

Resource Library

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Youth/Teen Support Resources

WEB PAGE: *Here Are Tips & Resources For Keeping Your Youth Safe.*

Exploitation of a child does not typically begin with a dramatic moment like a kidnapping but through a process of grooming that gradually crosses more and more boundaries. Sometimes grooming starts online, sometimes it's in real life, and often, it's perpetrated by someone whom the child has grown to trust. Even if the perpetrator technically started as a stranger, the child likely doesn't see them as a stranger by the time exploitation starts. This collection of resources from Love 146 is designed to help parents and caregivers keep their kids safer from exploitation.

August 2025

Digital Childhood Starts at Age Two: Landmark Study Shows Evolution of Young Children's

Media Use (article) New research finds that 40% of children have a tablet by age 2 and spend about 2.5 hours per day on screen time. Gaming time has surged 65% since 2020, and traditional TV viewing has declined, while short-form video platforms like TikTok and YouTube Shorts are on the rise, underscoring the increasingly complex media environment that parents must navigate in their children's early years. Read more key findings and find the [full report here](#).

February 2025

Understanding Boundaries and Consent in Relationships (article) Just as your home may have a fence that divides your property from your neighbor's, a boundary is a virtual fence that separates your body, emotions, and energy from someone else's. Boundaries help establish limits for what you deem acceptable. [Read this guide](#) to see examples of healthy boundaries and learn more about the importance of consent in every relationship.

March 2025

Neuropsychologist shares the one sentence boys need to hear (over and over again)

(article) Neuropsychologist Dr. Sanam Hafeez reports that "middle school boys often absorb societal messages that discourage emotional expression....[and] suppressing emotions can lead to stress, anxiety and difficulty forming healthy relationships." How can parents help counter these harmful messages?

March 2025

Teaching Teens About Dating Violence (article) Learning about healthy relationships early means less chance of domestic violence later on. Let your teen know that spotting the signs is important—it could help protect them as well as those they care about.

<https://www.domesticshelters.org/articles/children-and-domestic-violence/teaching-teens-about-dating-violence>

January 2024

Your Body, My Choice Has Made Its Way to High Schools (article) Misogynistic slogans like "Your body, my choice" are being used by young boys in schools as a form of harassment, influenced by online hate speech. This behavior creates unsafe environments for female and marginalized students and reinforces the dangerous misogynistic rhetoric that fuels relationship violence. This article explores how to talk with youth of all genders about healthy masculinity and healthy relationships – and how to respond if your child becomes a target at school.

<https://www.domesticshelters.org/articles/children-and-domestic-violence/your-body-my-choice-has-made-its-way-to-high-schools>

December 2024

Understanding Youth Exploitation (Website). General exploitation is treating a person unfairly to benefit from their work. Exploitation can involve the use of threats, manipulation, or force to get someone to do something they do not want to do for the benefit of another person. It can take many forms; it could look like an employer forcing an employee to work for little or no pay or it could look like a romantic partner threatening harm if their partner doesn't perform sex acts for money, drugs, or a place to stay.

<https://www.dhs.gov/blue-campaign/protect-yourself>

June 2024

Cadence Ford (Video Game). In honor of TDVAM (Teen Dating Violence Awareness Month), One Love is excited to share their newest mobile app, Cadence Ford! Travel back in time to uncover what caused a rift in the small town of Cadence Ford. This educational video game, created in collaboration with iThrive Games and Playmatics, empowers youth with the skills and knowledge to help a friend in an unhealthy relationship. To learn more about the game and how you can share it with youth, click here.

<https://www.joinonelove.org/wp-content/uploads/2024/01/Cadence-TDVAM.pdf>

February 2024

Stopping Sextortion (Video). The National Center for Missing & Exploited Children has released two new educational videos about sextortion - a form of child sexual exploitation where children are blackmailed by a person who has obtained nude or sexual images of them. Designed for middle and high school students, these videos help identify red flags, barriers, and ways to get help. Watch here.

<https://www.missingkids.org/netsmartz/home>

February 2024

Love Shouldn't Hurt, Part 1 (Podcast). This two-part podcast episode highlights TDVAM through discussions with two women—one who experienced dating violence as a teen and one who is working with youth to help them navigate the college dating scene safely. Listen here.

<https://open.spotify.com/episode/3bTwf1mVMsDt68Wd0zsmYI>

February 2024

How to Help (Tip Sheet). If you think that a friend or someone you know is in an abusive or unhealthy relationship, it can be difficult to know what to do. You may want to help but be scared to lose them as a friend or feel as though it is not your place to step in. Here are a few tips from One Love to help you talk to your friend.

<https://www.joinonelove.org/wp-content/uploads/2023/05/Help-a-Friend-In-an-Abusive-Relationship-1.pdf>

January 2024

2023 Youth Voices Count Survey Report (Report). A recent survey conducted by the Northwest Corner Prevention Network in partnership with the Region 1 School District reveals important and valuable information about how kids in grades 7-12 in our schools describe their lives, their community, and their health. See the results here.

<https://ncpncoalition.org/>

November 2023

Camp HOPE America (Program). Camp HOPE America is the first evidenced-based and trauma-informed camping and mentoring program in the United States to focus on children and teens impacted by domestic violence, sexual violence, and other forms of trauma. Their mission is to give youth a brighter future by creating pathways to hope and healing. Read more here.

<https://centerforfamilyjustice.org/services/camp-hope-bridgeport/>

September 2023

Social Justice Booklist for Youth (Book List). Social justice means equal rights and equitable opportunities for all. True social change relies on actions and efforts at multiple levels, and it can begin with introducing youth to social justice books to help them better understand different cultures, people, and situations. Teaching youth what equity is and why it is crucial for the social and emotional well-being of the community gives them the opportunity to create equity in the world around them.

<https://www.nsvrc.org/blogs/saam/social-justice-booklist-children-teens-and-young-adults>

May 2023

Understanding Teen Dating Violence (Article, Toolkit). Teens and young adults of all genders are at the highest risk of experiencing dating and domestic violence, with young women ages 16 to 24 in particular experiencing intimate partner violence at almost triple the national average. This article and accompanying toolkit outline how to recognize abuse when it happens to young people and how to take action.

<https://www.domesticshelters.org/articles/children-and-domestic-violence/understanding-teen-dating-violence>

February 2023

That's Not Cool: Teen Dating Violence and Healthy Relationships in the Digital Age

(Website). That's Not Cool is an award-winning national public education initiative that partners with young people to help raise awareness and bring educational and organizing tools to communities to address dating violence, unhealthy relationships, and digital abuse. Our vision is for everyone to experience healthy relationships - online and off.

<https://thatsnotcool.com/>

January 2023

Love Is Respect - TDVAM 2023 Action Guide (Article). Teen Dating Violence Awareness Month (TDVAM) is a campaign to amplify the needs of youth and their experiences with dating abuse.

https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2022/12/2211-TDVAM-Action-Guide_FINAL.pdf

January 2023

Teen Dating Violence (Article). Teen Dating Violence Awareness Toolkit.

<https://web.archive.org/web/20220204145345/http://www.ctcadv.org/find-help/teens-youth/>

January 2023

Break the Cycle (Article). Learn about teen dating abuse here.

<https://www.breakthecycle.org/learn-about-dating-abuse/>

September 2022

One Love (Program) teaches about the difference between healthy and unhealthy relationships and empowers teens to bring this education back to their peers by becoming a One Love Student Leader. Get more information about this free yearlong program here.

<https://www.joinonelove.org/student-leadership-activity-log/>

September 2022

Parent and Teacher Resources

PODCAST: *Could Your Son Be Struggling With Loneliness In Silence?*

One in seven men say they have no close friends, and only half say they are satisfied with their friendships. This loneliness epidemic among men trickles down to boys as well, with the US Surgeon General noting that loneliness increases feelings of depression and anxiety and is more dangerous to overall health than smoking cigarettes. This All Pro Dads podcast explores the dynamics behind the loneliness epidemic and shares tips for helping your kids build healthy friendships.

August 2025

Gaming Safely (Tip Sheet) With over one billion players worldwide, online gaming is wildly popular. Adult involvement is therefore critical when it comes to helping children game more safely. Learn more about how you can help keep the gamer kids in your life safe here.

<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/gaming-safely.pdf>

August 2024

Into the Cloud (Video Series) Looking for a fun and age-appropriate way to teach your kids under age 10 about online safety? Net Smartz Kids, a division of the National Center for Missing & Exploited Children, has you covered. Check out this animated series, now in its second season.

<https://www.netsmartzkids.org/into-the-cloud/>

August 2024

Blue Campaign Toolkits (Toolkit). Back to school season is here, so now is an important time to talk to the youth in your life about human trafficking — a crime that poses unique dangers to young people. Making sure youth understand the warning signs of human trafficking and how to protect themselves from the crime can prevent exploitation and save lives. These toolkits can help.

<https://www.dhs.gov/blue-campaign/materials/toolkits>

August 2023

The ADAM Program (Website). When kids go missing, time is of the essence. The ADAM Program helps locate missing children as quickly as possible by distributing targeted alerts only for children who go missing in your area. Join the effort to bring missing kids home quickly and safely here.

<https://risk.lexisnexis.com/adam>

July 2023

Child Welfare Resources (Toolkit). April is National Child Abuse Prevention Month, which recognizes the importance of families and communities working together to prevent child abuse and neglect. Prevention services and support developed by this collaboration can help to protect children and strengthen families. Find helpful videos, conversation guides, and more here.

<https://www.childwelfare.gov/preventionmonth/>

April 2023

Our Family Wizard (App). Solve shared custody challenges faster and with less conflict. This co-parenting app for families living separately documents parenting time, reimbursement requests, payments, exchanges, and more. Get started here.

<https://www.ourfamilywizard.com/>

December 2022

Online / Tech Safety

ARTICLE: *The Family Online Safety Institute Welcomes Nex Playground as Its Newest Member*

Nex Playground, an active play system that gets families moving year-round, will become the newest member of the Family Online Safety Institute, advancing a shared commitment to safer, more connected digital experiences for families. Nex joins FOSI's global community with a fresh approach to online safety, emphasizing healthy digital habits, physical activity, and positive online experiences for families. Nex Playground aims to approach online safety by emphasizing healthy digital habits, physical activity, and positive online experiences for families and promote safer, healthier screen time and shared play.

July 2025

4 Digital Safety Resources: 20+ Languages

The value of providing resources to survivors in their native language cannot be overstated. These can often be hard to come by or locate when needed - and this is true for digital safety resources as well. These four multilingual and culturally-informed resources focus on increasing digital safety.

<https://www.endtab.org/blog/latest-trends-intimate-image-abuse-phegs>

July 19, 2024

Technology Safety & Privacy: A Toolkit for Survivors

Survivors of domestic violence, sexual assault, stalking, and trafficking often need information on how to be safe while using technology. This toolkit contains safety tips, information, and privacy strategies for survivors on the use of technology.

<https://www.techsafety.org/resources-survivors>

2025

Latest Trends: Intimate Image Abuse

As the use of intimate images and videos to cause harm continues to evolve, it's important to stay current on this issue – but that's easier said than done! This article shares multiple resources that shed light on this disturbing phenomenon.

<https://www.endtab.org/blog/latest-trends-intimate-image-abuse>

May 2024

TECH TALK

This short talk sponsored by [Safety Net Project](#) gives a brief overview of how technology intersects with abuse.

<https://www.techsafety.org/tech-talk-the-intersection-of-trafficking-domestic-violence-and-technology/#traffickingdvtech>

2025

Pauline Stuart: I Want Parents to Know the Truth About Sextortion (Video Interview)

Pauline Stuart's story is one every parent needs to hear. After losing her son Ryan, a victim of sextortion, she has become an advocate determined to educate others on the dangers and rapid escalation of this crime. Watch Pauline share her experience and learn vital lessons to help protect your own family.

https://www.thorn.org/blog/pauline-stuart-i-want-parents-to-know-the-truth-about-sex-tortion/?utm_campaign=Thorn%20Newsletters&utm_medium=email&_hsenc=p2ANqtz-Vcl-c4l9JtslpHZqGSQkfb5HmgeezZuqekGwDabqxqVEvsoU0Q6aeZ_E2kxL_U1iP3f8HUWfTcgrNmQdr0VzKI2EyQ&_hsmi=335260769&utm_content=335260769&utm_source=hs_email

November 2024

myPlan (App) myPlan is a free app offered in English and Spanish to help with safety decisions if you, or someone you care about, may be experiencing abuse in an intimate relationship. It's private, secure, personalized, and backed by research with domestic violence survivors involved every step of the way. myPlan provides anonymous questions about you and the relationship, and your answers will customize myPlan to your situation. <https://myplanapp.org/>

Cyberbullying (Web Resource) According to StopBullying.gov, cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can also include sharing personal or private information about someone else, causing embarrassment or humiliation. 20-30% of children report being the victim of cyberbullying. How can you help? Learn more here.

<https://www.missingkids.org/netsmartz/topics/cyberbullying>

August 2024

Wear This AI Friend Around Your Neck (Article) The latest attempt at an AI-powered wearable is an always-listening pendant. It doesn't help you be more productive -- it just keeps you company. The developer says he has a closer relationship to the pendant than to his human friends, while critics compare the pendant to junk food: appealing but harmful. Draw your own conclusions here.

<https://www.wired.com/story/friend-ai-pendant/>

August 2024

Am I Falling for ChatGPT? (Article). As technology advances, so does the potential for people to be scammed when looking for love. The rise of inexpensive, easily accessible artificial intelligence (AI) has massive implications for the world of online romance. AI catfishing is on the rise, and the AI-generated photos and videos that scammers use to exploit their victims can

be indistinguishable from the real thing. Read more about this troubling trend and what to do about it here.

<https://www.independent.co.uk/life-style/ai-catfishing-dating-apps-chatgpt-b2531460.html>

May 2024

No Escape Room (Interactive Video). What does it feel like to be trapped in sextortion? The National Center for Missing & Exploited Children (NCMEC) has unveiled an interactive video experience that plunges parents and caregivers into the reality of financial sextortion. Based on dozens of real-life CyberTipline reports, the interactive film follows the story of a 15-year-old boy's exploitation online. Throughout the experience, the user will be prompted to engage in a conversation with someone who appears to be another teenager. Before they know it, what started out as a friendly, flirtatious chat has them trapped in a blackmail scenario. The video was designed to allow parents to see how quickly and easily their own child could fall victim to online exploitation, even if they are just down the hall in their own home. Visit NCMEC's website to read the full release and view more resources on how to talk to the children in your life about the dangers of sextortion, but first -- experience the film here.

<https://noescaperoom.org/>

April 2024

Teachers' Essential Guide to Cyberbullying Prevention (Article). What is cyberbullying? How common is it? And what can teachers do about it? Get advice and resources to support your students here.

<https://www.common sense.org/education/articles/teachers-essential-guide-to-cyberbullying-prevention>

March 2024

Family Engagement Toolkit (Toolkit). For kids, digital life is real life. It's where they build friendships, take a stand on issues, and do so much more. It's also where kids are at risk of cyberbullying, grooming, and other dangers. This bilingual toolkit encourages kids and their families to reflect on their digital media habits and build digital citizenship skills, including those key to online safety.

<https://www.common sense.org/education/toolkit/family-engagement-resources>

March 2024

Dangers of Apple's Latest iOS Update Part 1 (Tech Safety Series Part 1). This two-part EndTab series highlights the impact on safety of the latest Apple iOS updates. Part 1 examines the features "Contact Posters" and "Sensitive Content Warning." Read it here.

<https://mailchi.mp/dcc8c2786774/domestic-violence-has-gone-digital-we-want-to-help-17354486>

November 2023

Dangers of Apple's Latest iOS Update Part 2 (Tech Safety Series Part 2). This two-part EndTab series highlights the impact on safety of the latest Apple iOS updates. Part 2 examines the features "Voice Cloning" and "Check in." Read it here.

<https://mailchi.mp/ebd7a6384b53/domestic-violence-has-gone-digital-we-want-to-help-17359569>

November 2023

Apple's Latest Update (Article). This timely article dives into some of the most talked-about features of the latest Apple iOS update and discusses their implications for modern victims of domestic violence - with a focus on how to prevent harm and an emphasis on safety features. Read all about it here.

<https://mailchi.mp/dcc8c2786774/domestic-violence-has-gone-digital-we-want-to-help-17354486?e=a846a1912f>

October 2023

Resources for Parents, Educators, and Communities (Website). The National Center for Missing and Exploited Children has refreshed their presentations for parents, middle school, and high school students, offering insights into cultivating a secure and positive online experience. View their offerings here.

<https://www.missingkids.org/netsmartz/resources>

September 2023

Snapchat's My AI Raises Big Red Flags (Article). My AI is a new Snapchat feature built using OpenAI's ChatGPT technology, and experts are sounding the alarm about its effects on child safety and people in vulnerable situations like domestic violence. Read more here.

<https://www.glamourmagazine.co.uk/article/snapchat-my-ai-red-flags-for-children-vulnerable-adults>

June 2023

iGuardians (Website). Predators can find underage victims online because youth are not always aware of how dangerous online environments can be. This web resource helps protect youth from online predators by providing kids, teens, and parents with age-appropriate resources to become smarter about online safety.

<https://www.dhs.gov/hsi/iguardsian>

June 2023

Sex Traffickers Used America's Favorite Family Safety App To Control Victims (Article). Apps like Life360, Find my Friends, and Find My Phone are meant to give families peace of mind by allowing them to know where each member is at all times. Now, sex traffickers are

using these tools as digital "leashes" to monitor and coercively control their victims. Read more about this disturbing trend here.

<https://www.forbes.com/sites/thomasbrewster/2023/04/06/sex-traffickers-use-parenting-apps-like-life360-to-spy-on-victims/?sh=52640c1864c3>

May 2023

Deepfakes: A Victim Resource Guide (Article). Deepfakes use technology to transfer a person's face onto someone else's body, creating a realistic image or video that to the naked eye is indistinguishable from the real thing. Over 95% of deep fakes are pornographic, and almost all of the targets are women. This guide includes resources, tools, and strategies for anyone who has been targeted by a deepfake or similar technology.

<https://files.constantcontact.com/78513c0e001/ac13f46b-3d85-419a-a4e8-1a9d288eaaae.pdf?rdr=true>

May 2023

5-Minute Parenting Guide: Catfishing (Article). Catfishing scams targeting kids are on the rise. This resource is designed to empower parents, grandparents, educators, and caregivers to effectively discuss online safety with children and teens by teaching them how to naturally and effortlessly avoid catfishing attempts.

<https://files.constantcontact.com/78513c0e001/87fc3c7f-313a-4def-9197-04e654f1d53a.pdf?rdr=true>

April 2023

Family Guide to Parental Controls (Article). Parental controls are software tools that allow parents and caregivers to restrict their children's access to content on electronic devices. Need help navigating the options and -- more importantly -- the conversations with your kids? Read this.

<https://connectsafely.org/controls/>

February 2023

Parents' Ultimate Guide to TikTok (Article). Is TikTok safe? How does it work? How should I talk about it with my kids? Take a deep dive into this popular app here.

<https://www.common sense media.org/articles/parents-ultimate-guide-to-tiktok>

December 2022

Raising Children Alongside Technology (Webinar). The Internet is part of life, but it can also make kids more vulnerable to exploitation. Parents often have questions about when to introduce a new technology, how to monitor their child's online activity, and how to best protect their kids in the digital age. Watch as two parents working in child health and anti-trafficking examine these issues.

<https://love146.org/caregivers/#webinar>

November 2022

NCMEC NetSmartz (Website). These resources offer multiple ways to engage children, parents, and communities in important lessons in digital citizenship and online safety.

<https://www.missingkids.org/netsmartz/resources>

October 2022

LGBTQ+ Resources

LGBTQ+ Communities and Human Trafficking (Website). Drawing attention to experiences that are specific to LGBTQ+ communities and how people who identify as LGBTQ+ can be especially vulnerable to human trafficking.

<https://polarisproject.org/lgbtq-communities-and-human-trafficking/>

June 2024

Internet Safety Guide for Caregivers (Resource List). Connecticut's Human Antitrafficking Response Team (HART) has updated their Internet Safety Resource Guide. Designed for parents and other caregivers, this guide is designed to help teach children how to be safe online before they start using the Internet.

<https://files.constantcontact.com/78513c0e001/8c7e4950-1ad0-49fd-b7c1-d892c8fd7066.pdf?rdr=true>

June 2024

National LGBTQ+ Service Providers & Helplines (Resource List). This list of national resources, compiled by One Love Foundation, provides links to phone / text-based hotlines and websites for LGBTQ+ individuals experiencing violence and other types of crisis.

<https://www.joinonelove.org/wp-content/uploads/2023/05/National-Resource-Providers-and-Helplines-for-LGBTQ-Survivors-1-1.pdf>

*Please keep in mind that many partners who use violence check their partner's electronic devices, so if you want to go on a website or call a hotline, you may want to do it from a friend's device or a public device.

June 2024

Love is Learned (Graphic Novel). One Love Foundation has released a new graphic novel that follows 3 storylines -- Ros and Ari, Natalia and Jo, and Bailey, Zara, and Zach -- to help explore the complicated dynamics that come up in relationships. Are the dynamics healthy or unhealthy? What choices could the characters make differently?

<https://www.joinonelove.org/wp-content/uploads/2024/02/Love-is-Learned-Graphic-Novel-Feb-2024-1.pdf>

June 2024

Domestic Violence Among LGBTQ+ Partners Just as Prevalent (Article). It's common to hear domestic violence spoken about in heterosexual, cis-gender terms, but statistics show that abuse occurs at the same frequency and severity among the LGBTQ+ community. Unfortunately, LGBTQ+ domestic violence is immensely underreported, unacknowledged, or not reported as domestic abuse because of fear of homophobia, transphobia or sexism. Read more and find out how LGBTQ+ victims and survivors can get help.

<https://www.domesticshelters.org/articles/race-gender-religion-immigration/violence-just-as-prevalent-in-lgbt-relationships>

June 2024

Matthew Shepard's Death Changed How We See Anti-LGBTQ+ Violence (Article). October 12 marked the 25th anniversary of the death of Matthew Shepard, a young gay man whose brutal murder set in motion a sea change in how homophobic violence was perceived in the U.S. But as activists warn, the political progress made in the wake of Shepard's slaying is in danger. Read more here.

<https://www.them.us/story/matthew-shepard-death-25-years-later>

October 2023

They Go by Them (Video). What do you do when you accidentally misgender someone by calling them by the wrong pronouns? This short video has the answer -- and also shows what *not* to do.

<https://www.youtube.com/watch?v=EM2ReYDWX5M>

July 2023

What Does It Mean to Be Nonbinary? (Article). What is the history of nonbinary folks? What are the differences between genderqueer, gender fluid, and enby people? *Them* magazine explains.

<https://www.them.us/story/what-does-it-mean-to-be-nonbinary>

July 2023

How to Be an LGBTQ Ally (Article). Compassion plays a critical role in creating spaces of inclusion and safety, particularly for members of the LGBTQ+ community. Created by the Global Compassion Coalition in conjunction with the Trevor Project, this guide outlines some concrete steps you can take.

<https://www.globalcompassioncoalition.org/how-to-be-an-lgbtq-ally/>

June 2023

Strands for Trans (Website). Hair has no gender, but haircuts are typically gendered: salons for women, barber shops for men, women's cuts, men's cuts, gender-based pricing structures.... This can leave the trans community and others feeling uncomfortable and unwelcome. This global network of hair, beauty, and wellness organizations seeks to create and inspire safe and positive experiences for all guests. Find a participating shop here.

<https://strandsfortrans.org/>

June 2023

LGBTQ+ College Student Resource Guide (Article). While many colleges try to make their campuses welcoming to LGBTQ+ students, their success rate varies. If you or someone you know is a prospective college student who identifies as LGBTQ+, it's important to research schools to make sure they've created a supportive environment. In this guide, you'll learn how to research colleges and review additional topics such as the unique challenges LGBTQ+ students face and the resources and legal rights available to them.

<https://www.intelligent.com/lgbtq-online-college-student-guide/>

March 2023

Resources for Men

PODCAST: *How Liberals Fail Young Men And What We Get Wrong About The Manosphere*

California Governor Gavin Newsom has issued an executive order to address a growing issue in his state—the alarming rise in suicides and disconnection among boys and young men. The order directs a coordinated statewide response to improve mental health outcomes, reduce stigma, and expand access to meaningful education, work, and mentorship opportunities. Listen to the governor discuss the problem and possible solutions [here](#).

August 2025

Healthy Masculinity in the Age of AI: Navigating Challenges to Relationships & Identity

Watch this EndTAB webinar for a timely and urgent discussion with masculinity expert Dr. Saed D. Hill about the state of healthy masculinity in the age of Artificial Intelligence - and the rapid challenges this technology presents in engaging men and boys today.

<https://endtab.thinkific.com/courses/ai-healthy-masculinity>

2025

Redefining Masculinity (Webinar). The fight to create a world where no one is bought, sold or exploited is a fight for the future - and creating an exploitation-free future is what the World Without Exploitation Youth Coalition is all about. Their national, youth-led network — made up of young people, ages 15 to 28 — is using advocacy, education and awareness-raising initiatives to create change and support a culture of inclusion and diversity. Watch their webinar designed to bring boys and men into the fight against sexual exploitation [here](#).

<https://vimeo.com/539725727>

April 2024

The ManKind Podcast (Podcast). By talking with mission-driven authors, leaders, and change-makers, the ManKind Podcast gives men powerful tools to discover new ways to embrace their manhood and their humanity. Listen [here](#).

<https://mankindpodcast.buzzsprout.com/>

August 2023

MaleSurvivor (Support Group). Every man who has experienced sexual assault or sexual abuse deserves access to a judgment-free space where he can heal on his own terms and without shame. For 26 years, MaleSurvivor has fostered a healing community where tens of thousands of men from more than 200 countries come together to find support, information and — most importantly — hope. Survivors, their partners, and other allies can join the conversation [here](#).

<https://malesurvivor.org/>

December 2022

Breaking Our Silence (Documentary). Watch this 11-minute documentary to see how the activist efforts of a group of men from Gloucester, MA, challenged domestic violence in their community. Stream free on Kanopy.

<https://www.kanopy.com/en/product/81541?vp=eflibrary>

October 2022

Domestic Violence

ARTICLE: When Women Use Force

Men are statistically more likely than women to perpetrate violence against their partner. Yet, women can use harm against their partners. Male survivors of domestic violence say that their female partners used force, coercion, threats and manipulation to control or intimidate them. Yet very few abused men report intimate partner abuse, usually out of shame or embarrassment. They also may not recognize non-physical forms of violence as abuse. Learn to recognize the signs and where to go for help.

September 2025

WEBINAR: Breaking the Silence: The Survivor's Story That Sparked Linus' Pet Haven

Discover the story behind Linus' Pet Haven, Minnesota Twin Cities first co-sheltering program for survivors and their pets. In this one-hour session, survivor and advocate Candice Amundson will share how her own experience—facing the impossible choice between safety and staying with her dog—sparked a movement that transformed Alexandra House into a model for shelters nationwide. Learn about the challenges, community partnerships, and life-saving impact that followed this shelter's decision to allow families and pets to heal together. Wednesday, October 29, 2025, 11:00 AM - 12:00 PM PDT

September 2025

ARTICLE: Domestic Violence and Pets: Survivors Share Their Stories

Fear for their pets' safety often delays survivors from leaving an abuser, sometimes by months or even years. Pets are a crucial source of emotional support and healing for many survivors, both during and after their escape, yet a lack of pet-friendly domestic violence shelters and organizations remains a major barrier, underscoring the need for more inclusive survivor support systems. But help does exist, and no one should have to choose between safety and their pets.

July 2025

ARTICLE: Domestic Abuse in Pregnancy: Risks, Signs & How to Get Help

Shockingly, homicide is the leading cause of death for pregnant people. Pregnancy can escalate domestic abuse as abusers feel threatened by the shift in priorities, leading to increased control tactics like physical violence, financial manipulation, and reproductive coercion. The abuser may try to stop their victim from getting help, but there are ways to reach out.

June 2025

ARTICLE: How to Divorce an Abusive Spouse Military Edition

Divorcing an abusive partner is a complicated endeavor. If he or she is a member of the U.S. military, the process can be even more arduous. Explore one survivor's story of navigating this often fraught process, and read advice from a family court strategist [here](#).

May 2025

S6 Ep 5: Power To Break Free (podcast) Listen as Anisha Durve – survivor, author, and motivational speaker – uncovers the red flags of abusive relationships, explores the critical role communities play in either enabling or preventing partner abuse, and highlights the resilience and healing that survivors can achieve. [Watch and listen now.](#)

March 2025

Quiz: Am I Emotionally Abusive? (quiz) When someone calls you emotionally abusive, they may be trying to shift the blame off of them and onto you. Take this 8-question quiz to see if your actions could be considered abusive.

<https://www.domesticshelters.org/articles/identifying-abuse/am-i-emotionally-abusive>

Addressing & Preventing Domestic Violence and Sexual Assault (special resource) The annual NFL Social Responsibility Curriculum is taught to all members of NFL teams and NFL league offices using a combination of videos and interactive discussion. The curricula are available for free, and the NFL encourages everyone to utilize them to help engage male allies through sports.

<https://www.nfl.com/causes/dvsa/>

What is The Power and Control Wheel? (video) The Power and Control Wheel shows how domestic violence is perpetrated in a pattern of power and control. Survivors say they see it and “everything clicks into place.” Learn more about how this powerful graphic can be used to identify domestic violence by watching this two-minute video.

<https://www.domesticshelters.org/videos/what-is-the-power-and-control-wheel>

First Podcast About Financial Abuse as a Domestic Violence Issue! (podcast) Financial abuse can be a silent yet devastating form of domestic violence, often going unrecognized even by those experiencing it. In this podcast, host and survivor Laurie G. sheds light on this pervasive issue that affects individuals across all demographics.

<https://www.financialabusehelp.net/>

RECURSO EN ESPAÑOL: ¿Qué es la violencia doméstica?

<https://www.womenagainstabuse.org/en-espanol/que-es-violencia-domestica>

What Is Gender-Based Violence? (Article) The term gender-based violence was created to include individuals of any gender in the discussion of relationship violence, but some methods of violence and coercion are inflicted predominantly or exclusively on women. Read more about global gender-based violence here: (CONTENT WARNING: torture, mutilation, murder)

<https://www.domesticshelters.org/articles/identifying-abuse/what-is-gender-based-violence>

August 2024

Gaslighting: Could You be Missing the Signs? (Video). Gaslighting is a type of emotional and psychological abuse in which an abuser convinces his or her victim that the abuse didn't actually occur or wasn't nearly as severe as the survivor remembers. This highly effective method of exerting control isn't always easy to spot.

<https://www.domesticshelters.org/videos/gaslighting-could-you-be-missing-the-signs>

June 2024

Hairstylists May Hear About Domestic Violence First (Article). Hairstylists often find themselves in the unique positions of learning their clients' secrets. Sometimes, this includes a disclosure of intimate partner abuse as a client settles into the chair. What can you do if that stylist is you? Read to find out.

<https://www.domesticshelters.org/articles/heroes/positioned-to-help>

May 2024

Post-Traumatic Stress in Domestic Violence Survivors - What Survivors Want You to Know (Webinar). Survivors of domestic violence often suffer a range of long-term impacts. This webinar explores the intersection of domestic violence and PTSD. Watch here.

<https://www.familyjusticecenter.org/resources/ptsd-dv-survivors/>

May 2024

Why Victims Don't Leave (Video). A common question about victims of abuse is "why don't they just leave?" This unfairly blames the victim and fails to place the responsibility for abusive behavior where it belongs: with the perpetrator. Watch as Dr. B. J. Cling explains trauma bonding (aka Stockholm Syndrome) and its connection to why victims may choose to stay.

<https://www.youtube.com/watch?v=PR70fOQqof0>

April 2024

Resource on the Go (Podcast). Sexual harassment, abuse, and assault are serious, widespread issues, but we can work together to create a safer world. Each episode of this podcast by the National Sexual Violence Resource Center shares insights on responding to and preventing sexual assault from experts who are doing this work every day.

<https://www.nsvrc.org/podcasts>

April 2024

How to Recognize Emotional Abuse (Quiz). Emotional abuse is a tactic used to exert power and control over someone by manipulating their emotions. It can be difficult to recognize because it doesn't leave behind the signs of physical abuse, like bruises. Can you recognize the signs of emotional abuse? Take the quiz and find out.

<https://www.domesticshelters.org/articles/identifying-abuse/how-to-recognize-emotional-abuse>

April 2024

Not to People Like Us (Article). Domestic violence happens in every community and to every type of person, but those with money are often thought to be immune from abuse, or at the very least, have a much easier time extracting themselves from it. However, the reality is far different. Many affluent survivors will not report abuse because they feel shame, pressure, or the need to maintain appearances. Affluent abusers are also more likely to express a sense of entitlement and not remorse over the harm they inflict on others. Read more about affluence as a barrier to escaping an abusive situation here.

<https://www.domesticshelters.org/articles/domestic-violence-op-ed-column/not-to-people-like-us>

March 2024

How Does Stalking Relate to Intimate Partner Violence? (Video). Stalking is 1 of the 4 crimes under the Violence Against Women Act. How does it relate to intimate partner violence? This short video from SPARC highlights some of the major intersections.

<https://www.youtube.com/watch?v=aSjLgzo299E>

February 2024

Lundy Bancroft Webinars (Webinar). We can't stop domestic violence if we don't stop the perpetrators and hold them accountable. The first of these two related webinars reveals the underlying tactics, behaviors, and attitudes of men who abuse women. The second webinar details how to support recovery in children who have been exposed to violence at home. Watch either or both here.

<https://www.domesticshelters.org/videos/lundy-bancroft-webinar-two-informative-sessions>

November 2023

Honoring Survivors and Advocates: Centering Life Experiences to Create Systemic Change (Webinar). Presented in honor of Domestic Violence Awareness Month, in this webinar panelists share their pathways for drawing from personal hardship and history to bring authenticity and hopefulness to their advocacy. The conversation includes real talk about healing-centered advocacy with survivors navigating systemic barriers related to mental health, substance use, housing, and legal concerns, as well as the power of peer support.

<https://ncdvtmh.org/training/honoring-survivors-and-advocates-centering-life-experiences-to-create-systemic-change/>

October 2023

Domestic Violence Homicides Climb as Supreme Court Weighs Bombshell Case (Article). Intimate partner homicides spiked by 22% in the five years from 2018 to 2022. An American now fatally shoots their spouse or dating partner every 12 hours. News of the rising violence, overwhelmingly directed at women, comes as the Supreme Court prepares to hear a closely

watched case that will decide whether people subject to protective orders for domestic violence can retain their gun rights. Read more here.

https://www.huffpost.com/entry/domestic-violence-homicides-supreme-court_n_65303e2de4b0da897ab68296

October 2023

Animal Abuse—A Serious Red Flag for Domestic Violence (Article). A person in a relationship with a partner who threatens or injures animals is at increased risk for domestic violence. Abusers harm animals as a way to exert power and control, and that violence often doesn't stop with animals. Read more here.

<https://www.domesticshelters.org/articles/pets/animal-abuse-a-serious-red-flag-for-domestic-violence>

August 2023

Being Coerced into Swinging Is Sexual Abuse (Article). Sexual coercion is when someone manipulates you into unwanted sexual activity through non-physical means. Consenting to sexual activity and then feeling in your gut that something's not right about it afterward can be confusing. That's why sexual coercion can be tough to identify. Learn more here.

<https://www.domesticshelters.org/articles/identifying-abuse/being-coerced-into-swinging-is-sexual-abuse>

August 2023

10 DV Films that Accurately Portray the Problem (Movie List). Domesticshelters.org has compiled a list of films that reviewers say accurately depict domestic violence. Make sure to take the proper precautions when watching any of the films as they could easily be overwhelming, especially for a survivor. Find the complete list here.

<https://www.domesticshelters.org/articles/ending-domestic-violence/10-dv-films-that-accurately-portray-the-problem>

July 2023

Why Domestic Violence Is a Public Health Crisis (Article). Intimate partner violence doesn't just harm the primary victims -- it negatively affects the entire population in the same way as the opioid crisis, the Covid-19 pandemic, and the impacts of climate change.

<https://www.domesticshelters.org/articles/ending-domestic-violence/why-domestic-violence-is-a-public-health-crisis>

April 2023

One Conversation (Podcast). Hosted by trained prevention educators, this podcast features meaningful and empowering conversations on subjects pertaining to relationship violence,

assault, and abuse. Learn to recognize signs of unhealthy and abusive behaviors, identify and access resources for support, and practice self-care and care for others. Listen here.

<https://podcasts.apple.com/us/podcast/one-conversation-podcast/id1562900881>

April 2023

How Does Sex Trafficking Intersect with Domestic Violence? (Article). What's the connection between sex trafficking and domestic violence? Traffickers first groom their victims, brainwashing them into believing they're in a consensual relationship. Read more about this insidious tactic here.

<https://www.domesticshelters.org/articles/human-trafficking/how-does-sex-trafficking-intersect-with-domestic-violence>

April 2023

The Intersections Between Domestic and Sexual Violence, Racism, and Homelessness (Video). Finding safe and affordable housing is one of the most immediate concerns for survivors of abuse. This three-minute video illustrates how and why survivors holding multiple identities experience barriers to stable housing and what can be done to change that.

<https://www.youtube.com/watch?v=XRTNvWiL1sU>

April 2023

Survivor Story-Lorel Stevens (Article). It started with comments about her clothing. Then, it was her friends. Within the first six months of dating, Lorel Stevens' boyfriend hit her in the face, her punishment for getting a ride to work with a male coworker. She was 17 years old. Read the rest of Lorel's story here.

<https://hydecountry-hotline.org/survivor-story-lorel-stevens/>

March 2023

When Domestic Violence Goes Digital (Webinar). Abuse has gone digital, so it has become increasingly important to develop skills that prioritize the digital safety of victims and survivors. This free, 90-minute endtab.org webinar details practical ways anyone can address and prevent tech-facilitated domestic violence, including non consensual tracking, online harassment, image-based abuse, and more.

<https://www.youtube.com/watch?v=n64MUvqLGs0>

March 2023

The Silent Ways Abusers Control (Article). Without saying a word, an abuser can threaten, control, and coerce a victim. Learn to spot these insidious tactics here.

<https://www.domesticshelters.org/articles/identifying-abuse/the-silent-ways-abusers-control>

January 2023

Dying to Divorce (Documentary). More than one in three women in Turkey experiences domestic violence. This award-winning 2021 short film, available to rent on Amazon, documents how lawyer Ipek Bozkurt's clients risk their lives while fighting the culture of violence in court. Watch the trailer here.

<https://www.imdb.com/title/tt13234764/>

January 2023

Climate Change Puts More Women at Risk for Domestic Violence (Article). Scientists say the evidence linking climate change and violence against women is now overwhelming. Although extreme weather events do not cause domestic or gender-based violence, they exacerbate existing pressures and / or make it easier for perpetrators to carry out such violence. Read about it here.

<https://fullerproject.org/story/climate-domestic-violence/>

January 2023

Compensation Compass (Online Tool). If you are a survivor of domestic violence, you may be entitled to compensation for some of the harm you experienced. This free online tool is designed to help you understand your options and how to pursue them.

<https://compass.freefrom.org/>

January 2023

Narcissist Apocalypse (Podcast). Narcissist Apocalypse is a raw and unfiltered podcast that gives a voice to survivors of toxic relationships, narcissistic abuse, and domestic violence. Part true crime, part education, part selfimprovement, part support group, it addresses such questions as 'Why do people stay?' and 'Why do manipulation tactics work?' Listen here.

<https://narcissistapocalypse.com/>

December 2022

Survivor Audrey Prosper (Article). Audrey Prosper, winner of the Domestic Shelter Purple Ribbon Award for Survivor of the Year 2022, talks about surviving being set on fire by her ex-husband and coming back stronger than ever. Read her powerful story here.

<https://www.domesticshelters.org/articles/true-survivor-stories/survivor-audrey-prosper>

November 2022

Lethality Assessment Program 2020-2021 Update: Recognizing 10 Years of LAP (Report). The Lethality Assessment Program is a specialized risk assessment tool utilized by police during incidents of intimate partner violence that determines the survivor's risk of fatal violence and immediately connects those in high danger situations with an advocate at one of CCADV's 18 member organizations, including WSS. In the 10 years since Connecticut's LAP rollout, over 75,000 screens have been conducted at the scene of an intimate partner violence incident, with

39,806 (53%) of those screens being deemed “high danger,” and 23,154 survivors entering services. Read the full report on 10 years of LAP here.

https://www.ctcadv.org/application/files/3716/6465/4090/LAP2020_2021Update_9.22.pdf

November 2022

James is Dead (Video). Whether it's murder or sexual assault, it's never the victim's fault. Blue Seat Studios makes it clear in the two-minute animated short.

<https://www.youtube.com/watch?v=Op14XhETfBw>

November 2022

What Does Adult Protective Services Do? (Article). Most people are familiar with state Child Protective Services, the organization that investigates claims of child abuse, neglect, and exploitation. Adult Protective Services does the same for vulnerable adults. These state-run agencies can be instrumental in assisting vulnerable adults escape domestic violence. Find out more here.

<https://www.domesticshelters.org/articles/elder-abuse/what-does-adult-protective-services-do>

November 2022

Red Flags in a Relationship (Quiz). Whether you’ve just started dating someone or have been seeing your partner for a while, recognizing and understanding red flags in a relationship can help you determine your next steps. Learn more and take the quiz here.

<https://www.garbo.io/quizzes/red-flags-quiz>

November 2022

Unhealthy Connections (Video). If you only have 30 seconds to learn something about coercive control, watch this.

<https://www.youtube.com/watch?v=9FNWOcpmSII>

October 2022

Invisible Chains: From Domestic Violence to Coercive Control (Webinar). With original drawings and compelling stories, this presentation explains the tactics of coercive control, including isolation, intimidation, monitoring, gaslighting, stalking, and physical violence.

<https://www.domesticshelters.org/videos/invisible-chains-from-domestic-violence-to-coercive-control>

October 2022

The Intersectionality of Domestic Violence and Human Trafficking (Webinar). This presentation highlights the intersectionality of domestic violence and human trafficking.

<https://www.domesticshelters.org/videos/the-intersectionality-of-domestic-violence-and-human-trafficking>

September 2022

Behind Closed Doors (Video). This video addresses the impact that witnessing domestic violence has on infants and children and demonstrates the long-term effects on their behavior and relationships. Watch the trailer here.

<https://www.imdb.com/title/tt12362668/>

September 2022

You Can Call a Hotline Even If You Don't Want to Leave (Article) Contrary to what many believe, shelter hotlines are not only for people who are looking for a safe escape from domestic abuse; the trained advocates on the other end of the phone are also ready to provide information and resources to a wide range of callers. Whether you are in a relationship that is feeling problematic—but you're not quite sure if it's abuse—or you're worried about someone else who is being abused, consider the ways calling a hotline might help answer some of your questions.

<https://www.domesticshelters.org/articles/safety-planning/you-can-call-a-hotline-even-if-you-don-t-want-to-leave>

November 2020

Healthy Relationships

ARTICLE: Introducing the National Restraining Order Center (NROC) Expanding Safety and Access for Survivors

BWJP has launched the National Restraining Order Center (NROC)—a new, comprehensive Center that expands their work on restraining orders, providing expertise on orders issued to enhance survivor safety and protect them from violent or threatening acts, harassment, sexual violence, contact or communication or physical proximity to their abuser. Read all about it [here](#).
September 2025

VIDEO: Outsmart Manipulators and Covert Narcissists

If you're in a relationship with a manipulator, they could be playing a long game that slowly unfolds – maybe over decades – until the moment you realize that you are in an unhealthy relationship. This video makes it easy to understand the tactics that a manipulator may use to control you (charm, rage, envy, entitlement, and pity – CREEP) and how to counter each tactic.
August 2025

ARTICLE: Why Threats in a Relationship Should Be Taken Seriously

For domestic violence survivors, there's a good chance they have experienced threats from an abusive partner. It's common to dismiss a partner's threats as empty words or emotional outbursts. But experts warn that these threats are often strategies abusers use for control and intimidation, and they can point to violence in the future. Understanding these threats, why people might minimize them, and the steps someone can take for safety is crucial.
July 2025

How Self-Compassion Can Help You Deal With Stress (Article) According to new research, self-compassion may help people use more effective coping strategies and in turn feel better. Read more to learn how we can set ourselves up to approach stressors in a healthier and more productive way.
https://greatergood.berkeley.edu/article/item/how_self_compassion_can_help_you_deal_with_stress

How to Respect Boundaries (Article). Boundaries are more than just "yes means yes" and "no means no." Boundaries are key to healthy relationships, and we should all be prepared not only to set and share our own boundaries but also to respond to others in ways that respect and honor their feelings and decisions. Check out this guide for strategies on how to make that happen.
<https://www.joinonelove.org/wp-content/uploads/2023/05/How-to-Respect-Boundaries-1.pdf>
April 2024

10 Green Flags for Relationships (Tip Sheet). In relationships, we can either focus on running from what we fear -- "running from the bear" -- or running toward what we want. Recognizing relationship problems and challenges ("the bears") is important because that tells us when to get out or get help. However, knowing what to run toward in a relationship is also critically important. The tips on this sheet are a start to that conversation.

<https://www.psychologytoday.com/us/blog/assembly-required/202401/10-green-flags-for-relationships>

February 2024

Safety Planning (Website). A safety plan is a personalized strategy that helps individuals in relationships characterized by coercive control and / or violence identify actions that might help reduce their risk of harm. This online resource walks people through creating their own personal safety plan and provides answers to frequently asked questions about safety planning.

<https://www.speakyourtruth.today/safety-planning>

October 2023

How Do You Find Safe People? (Article). Finding a person who makes you feel safe can be like a breath of fresh air, but it's normal to feel hesitant about forging new connections. You may even be reluctant to trust your own instincts. This article helps you figure out what to do.

<https://www.domesticshelters.org/articles/relationships/how-do-you-find-safe-people>

July 2023

How to Ask Someone Out Respectfully (Article). There are few things as ordinary yet anxiety inducing as asking someone out on a date because there is always the possibility of rejection. You can ease the awkwardness for both of you by making sure that you are being respectful of the person you are asking out. Find out how here.

<https://www.loveisrespect.org/resources/how-to-ask-someone-out-respectfully/>

July 2023

What to Do After a Breakup (Article). The actions a person takes online after ending an unhealthy relationship can have significant impacts on their emotional wellbeing and even their physical safety. This article looks at some digital considerations for healthy and healing self care.

<https://www.joinonelove.org/learn/what-to-do-after-a-breakup-keeping-yourself-safe-online/>

June 2023

Aspire News (App) The Aspire News App allows anyone to send an SOS text to trusted contacts at the touch of a button. Powered by Yahoo and disguised as a news feed, the app hides in plain sight on both iPhone and Android.

<https://www.whengeorgiasmiled.org/aspire-news-app/>

May 2023

What Does Mental Abuse Feel Like (Article) Mental abuse, a combination of verbal abuse and emotional abuse, is one of many tactics abusers use to exert power and control over a partner. Learn how mental abuse tears down self-worth – and what can be done about it.

<https://www.domesticshelters.org/articles/identifying-abuse/what-does-mental-abuse-feel-like>

Noonlight (App). Feel more secure in uncomfortable locations and situations with the Noonlight app. Simply hold down a button on your phone screen when feeling unsafe. If released, 911 is contacted and police are dispatched. To cancel the call, enter a four-digit pin. Free to download with monthly subscriptions starting at \$2.99.

<https://apps.apple.com/us/app/noonlight-feel-protected-24-7/id716262008>

February 2023

How to Speak with Your Partner About Digital Boundaries (Article). Having boundaries, not just physical boundaries but also boundaries related to your technology, is important - and so is respecting those boundaries. Read here about making it happen.

<https://www.joinonelove.org/learn/how-to-speak-with-your-partner-about-digital-boundaries/>

October 2022

Child / Human Trafficking

ARTICLE: Hope for Freedom Starts with a Plan

In honor of World Day Against Trafficking in Persons, Polaris is sharing a behind-the-scenes look at how National Human Trafficking Hotline advocates help survivors think through every detail of their next steps, from whether it's safe to walk out the door to what they need to rebuild after leaving. Read all about it [here](#). Interested in helping staff Project SAGE's Hotline? Email lindac@project-sage for details.

August 2025

New report details state's response to human trafficking through victims' eyes (Video) Sex trafficking happens everywhere. Even here. Connecticut officials say that since Covid, sex trafficking in the state has been on the rise with no signs of slowing. A recent report on victims as young as 12 highlights some of the challenges facing the state in combating this abuse. [Learn more](#) in this two-minute news short.

May 2025

Support HR7137 (Advocacy Opportunity). Human trafficking involves being forced, manipulated or tricked into activities that someone would not otherwise do, such as selling sexual services. Among the many risks that victims of human trafficking experience is being arrested as a result of their trafficking situation. The Trafficking Survivors Relief Act of 2024 is a bipartisan effort to bring relief to victims and survivors of human trafficking. Learn more about the bill and contact your representatives here.

<https://secure.polarisproject.org/action/help-support-trafficking-survivors-relief-act>

April 2024

FBI Infiltrator (Article). After 20 years undercover as a special agent in the FBI's Child Exploitation Task Force, Nikki Badolato is ready to tell the real story of human trafficking and underage sex crimes. Read about it here.

<https://www.rollingstone.com/culture/culture-features/fbi-agent-undercover-human-trafficking-stings-nikki-badolato-1234923666/>

February 2024

Child Sex Trafficking: How You Can Spot It (Article). A common misconception of child sex trafficking is that it is hidden away from the public and nearly impossible to spot. However, it often occurs right before our eyes. In 2023 alone, over 18,400 reports of possible child sex trafficking were made in the US. Find out how to spot the signs and take action to help.

<https://www.missingkids.org/blog/2024/child-sex-trafficking-know-the-signs>

January 2024

20 Ways You Can Help Fight Human Trafficking (Action Steps). Anyone can join in the fight against human trafficking. Here are some ways you can take action.

<https://www.state.gov/20-ways-you-can-help-fight-human-trafficking/>

January 2024

Polaris Project Human Trafficking Training (Free Training Course). Compassionate, committed individuals and communities are the most powerful resources there are to prevent and reduce human trafficking -- but to leverage your power, you need information. This free introductory course, Human Trafficking 101, sheds light on what human trafficking really is, how it happens, and how you can be part of the solution. Find it here.

<https://polarisproject.org/training/>

January 2024

The Ugly Truth About the Girl Next Door (Podcast). Human trafficking doesn't just happen "somewhere else" to "someone else." This podcast tells the story of a suburban middle-class girl who was trafficked and sexually exploited starting before she was 6 years old and continuing for decades. Listen here.

<https://open.spotify.com/show/667GFwwcbQC7Pv6LzzK3cZ>

January 2024

Who Is a Trafficker? (Article). When talking to youth about recognizing a predator or trafficker, it's essential to focus on behavior and actions, not generalized characteristics. Traffickers are diverse and don't always fit our assumptions or stereotypes. Although trafficking by strangers does happen, it's more likely to be done by someone that a person knows or trusts. Find out more here.

<https://love146.org/who-is-a-trafficker/>

November 2023

DHS Blue Campaign (Article). School resource officers (SROs) play a vital role in combating human trafficking. Young people may be particularly vulnerable to human trafficking simply because they are young and may be less equipped to make informed and sound decisions, so SROs are in a unique position to recognize and respond to potential victims. Read more about this important work here.

https://cops.usdoj.gov/html/dispatch/08-2023/DHS_blue_campaign.html

September 2023

Melissa in the Morning: Say Something about Trafficking (Podcast). In this 15-minute radio segment, Melissa in the Morning focuses on parents speaking up about a reality in Connecticut...human trafficking. The executive director of Partnerships to End Human Trafficking joins the program to share tips on how to handle this topic with teens.

<https://www.wicc600.com/2023/03/17/melissa-in-the-morning-say-something-about-trafficking/>
March 2023

New Human Trafficking Operation (Article). Every year, thousands of Americans open their families and lives to children in need through international adoption. With more than one million U.S. families trying to adopt each year, human traffickers have taken notice...and are taking advantage. Read more here.

<https://faithit.com/new-human-trafficking-operation-targets-adoptive-families-in-the-u-s/>
March 2023

CyberTipline (Tip Line). CyberTipline is the nation's centralized reporting system for the exploitation of children. The public can anonymously report suspected child sex trafficking, online enticement of children for sexual acts, unsolicited obscene materials sent to a child, and more.

<https://report.cybertip.org/>
February 2023

What to Know About Human Trafficking (Video). Trafficking happens everywhere there are people. Watch as Tamarra Clark, Director of the Love 146 Survivor Care Program, discusses human and child trafficking as it occurs throughout Connecticut.

<https://love146.org/videos/where-does-child-trafficking-happen/>
February 2023

Five Questions (Video). Watch as a team of child trafficking prevention experts takes three minutes to answer five commonly-asked questions about youth trafficking, including providing important advice for parents and caregivers.

<https://love146.org/videos/5-question-in-trafficking-prevention/>
January 2023

2023 School Bus Survey (Report). School bus drivers and other school transportation professionals are uniquely positioned to recognize and report human trafficking. Did you know that 1 in 3 school transportation professionals has suspected that a student was at risk of being groomed and/or abused? Read more surprising results from Busing on the Lookout.

<https://truckersagainstrafficking.org/wp-content/uploads/2022/10/School-Bus-Survey-Report.pdf>
November 2022

10 Facts About Child Trafficking (Website). Child trafficking can happen anywhere, and victims may be more hesitant to report victimization in smaller communities where people know each other. Learn how to identify and address child trafficking wherever it may occur.

<https://love146.org/learn/>

October 2022

What You Need to Know About Human Trafficking (Article) is a collection of information and resources by Blue Campaign that will help you spot the warning signs and take action.

Human trafficking can happen anywhere - even here.

<https://www.dhs.gov/blue-campaign/learning-center>

September 2022

The Fight Against Rape Culture (Podcast). The dictionary definition of rape culture is an environment whose prevailing social attitudes have the effect of trivializing sexual assault and abuse. This can happen through jokes, movies, the way news stories are reported, victim blaming, and anything else that normalizes a sex crime. This desensitizes our society to unacceptable sexual encounters, and we don't take them as seriously when they're on the news or happening in real life. Learn what you can do about it in this month's Voice2Change podcast. <https://podcasters.spotify.com/pod/show/jane-doe-no-more/episodes/The-Fight-Against-Rape-Culture-e2jbunl>

May 2024

Femicide on the Front Page (Article). In the United States, people often think femicide -- the killing of women and girls because of their gender -- only occurs in Afghanistan and other so-called 'developing' countries. In reality, femicide is happening right here on an unimaginable level. Meet the global network of activists and citizens determined to document and end this violence.

<https://www.ourfreefuture.org/stories/femicide-on-the-front-page>

November 2023

The Global Public Health Crisis We're Ignoring (Article). Gender-based violence — a public health crisis that encompasses femicide, female genital mutilation, rape, online abuse, harassment, and more — is on the rise globally. In the United States, femicide — the killing of a woman because she is a woman — has increased by almost 25% since 2014. Read more about the problem and its solutions here.

<https://wearethemeteor.com/global-public-health-crisis-were-ignoring-gender-based-violence/#rise>

September 2023

How Does Queenie Do It? (Article). Queenie, a 4-year-old English Labrador retriever, is on the front lines in the fight against online child sexual exploitation. When law enforcement officers obtain a warrant to search a suspect's home, they're increasingly using dogs like Queenie to look for devices that may contain child sexual abuse material (CSAM). Read more here.

<https://www.missingkids.org/blog/2023/how-does-queenie-do-it>

July 2023

You Can Call a Hotline (Article). Hotlines aren't just for people who are looking for a safe escape from domestic violence. Trained advocates are ready to provide information and resources to a wide range of callers. Whether you are in a relationship that feels problematic, facing a tough breakup, or worried about someone else, calling a hotline might help answer some of your questions. Read how here.

<https://www.domesticshelters.org/articles/safety-planning/you-can-call-a-hotline-even-if-you-don-t-want-to-leave>

May 2023

It's Equal Pay Day (Article). March 14th is Equal Pay Day, which represents how far into the year women have to work to catch up to what their male colleagues earned the previous year. In other words, women have to work nearly 15 months to earn what men make in 12 months. This is the gender pay gap, and it has stubbornly held steady for 20 years. Why? Find out here.

<https://www.npr.org/2023/03/14/1162776985/equal-pay-day-gender-pay-gap-discrimination>

March 2023

The TSA is Rolling Out Gender-Neutral Airport Screenings (Article). Beginning in January, the TSA is changing its screening practices to be more gender-inclusive. Read about it here.

<https://www.them.us/story/tsa-gender-neutral-screenings>

December 2022

Project SAGE Calling All Cars Client Application (Application). Please complete the application below and email it to Yamile Leal Baron, Adult Advocate, at YamileL@Project-SAGE.org, or send it to Project SAGE: PO Box 717, Lakeville, CT 06039

September 2022

Additional Resources

The National Dating Abuse Helpline

866-331-9474

National Teen Dating Abuse Helpline

866-331-9474 or text LOVEIS to 22522

National Human Trafficking Hotline.

888-373-7888 or text HELP or INFO to BeFree (233733)

One Love Foundation. One Love Foundation is a national nonprofit with the goal of ending relationship abuse. We empower young people with tools and resources to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities. <https://www.joinonelove.org/>

Global Compassion Coalition. Through our events, podcast, media work, and team of spokespeople we aim to significantly broaden public awareness, understanding, and practice of compassion. <https://www.globalcompassioncoalition.org/>

The Trevor Project. The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round. <https://www.thetrevorproject.org/>

Gender-Based Violence Pamphlets and Flyers.

<https://www.dhs.gov/blue-campaign/publication/gender-based-pamphlets-and-flyers>

Resources Available for non-US Citizen Victims

<https://www.dhs.gov/blue-campaign/resources-available-victims>

Right To Be. Right To Be's goal is to build a world where everyone has the Right To Be who they are, wherever they are. A world that's free of harassment and filled with humanity. Our mission is to build safe, inclusive public spaces by transforming the culture that perpetuates harassment and discrimination. We carry out this mission by building the power of everyday people to create safe and welcoming environments for all.

<https://righttobe.org/resources/>

Teen Dating Violence Prevention Resources

- National Domestic Violence Hotline <https://www.thehotline.org/>

- RAINN National Sexual Assault Hotline
<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>
- Love Is Respect <https://www.loveisrespect.org/>
- Break the Cycle <https://www.breakthecycle.org/>
- Dating Matters <https://www.cdc.gov/intimate-partner-violence/about/index.html>

Information about financial abuse, coerced debt, and what can be done about them

- The Legal Aid Society
<https://legalaidnyc.org/get-help/consumer-debt-taxes/what-you-need-to-know-about-domestic-violence-and-consumer-debt/>
- The National Network to End Domestic Violence
<https://nnedv.org/content/about-financial-abuse/>
- National Coalition Against Domestic Violence
<https://ncadv.org/blog/posts/quick-guide-economic-and-financial-abuse>
- WomensLaw.org <https://www.womenslaw.org/laws/ct>

Human trafficking prevention

- National Human Trafficking Hotline <https://humantraffickinghotline.org/en>
- The Department of Homeland Security-Blue Campaign
<https://www.dhs.gov/blue-campaign>
- Truckers Against Trafficking <https://tatnonprofit.org/>
- Love 146 <https://love146.org/>
- Red Sand Project <https://redsandproject.org/>
- Polaris Project <https://polarisproject.org/>

Recursos en español

Línea Directa Nacional contra la Violencia Doméstica (sitio web) Información sobre la Línea Directa Nacional contra la Violencia Doméstica.

<https://www.disasterassistance.gov/es/obtener-asistencia/forma-de-asistencia/5937>

agosto 2024

CT Safe Connect (video) Safe Connect es el centro de recursos de violencia doméstica de CT que pueden darle información, planificación de seguridad, asesoramiento y referencias a una organización local de miembros de violencia doméstica de CCADV para recibir apoyo y servicios continuos . Ya seas una víctima, sobreviviente, profesional o alguien que sospeche que un ser querido está experimentando abuso en casa, Safe Connect está listo para ayudar.

CTSateConnect.org | 888.774.2900

<https://youtu.be/E7A16D2SKVk?feature=shared>

agosto 2024

Protegiendo a Nuestros Ancianos (guía) Una guía a los servicios estatales para proteger a los ancianos de abusos, negligencias y explotación.

<https://portal.ct.gov/-/media/departments-and-agencies/dss/social-work-services/psebrochurespanish.pdf>

agosto 2024

Anuncio Público Sobre la Violencia Doméstica y Estrangulación (video) Este anuncio público por la ciudad de San Diego en febrero del 2017 advierte a los ciudadanos sobre los peligros asociados con estrangulación.

<https://www.familyjusticecenter.org/resources/domestic-violence-psa-strangulation-spanish-anuncio-publico-sobre-la-violencia-domestica-y-estrangulacion/>

agosto 2024

Charla Técnica: La intersección entre la trata, la violencia doméstica y la tecnología

Esta breve charla patrocinada por [Safety Net Project](#) ofrece una breve descripción general de cómo la tecnología se cruza con el abuso.

<https://www.techsafety.org/tech-talk-the-intersection-of-trafficking-domestic-violence-and-technology/#traffickingdvtech>

2024

Tech-Related Resources

TOOLS: I Am Excited to Give You This Tablet

Getting a new device can be an exciting time for a child, but parents may experience concerns about their child's safety and privacy. These free Device Safety Cards help parents and kids set up healthy agreements about how specific devices will be used and when and how potential problems will be discussed.

September 2025

ARTICLE: When Love-Bombing Is a Feature, Not a Red Flag

The act of overwhelming someone with excessive affection and attention to manipulate or control them, known as “love bombing,” sits at the top of many top ten lists of red flags. This manipulative tactic can lead to emotional dependency and other unhealthy relationship dynamics. Yet in the rapidly expanding universe of AI companion apps, love bombing isn't just tolerated—it's deliberately showing up as a core feature. [Read more](#) about this troubling phenomenon.

September 2025

ARTICLE: Start the Conversation, Build Trust, and Empower Your Child to Stay Safe Online

Sextortion is one of the fastest-growing forms of child sexual exploitation — yet many young people and adults are not aware of the threat it poses. More importantly, adults often do not know how to protect kids from the threats of sextortion. This article shows parents how to keep their kids safer.

August 2025

ARTICLE: Teens regularly chat with AI companions, survey finds

Nearly three in four teens have used AI companions, and half use them regularly. This may surprise parents familiar with AI chatbot products like ChatGPT and Google's Gemini but who haven't heard about platforms that specifically allow users to form friendships and romantic relationships with so-called AI companions. Learn more about how and why teens use AI companions [here](#).

August 2025

TEACHERS' GUIDE: Teachers' Essential Guide to Cybersecurity

Most educators don't spend their days thinking about cybersecurity, but as technology evolves and continues to become more integrated into every aspect of our lives—including mental health and biometrics—and [cybercrime increases](#) and [sometimes targets schools](#), [cybersecurity is something we need to be mindful about](#) and help students understand. This FAQ-style guide will help answer the important questions educators and parents have about cybersecurity.

August 2025

VIDEO GAME: Unlock You! [2 Player Obby]

Next Gen Men and Equipundo have teamed up to create Unlock You - a Roblox experience that challenges your child's gaming skills while exploring what it really means to be yourself. Designed specifically with boys in mind but suitable for everyone, Unlock You combines engaging challenges with meaningful conversations woven seamlessly into gameplay. Players navigate through immersive worlds while unlocking insights about identity, friendship, and personal growth. The experience combines gaming excitement with opportunities for real reflection and connection, reaching young people through a medium they already love and understand. Play [here](#).

August 2025

Deepfake Technology and A.I. in Sexual Exploitation - Ending Sexploitation Podcast

(Podcast) In this episode of the Ending Sexploitation podcast, senior staff from the National Center on Sexual Exploitation discuss the current state of artificial intelligence and deepfake technology in the realm of sexual exploitation. Overwhelmingly, these tools are used for pornographic material, and 10% of teenagers have reported being aware of deepfake pornography depicting someone they know. Learn more and find out how you can advocate for meaningful change [here](#).

May 2025

What Is Sextortion? And What to Do If It Happens to You (Article) If someone is threatening to share private and explicit/nude photos or videos of you, even AI-generated ones, that's called sextortion. It's a crime. It's happening to a lot of young people. And it's not their fault. [Read](#) about how parents can help a teen who's being blackmailed with sextortion.

May 2025

Take It Down Act (Article) On April 28, 2025, Congress passed historic legislation to combat the online spread of non-consensual intimate images (NCII).. The TAKE IT DOWN Act represents a monumental shift in protecting victims—especially children and survivors of tech-enabled sexual abuse—from exploitation in the digital age. Read more [here](#).

April 2025

Social AI Companions (Web Resource) According to testing commissioned by commonsense.org (a leading source of entertainment and technology recommendations for families and schools), social AI companions – AI-powered “assistants” designed to engage in interactive, realistic-seeming conversation – pose unacceptable risks to teens and children under 18, including encouraging harmful behaviors, providing inappropriate content, and potentially exacerbating mental health conditions. See the results of the tests, read about the concerns, and view guidance and recommendations [here](#).

May 2025

Unpacking the Threat of Chatbots (video) Research shows kids spend more time on Character AI than TikTok. Why? Companion bots (chatbots), like Character AI, are more addictive than social media because they simulate real human relationships without the potential for conflict. They offer 24/7 validation - a “friend” who is always there to support, entertain and agree with you. It’s nice in theory but harmful in practice. Digital safety advocate Adam Dodge unpacks this phenomenon [here](#).

March 2025

Digital Essentials: Online Safety (article) Research shows that deepfake pornography makes up 98% of all deepfake videos online, and 99% of the individuals targeted in deepfake pornography are women. It now takes less than 25 minutes and costs \$0 to create a 60-second deepfake pornographic video of anyone using just one clear face image. Create a free account with [medium.com](#) to [read more](#) about this troubling trend.

March 2025

Digital Essentials for Seniors (video) This video by Older Adults Technology Service (OATS) and AARP explores how to create strong passwords, spotting and avoiding online spam and phishing attempts, securing online banking, and other useful digital tips. [Watch now](#).

2022

Digital Boundaries (article) The line between [healthy and unhealthy relationships](#) can get confusing once online. It’s not always clear what your digital boundaries or relationship should look like. These tips show how couples can discuss their digital boundaries in a safe and healthy way. <https://www.loveisrespect.org/resources/digital-boundaries/>

Romantic AI Chatbots Don’t Have Your Privacy at Heart (article) Although AI girlfriends are marketed as something that will enhance mental health and well-being, they specialize in delivering dependency, loneliness, and toxicity, all while prying as much data as possible from users. All 11 romantic AI chatbots reviewed by moz://a earned their *Privacy Not Included warning label – putting them on par with the worst categories of products moz://a has ever reviewed for privacy. Read more about the privacy concerns surrounding AI chatbots: <https://foundation.mozilla.org/en/privacynotincluded/articles/happy-valentines-day-romantic-ai-chatbots-dont-have-your-privacy-at-heart/>

February 2024

Thorn (webpage) The intersection of child abuse and technology has created a public health crisis that demands our attention. Child sexual abuse and exploitation in the digital age are complex issues, driven by a variety of factors that make them challenging to fully understand. Explore how we got here and what’s fueling this crisis on Thorn’s issue page. https://www.thorn.org/issue/?utm_campaign=Thorn%20Newsletters&utm_medium=email&_hse

[nc=p2ANqtz-_3ggB3GK9cDSIGbWD_9ZYddStb_Uoi2FUmkFfBGJXhIPWnm3YopcZ_B-Q7QiHQJnlcHuY_wOS7lBkZqn67UbX99wPK0g&_hsmi=344814395&utm_content=344814395&utm_source=hs_email](https://medium.com/patrick-j-mcgovern-foundation/catherine-chen-sara-woldehanna-ending-human-trafficking-with-survivor-centered-ai-9aea555226cf)

Catherine Chen & Sara Woldehanna: Ending Human Trafficking with Survivor-Centered AI

(article) Catherine Chen and Sara Woldehanna share a unique vision for AI: one in which the technology protects, uplifts, and empowers survivors of all forms of injustice, exploitation, and abuse. Their vision is more than just a dream. It's a testament to what's possible. Read more about their work leveraging AI in the anti-trafficking space.

<https://medium.com/patrick-j-mcgovern-foundation/catherine-chen-sara-woldehanna-ending-human-trafficking-with-survivor-centered-ai-9aea555226cf>

December 2024