

Supporting Someone

First, check in

Ask them questions within a safe space:

- ☛ "Do you feel safe enough to be honest in your relationship?"
- ☛ "Do you feel your partner respects your needs, boundaries and privacy?"

Listen

Quietly, attentively and without judgement or blame.

After they have shared, validate their feelings:

- ☛ "That sounds so confusing/scary/difficult"
- ☛ "This must be hard for you to talk about"
- ☛ "I'm hearing you're having a really hard time - what can I do to support you?"

Tell them it's not their fault

Most abusers manipulate survivors to believe they deserve violence. Remind them that abuse is a choice and no one deserves to feel unsafe in their relationship.

Give resources, not advice

Encourage them to seek out more support, but don't make choices for them. Honor and respect their decisions and needs. If they seem receptive to further help, offer to connect them to a confidential advocate or crisis line, or reach out to another resource.

Community Resources

Oregon YouthLine

Text **teen2teen** to **839863** (4-10pm)

Call **1-877-968-8491** (24/7)

Youth Peer Support for a variety of needs.

Call to Safety

(503) 235-5333 (24/7)

Support for survivors, friends, family & community members. Specialized support for all people involved in the sex industry.

Sexual Assault Resource Center (SARC)

(503) 640-5311 (24/7)

Hotline and specialized support for sexual assault survivors.

Volunteers of America Home Free

Emergency hotline **(503) 771-5503** (Mon-Fri, 8AM-5PM)

Call/text **(503) 388-8211** for a Teen Advocate

Bradley Angle

(503) 281-2442 (24/7)

Specialized support and resources for POC and LGBTQI+ communities

El Programa Hispano - Project UNICA

(503) 232-4448 (24/7)

Support in both Spanish & English

Raphael House of Portland

For more information:

Call **(503) 222-6123**

Email education@raphaehouse.com

Prevention Education Program

Dedicated to advocating for safe and equitable relationships through workshops, trainings, and peer-led programming throughout the Portland Metro area.



We believe that everyone deserves to live a life free from violence.

Why We're Here

What We Do

For more than a decade, Raphael House of Portland's Prevention Education program has worked with the community to fulfill our mission of someday ending intimate partner violence.

We provide free, trauma-informed comprehensive education on dating violence and how to practice consent throughout the Portland Metro area. Our vision is to empower students, teachers and parents to change school culture and promote safe and equitable relationships.

Raphael House is committed to prevention because:

- 1 in 3 adolescents will experience some form of relationship abuse
- Violent behavior typically begins between the ages of 12 and 18
- Only 33% of youth who were in a violent relationship ever told anyone about the abuse

Topics we discuss:

- Equity
- Consent
- Boundaries
- How to identify abuse
- Exploitation
- Sex Trafficking
- Empathy and support

(source: loveisrespect.org)

Get Involved

Our Prevention Education team includes both staff and dedicated Peer Educators. This group of high school and college-aged volunteers help with classroom presentations, events, and special projects. We meet monthly to debrief our work, get further training on difficult questions, and plan upcoming workshops. This program gives Peer Educators the opportunity to empower other youth in the community to use their voice and support one another.

If you know a high-school or college student interested in cultivating conversation about these topics and doing direct service in their communities, connect them with our team!

For more information or to schedule a presentation

Call **(503) 222-6123** or email
education@raphaelhouse.com

"If I'm ever in an unsafe or abusive relationship, or if a friend is in one, I have the resources to identify it and get help."

- Student and recent workshop participant

