

## **NATIONAL RESOURCES**

### **Healthy Relationships:**

#### **Love is Respect**

Love is Respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.

Toll Free: 866-331-9474

Text: text "loveis" to 22522

Online Chat: [Loveisrespect.org](http://Loveisrespect.org)

Online relationships quiz: [www.loveisrespect.org/quizzes](http://www.loveisrespect.org/quizzes)

#### **One Love**

Love is the most important thing in our lives, yet we are taught very little about it. One Love is on a mission to change that. Find info here about healthy and unhealthy relationships, identify and avoid abuse and learn how to love better.

[www.joinonelove.org](http://www.joinonelove.org)

### **CONSENT VIDEOS**

[What Does Consent Really Mean?](#) (Planned Parenthood, Older teens/College)

[Tea Consent](#) (Older teens)

[Consent for Kids](#) (Adults and younger children)

### **MORE INFO ON RELATIONSHIPS, HEALTHY BODIES, AND GOOD SEX**

#### **AMAZE**

"More info. Less weird." AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships. For ages 10-14, parents and kids.

Website: [www.amaze.org](http://www.amaze.org)

Videos: [www.YouTube.com/amazeorg](http://www.YouTube.com/amazeorg)

#### **Scarleteen**

"Sex ed for the real world". Inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults.

[www.scarleteen.com](http://www.scarleteen.com)

## **Planned Parenthood:**

Looking for info on sex, relationships, your body, and more? You've come to the right place. We break it down. No shame, just the facts. Check it out.

Website: [www.plannedparenthood.org/learn/teens](http://www.plannedparenthood.org/learn/teens)

Videos on sexual orientation, dating, consent, bodies, etc.

[www.plannedparenthood.org/learn/teens/tools-for-teens](http://www.plannedparenthood.org/learn/teens/tools-for-teens)

## **Sex etc.**

Get answers to question about sex, relationships, pregnancy, STDs, birth control, sexual orientation, and more! Watch videos and take quizzes.

[www.sexetc.org](http://www.sexetc.org)

## **Mental Health Matters!**

### **Love is Louder**

The #LoveisLouder Action Center was designed to share tips, tools, and ideas for actions that can help us take care of our emotional health, and take care of each other. Being proactive about our mental health is especially important with all the fear and uncertainty we are facing as individuals and communities.

Website: [loveislouder.org](http://loveislouder.org)

Textline: text START to 741-741

Hotline: 1-800-273-TALK 2355 for a free, confidential chat with a trained counselor 24/7

### **Seize the Awkward**

Reach out and Seize the Awkward

Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools – from conversation guides to tips –that can help you help those in need.

Website/conversation: [seizetheawkward.org/#starting-the-conversation](http://seizetheawkward.org/#starting-the-conversation)

Text: SEIZE to 741741

Call: 1-800-273-8255

## **Take Action!**

I Have The Right To: [ihavetherightto](http://ihavetherightto)

"I Have the Right To" is the battle cry for all of us to protect our rights as human beings, and to be heard, be believed, and seek justice for wrongs against us and loved ones. It is all of us uniting as one to seek a life free from aggression and sexual violence. Here you will find a forum to share and be supported: support for those who want to speak out – where to get legal services from professionals who care and understand what you are feeling - and a multitude of ways to share, be heard, and feel the strength of all of us.

You are not alone!

**Do Something:** <https://www.dosomething.org/us>

We are a youth-led movement for Good!

[Find things that matter](#) and what other teens are working on and start your own!