

PREVENTION, INTERVENTION, & SUPPORT RESOURCES FOR YOUTH AND FAMILIES

CAREGIVER SUPPORT & HEALTHY RELATIONSHIPS

Love is Respect

Disrupt and prevent unhealthy relationships and intimate partner violence. Geared for youth ages 13 to 26 and concerned loved ones. 1-866-331-9474 www.loveisrespect.org.

Love 146

Free resources for parents and caregivers to address trafficking. www.love146.org.

Talk With Your Kids

Timelines and tips for conversations with youth. www.talkwithyourkids.org/

Minnesota Indian Women's Resource Center

<https://www.miwrc.org/mmiwr>

StopItNow.org

Under the Help and Guidance section, check out "Prevention Tools" and "Library of Resources" for youth and adults. <https://www.stopitnow.org/help-guidance/prevention-tools>

◆ **Available in other languages**

RED FLAGS FOR EXPLOITATION & ABUSE

- Sudden, unexpected changes in behavior, mood, or personality
- Evidence of someone trying to control or manipulate your child
- Sudden older boyfriend/girlfriend/partner
- Branding or tattoos
- Being secretive about who they are talking to/meeting
- Isolation from friends, family, loved ones
- Unexplained money, new belongings, flashy things
- Skipping school, coming home late, or sleeping over without an explanation
- Running away

ONLINE & TECH SAFETY

The Smart Talk

Free tool that helps families set digital safety ground rules together. www.thesmarttalk.org.

Internet Crimes Against Children Task Force

Videos and resources to learn and teach how to safely use the Internet and what to watch out for. www.icactaskforce.org/internetsafety.

Cyberwise

Resource site to help youth use tech safely. www.cyberwise.org.

Family Online Safety Institute - FOSI

Safety messages, tools, and methods for parents, children, and caregivers. www.fosi.org.

National Center for Missing and Exploited Children

NCMEC provides services and resources to help find missing children and prevent child victimization and sexual exploitation. www.missingkids.org.

American Academy of Pediatrics ◆

Focus on family well-being and safety, including making a Media Plan and gun safety. www.healthychildren.org.

CONVERSATION STARTERS

- "You can always talk to me about anything and I won't judge you."
- "I am concerned about..."
- "Has anyone ever touched you in ways that don't feel OK?"
- "You always have the right to say no." Talk about consent and what it looks like.
- "These resources are really great, I want to make sure you have them."
- Pay attention to your body language. Show interest and empathy, understanding through words, nods, eye contact, and facial expressions.
- Check in with your child about their day, their friends, things they are excited or worried about.

Annex Teen Clinic

Available to Hennepin County families and youth for sexual health services and education. Local resources for: food, housing and legal assistance, mental and sexual health, and LGBTQ+ support. www.annexteenclinic.org
 ·5810 42nd Ave N, Robbinsdale MN 55422
 ·Call or text for appointments; ph# 763-533-1316

The Family Tree Clinic

Affordable, accessible, and confidential sexual health services. www.familytreeclinic.org
 ·-Workshops on consent and parent education available.

Scarleteen

Sex ed for teens and young adults. Bodies, gender, sexual identity, relationships, sex and sexuality, pregnancy, parenting, abuse, disability, and advice. www.scarleteen.com
 ·There is a message board, live chat, and text options to ask for help.

Amaze and Amaze Jr

Fun animated videos about puberty, healthy relationships, STDs and HIV, personal safety including abuse and trafficking, pregnancy and reproduction, gender identity, and sexual orientation. <https://amaze.org>
 · Amaze Jr is geared for young children.

Planet Puberty

For families of children with an intellectual disability and/or autism spectrum disorder. Resources for supporting puberty. www.planetpuberty.org.au

Sex Positive Families

Education and resources for raising sexually healthy children. Library of online resources organized by ages and topics. Puberty workshop and free guides for “tackling the talks” at every stage. www.sexpositivefamilies.com

The Hot Chocolate Talk

Child sexual abuse prevention. How to guides for conversations with youth ages 0-5, 6-8, 9-10, and 11 and older. <https://www.cfchildren.org/resources/child-abuse-prevention/>

The P Conversation

Tools to talk to young people about sex with a specific focus on porn literacy. Geared for children ages 8 and above. “...we can’t stop the younger generation from ever being exposed to sexualized images. But we can teach, we can talk, we can make children and teens aware and critical of the - messages they are receiving.”- Quote from website www.theconversation.org

The Trevor Project

Access to counselors 24/7, resources, tools, and support for suicide prevention. www.thetrevorproject.org/

Reclaim

Local resources for queer and trans youth and their families. <https://www.reclaim.care/what-we-do/resources-for-queer-and-trans-youth.html>
 · Includes information for local mentorship, group programs, and fun events through Transforming Families, Queer Space Collective, and TIGGERS (Transgender, Intersex, Gender-Expansive Revolutionary Resources and Services).

OutFront Minnesota

Helpline for legal referrals, free and confidential crisis counseling and intervention, and advocacy services for relationship abuse, sexual assault, domestic violence, and hate and bias. www.outfront.org/
 ·Anti-violence helpline Monday through Friday 9:00AM-5:00PM; ph# 800-800-0350

Family Acceptance Project


National and local resource information including crisis and support lines, culture-based resources, and faith-based resources. <https://lgbtqfamilyacceptance.org/>

Gender Spectrum

Comprehensive gender information. www.genderspectrum.org/resources

CRISIS LINES

West Metro Safe Harbor Regional Navigator (24/7)
612-232-5428

RAINN- Rape Abuse and Incest National Network 
National Sexual Assault 24/7 Hotline- (800) 656-HOPE
www.rainn.org

Youth Services Network

Website or phone app for real time resources for youth in MN. Shelter, basic needs, emotional health support, employment, outreach workers and more. www.ysnminn.org

Childhelp National Child Abuse 24/7 Hotline
1-800-422-4453 www.childhelp.org

National Sexual Violence Resource Center
1-877-739-3895; www.nsvrc.org

National Domestic Violence Hotline
1-800-799-7233, online chat, or text “START” to 88788. www.thehotline.org
Identify abuse & warning signs, plan for safety, and find resources and support. Includes Deaf Services & online chat.

National Human Trafficking Hotline
text HELP to 233733; 1-888-373-7888;
www.humantraffickinghotline.org/en