



Strawberries 'n' Cream Cake

Energy-Boosting Walking Workout

Quick & Easy BBQ Recipes

Teens in Love: A Guide for Parents



crazy IN LOVE

WHERE TO GET HELP

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-7233, ndvh.org
24/7 support, including referrals to free local counseling for teens and young adults

LOVE IS NOT ABUSE

loveisnotabuse.com
Interactive information about dating abuse for teens and parents; program funded by Liz Claiborne Inc.

CHOOSE RESPECT

chooserespect.org
Quizzes, downloads and information for teens from the Centers for Disease Control and Prevention

BREAK THE CYCLE

888-988-8336
breakthecycle.org
Legal advice, support, online communities and education for abused teens

NATIONAL TEEN DATING ABUSE HELPLINE

866-331-9474
loveisrespect.org
Teen counselors, support and referrals

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ling signs. "I'm the kind
: a lot of physical atten-
v boyfriend snapped at
first week as a couple.
from you, I'll get it from