

## About loveisrespect

loveisrespect is the ultimate resource to engage, educate and empower youth to prevent and end dating abuse. It is a project of Break the Cycle and the National Domestic Violence Hotline where highly-trained peer advocates offer free phone, text and chat services to young people 24/7/365. Teens and young adults can find help and information about dating abuse and healthy versus unhealthy relationships through this national resource by texting “loveis” to 22522, calling 1-866-331-9474 or visiting [loveisrespect.org](http://loveisrespect.org). A National Youth Advisory Board guides its efforts by providing input on [loveisrespect.org](http://loveisrespect.org), writing blogs for the site, hosting events to raise awareness across the country and generally empowering other young people to take action. To learn more, visit [www.loveisrespect.org](http://www.loveisrespect.org).

## About the National Domestic Violence Hotline

The National Domestic Violence Hotline is a nonprofit organization established in 1996 as a component of the Violence Against Women Act (VAWA). Operating around the clock, confidential and free of cost, The Hotline provides victims and survivors with life-saving tools and immediate support. Callers to The Hotline (1-800-799-SAFE (7233)) can expect highly-trained advocates to offer compassionate support, crisis intervention, information and referral services in more than 200 languages. Visitors to [TheHotline.org](http://TheHotline.org) can find information about domestic violence, safety planning, local resources and ways to support the organization.

## About Break the Cycle

Break the Cycle is the leading national nonprofit organization working to provide comprehensive dating abuse programs exclusively to young people. Founded in Los Angeles in 1996, its mission is to inspire and support young people in building healthy relationships and creating a culture without abuse. In 2004, Break the Cycle expanded nationally in response to the need for dating abuse services and programs. Break the Cycle now has staff in Los Angeles and the District of Columbia, along with partners, volunteers and supporters across the nation. Learn more at [breakthecycle.org](http://breakthecycle.org).

For more information, visit [www.loveisrespect.org](http://www.loveisrespect.org)

Please contact loveisrespect for more information.

connect now!

chat at [loveisrespect.org](http://loveisrespect.org)

 text loveis to 22522

 call 1-866-331-9474

Discuss your options confidentially.  
Peer advocates are available 24/7.