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Do's & Don'ts

Teen Dating Abuse
How to be an Adult Ally

Believe Teens &
Be Supportive

Do



Start a
conversation &
Listen



Don't

Wait for them to
come to you

Question them



Express concern
for their safety

Do

Keep it low key



Try to fix the
problem or
pressure a teen
to talk

Don't

Make it about
you or tell them
what they should
do



Focus on how the
teen is feeling

Tell them you're
here to talk anytime

Do

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