it is most important that you remain as safe as you can. The national domestic violence hotline website (thehotline.org) has an assessment you can take that will let you know how dangerous your situation is, and if it is a good idea for you to leave or not. Your safety is the number one priority. A person experiencing dating violence shouldn't do things that will make the situation worse or put themselves in harm's way. I know it doesn't seem like good advice to tell a person being abused to stay with their abuser, but their life is the most important thing and domestic violence can easily escalate and be life threatening. Next, you should confide in someone and start to make a safety plan. Safety plans can look

different for everyone, but a safety plan should include a way to document the abuse, a way to start saving money, and an escape plan that you can work towards. If leaving is not an option, finding a way to document the abuse until you can find a safe way to leave, is a good idea, but NOT if it puts you in harm's way. Remember that your safety should be your number one priority.

I want the victims of dating violence that are reading this article to really read this part. Read it a thousand times, say it out loud, because it is important. It is not your fault. Whether you're currently going through dating violence or have in the past, ...

**"...IT IS NOT YOUR FAULT."**

It is not your fault that your partner hit you, or raped you, or controlled your life or made you feel less than. IT IS NOT YOUR FAULT. Just because someone treats you like scum doesn't mean you are scum. Just because someone hurt you because...

**".... THEY FAILED..."**

to see your worth doesn't make you any less than. You are worthy of unconditional love, especially from yourself. So, love yourself, and love yourself right. Once you know what true unconditional love from yourself can feel like, you won't accept anything less from anyone else.

Early warning signs of dating violence include:

- Checking one's partner's cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation of one's partner from family and friends
- Making false accusations
- Erratic mood swings
- Physically inflicting pain in any way
- Possessiveness
- Repeatedly pressuring one's partner to have sex [9]

Resources:

National Teen Dating Abuse Helpline: 1-866-331-9474 or 1-866-331-8453 (TTY) Prefer to text? Text "loveis" to 22522

National Domestic Violence Hotline: 1-800-799-3224 or Text "START" to 88788

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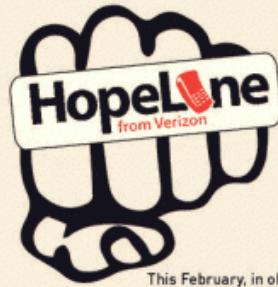
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TRIGGER WARNING TRIGGER WARNING TRIGGER WARNING



# SPEAK OUT AGAINST TEEN DATING VIOLENCE!

This February, in observance of Teen Dating Violence Awareness Month, Verizon urges consumers to take action to raise awareness and break the silence surrounding teen dating and domestic violence.

## Know the facts!

**1.5**  
MILLION



HIGH SCHOOL STUDENTS  
ACROSS THE COUNTRY  
EXPERIENCE PHYSICAL  
ABUSE FROM A DATING  
PARTNER

**25%**

DATING TEENS REPORT  
THEY'VE BEEN  
DIGITALLY VICTIMIZED  
BY THEIR PARTNERS

**9%** SEEK HELP  
(RARELY FROM  
PARENTS OR  
TEACHERS)

**96%**

EXPERIENCE OTHER  
FORMS OF VIOLENCE  
OR ABUSE FROM  
PARTNERS

**78%**

TEENS (AGES 12  
TO 17) HAVE  
CELL PHONES

**3** OUT OF **4**

TEENS ACCESS THE  
INTERNET USING  
MOBILE DEVICES



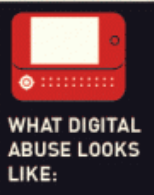
WIRELESS  
TECHNOLOGY SUCH  
AS SMARTPHONES OR  
TABLETS IS THE MOST  
COMMON MEDIUM FOR  
DIGITAL ABUSE



**1 IN 6** YOUTHS  
REPORT BEING  
THE VICTIM OF  
CYBER BULLYING  
(ABUSE OR HARASSMENT  
FROM SOMEONE OTHER THAN  
A ROMANTIC PARTNER)



VICTIMS OF CYBER  
BULLYING ARE  
**3X** MORE LIKELY  
TO ALSO EXPERIENCE  
DIGITAL DATING ABUSE  
OR HARASSMENT



## Know the signs!



**CONSTANTLY TEXTS YOU**  
AND MAKES YOU FEEL LIKE  
YOU CAN'T BE SEPARATED  
FROM YOUR PHONE



**SENDS YOU NEGATIVE,**  
INSULTING OR  
THREATENING EMAILS,  
MESSAGES, TWEETS, DMS



**TELLS YOU WHO YOU CAN  
OR CAN'T BE FRIENDS WITH**  
ON FACEBOOK AND OTHER  
SITES



**USES NETWORKS LIKE**  
FACEBOOK, TWITTER, AND  
FOURSQUARE TO **KEEP**  
CONSTANT TABS ON YOU



**PUTS YOU DOWN IN THEIR  
STATUS UPDATES**



**SENDS YOU UNWANTED,**  
EXPLICIT PICTURES OR  
VIDEO AND DEMANDS YOU  
SEND SOME IN RETURN



**INSISTS TO BE GIVEN YOUR**  
PASSWORDS & LOOKS  
THROUGH YOUR PHONE

## Speak Out! Stand Up!



**IT IS OKAY TO TURN OFF**  
YOUR PHONE.



**DON'T RESPOND TO**  
HOSTILE, HARASSING,  
ABUSIVE OR  
INAPPROPRIATE TEXTS  
OR MESSAGES.



**TELL A TRUSTED  
ADULT.**



**YOU HAVE THE RIGHT TO**  
BE ALONE AND SPEND  
TIME WITH FRIENDS.



**BE MINDFUL WHEN**  
USING CHECK-INS ON  
SOCIAL CHANNELS.



**CHANGE YOUR PHONE**  
NUMBER.



**DON'T SEND ANY MESSAGE**  
YOU WOULDN'T WANT  
SEEN BY OTHERS.



**YOU DO NOT HAVE TO**  
SHARE YOUR  
PASSWORDS.



**SAVE OR DOCUMENT**  
TROUBLESOME TEXTS,  
IMS, DMS, ETC. YOU  
MIGHT NEED THEM AS  
"EVIDENCE."

## TEEN DATING VIOLENCE AWARENESS & HELP RESOURCES:



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



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



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



[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

Give dating and domestic violence victims and survivors the chance to make a lifesaving call by donating your no-longer-used wireless phone to HoPeLine from Verizon.

[WWW.VERIZONWIRELESS.COM/HOPELINE](http://WWW.VERIZONWIRELESS.COM/HOPELINE)

Sources: Urban Institute (2013 studies); Pew Research Center (Pew and Technology 2013; Teens, Social Media, and Privacy 2010); Loveisrespect.org; Doornet.org; AP-NORC Center for Public Affairs Research.