



If you or a friend are in need of help or support, please talk to your Safe Adults or use the resources listed inside this card. No matter the situation, there is always help available.

Student Resources

TEEN SAFETY MATTERS.



The 5 Safety Rules



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame

HELP / HOTLINES

Abuse

NATIONAL CHILD ABUSE HOTLINE

- » Call/Text 1-800-4-A-Child (422-4453)
- » Childhelphotline.org

Sexual Abuse/Assault

DARKNESS TO LIGHT HELPLINE

- » Call 1-866-FOR-LIGHT (367-5444)
- » Text "Light" to 741741
- » Darknesstolight.org

RAPE, ASSAULT, ABUSE, AND INCEST

NATIONAL NETWORK (RAINN)

- » Call 1-800-656-HOPE (4673)
- » Hotline.rainn.org

Relationship/Dating Abuse & Violence

LOVE IS RESPECT

- » Call 1-866-331-9474
- » Text "Loveis" to 22522
- » Loveisrespect.org

LGBTQ Support

THE TREVOR PROJECT

- » Call 1-866-488-7386
- » Text "Start" to 678678
- » Thetrevorproject.org

Human Trafficking

NATIONAL HUMAN TRAFFICKING HOTLINE

- » Call 1-888-373-7888
- » Text "Help" to 233733
- » Humantraffickinghotline.org

Online Exploitation

CYBERTIPLINE

- » Call/Text 1-800-THE-LOST (843-5678)
- » Cybertipline.org

Mental Health/Substance Abuse

SAMHSA NATIONAL HELPLINE

- » Call 1-800-662-HELP (4357)
- » Samhsa.gov/find-help/national-helpline

Crisis/Suicide

CRISIS TEXT LINE

- » Text HOME to 741741
- » Crisistextline.org

NATIONAL SUICIDE PREVENTION LIFELINE

- » Call 1-800-273-TALK (8255)

» Suicidepreventionlifeline.org