



# Resource Guide

for Teachers, Counselors & Staff

The **KNOW MORE** Adolescent Dating Violence and Domestic Violence Education and Prevention Program of Marjaree Mason Center is continuously striving to promote and advocate healthy relationships within the adolescent community.

**Violence is experienced in one out of three teenage relationships,** so it is highly likely that you will encounter a student that needs our resources. When that time comes, you can:



## Start a conversation

Talk and listen to your student. Convey empathy and support but don't be judgemental or make them feel ashamed. It's essential that the victim(s) understand that they are not to blame. Maintain confidentiality while following school protocol on reporting, and make sure the student is aware of this.



## Teach them about healthy relationships

Educate them about the harmful and lifelong effects of dating violence. Let them know that abuse usually gets worse over time, and trying to change someone may not be the best way to handle the abuse.



## Share resources and information

Connect the student with resources that can help provide support and safety. Encourage them to reach out for help and let them know you take the issue seriously. Students are most likely to not report because of the fear that adults will make the situation worse, cast blame, or make them feel guilty.

# Marjaree Mason Center

☎ (559) 237-4706

🌐 [mmcenter.org](http://mmcenter.org)



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.

## Local Resources

### EOC Sanctuary

☎ (559) 498-8543 🌐 [fresnoeoc.org](http://fresnoeoc.org)

Drop-in center for youth ages 11-17 to get a hot meal, wash laundry, take a shower and recuperate in a safe environment with access to case management and counseling services, computer lab, recreational activities and a resource library.

### Project Access

☎ (559) 457-3359 🌐 [project-access.org](http://project-access.org)

Provides assistance with school enrollment and referrals to community resources for housing, clothing and food. They also provide advocacy with school issues.

### Comprehensive Youth Services (CYS)

☎ (559) 299-3561 🌐 [cysfresno.org](http://cysfresno.org)

Dedicated to providing mental health and supportive services to children, adolescents and families who have experienced abuse or domestic violence, and for those who are at-risk, or who are struggling with difficult personal or family issues.

## Online Resources

### • Bullying

We Stop Hate

🌐 [westophate.org](http://westophate.org)

### • General help/advice

ReachOut USA

🌐 [us.reachout.com](http://us.reachout.com)

### • Substance abuse

NIDA for Teens

🌐 [teens.drugabuse.gov](http://teens.drugabuse.gov)

### • Suicide

Know the Signs

🌐 [suicideispreventable.org](http://suicideispreventable.org)

The Trevor Project

🌐 [thetrevorproject.org](http://thetrevorproject.org)

### • Mental health

Teen Mental Health

🌐 [teenmentalhealth.org](http://teenmentalhealth.org)