# KNOW MORE

KNOW YOUR LIMITS – NO ABUSE

## WHAT IS
# dating violence?

**1 in 3 adolescents**
experience physical,
verbal, sexual or emotional
abuse in the U.S.

## Does your significant other...

• Force you to share your phone or social
  media passwords?

• Always criticize you?

• Act jealous or possessive?

• Isolate you from family or friends?

• Threaten or scare you?

• Make false accusations?

• Overreact or have an explosive temper?

• Constantly text you asking where you are?

• Hit, slap, punch or kick you?

• Try to pressure you to have sex?

## If you think you're being abused,
you are not alone and it's not your fault.

• Contact your school's K**NO**W **MORE** Peer
  Educator or Advisor.

• Call the **Marjaree Mason Center** 24-hour crisis
  hotline at **(559) 233-HELP** or visit **mmcenter.org**
  to learn more about our services.

knowmoremmc.org

View more resources

# KNOW MORE
### KNOW YOUR LIMITS – NO ABUSE

# Resources
## Learn more. Get help.

## Marjaree Mason Center

📱 (559) 237-4706
🌐 mmcenter.org

### Marjaree Mason Center

The Marjaree Mason Center is a Fresno-based agency that provides shelter and support services to families affected by domestic violence. Services include therapy, education, batterers' intervention, safety planning, anger management, and more. Our crisis hotline is free, confidential and available 24/7. Call (559) 233-HELP.

## Love is Respect

📱 1 (866) 331-9474 | Text "loveis" to 22522
🌐 loveisrespect.org

Highly trained peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. They also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available around-the-clock.

## Teen Line

📱 1 (800) TLC-TEEN | Text "teen" to 839863
🌐 teenlineonline.org

Teen Line is a confidential telephone helpline for any teenage caller who has a problem or just wants to talk with another teen who understands them. It operates every evening from 6 P.M. to 10 P.M. and is toll-free from anywhere in California.