

YOU DESERVE to feel safe and loved



Abuse is never your fault

It's **not ok** if your partner hurts you, threatens you, puts you down, monitors or embarrasses you online, pressures you sexually, or makes you feel unsafe.

Healthy relationships have mutual respect, boundaries, open communication, and support for one another.



It's ok to ask for help

Trusted adults can help.
Find confidential
resources at
ocadsv.org/find-help



Love is respect

Call 866.331.9474

Text *LOVEIS* to
22522

loveisrespect.org



For safety concerns

Emergency response call 9-1-1
SafeOregon.com
Call or text 844.472.3367
Email tip@safeoregon.com

