

YOU DESERVE CONTROL OVER YOUR CHOICES AND GOALS...

In healthy relationships, you should feel supported and free to make your own decisions. However, sometimes your partner, friend, family member, or someone else in your life might try to control your choices through money, school, or work.

This is Teen Economic Abuse.

WHAT IS TEEN ECONOMIC ABUSE?

A form of dating violence that involves the use of financial control to **create dependency** and **block pathways** to **safety** and **overall well-being**.

This abuse may **disrupt critical areas** of your life including your job, money, or education. It can cause **long-term harm** such as damaged credit or delayed career development.

ARE THERE EVER TIMES WHEN...

Your partner, friend, or someone else close to you:

- Tries to control how money is spent or demands access to your bank account
- Pressures you to skip school or work, or make you feel guilty for attending
- Makes decisions about your education or job without talking to you first
- Guilt-trips you into giving them money or resources
- Uses threats when you try to make decisions for your future

If any of these behaviors are happening, it's important to recognize that these actions are not acceptable. **You deserve respect and support in your decisions.**

IT MAY SOUND LIKE...

"You're choosing work over our relationship again, aren't you?"

"I signed you up for the same classes so we can be together all day."

"If you don't give me money, I'll just have to find someone else who will."

"Why do you need that promotion when I'm here to take care of you?"

If you hear these types of statements, it may be a sign that someone is trying to control your finances, education, or work choices.

YOU DESERVE RESPECT AND INDEPENDENCE.

Healthy relationships are built on **trust, respect,** and **encouragement** for your goals. You should never feel pressured, controlled, or manipulated when it comes to your finances, education, or work choices.

Your dreams matter, and your path belongs to you.

YOU ARE NOT ALONE..

24/7 confidential hotlines connect you with trained counselors who offer support, guidance, and referrals to services for immediate help when needed.

Call the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or text 'START' to 88788.

MAPPING YOUR PATH TO SAFETY

If you're experiencing economic abuse, having a plan can help you stay safe and regain control over your choices.

Call the Love is Respect Hotline at 1-800-787-3224 or text 'LOVEIS' to 22522.

 A tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their relationship.
Download at myPlanApp.org



HELPING A FRIEND...

If you have a friend who may be experiencing economic abuse:

- Let them know you believe them and that they deserve to feel safe and supported.
- Everyone's situation is different, and they may need time to decide what to do next.
- Give them a copy of this card and let them know about the resources and hotlines listed here.
- Encourage them to reach out for help from professionals or trusted adults who can provide further support.

DOWNLOAD 



<https://futureswithoutviolence.org/>