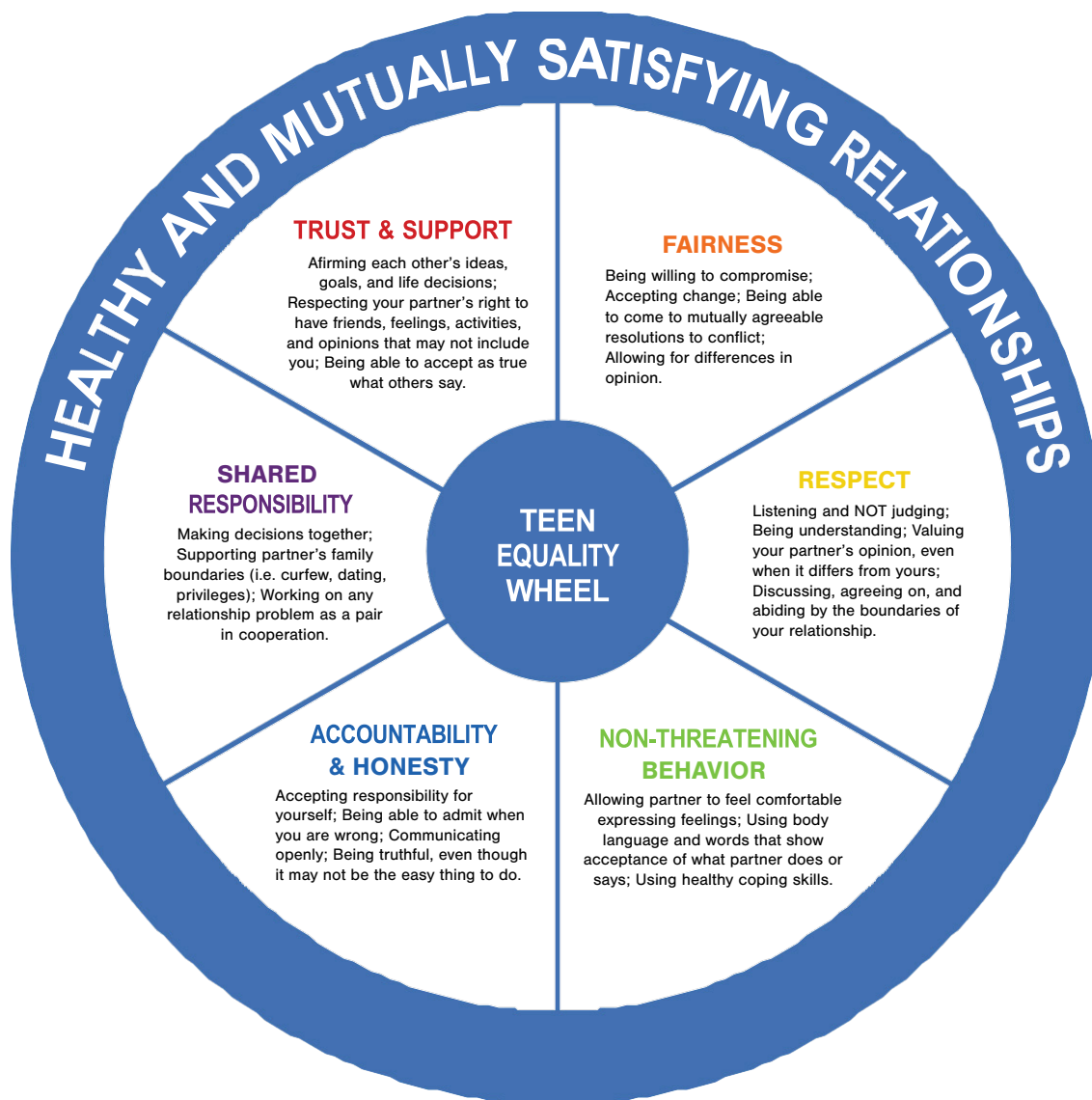


## Teen Equality Wheel



**Source:** Action Alliance (2007). Building Healthy Relationships Across Virginia: A Facilitator's Guide for Teen Dating Violence Prevention.



## Healthy Relationships Resources



### Love is Respect

Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the U.S. Also includes articles on topics including dating definitions, consent, self-care, and helping a friend.

[www.loveisrespect.org/get-relationship-help/](http://www.loveisrespect.org/get-relationship-help/)



### Teen Safety Plan

A Teen's Guide to Safety Planning to lower your risk of being hurt by an abusive partner.

[www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf](http://www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf)



### Teen Dating Violence Toolkit

Information on teen dating violence. Includes quizzes you can take (e.g., healthy relationship quiz).

<https://www.centerforpreventionofabuse.org/wp-content/uploads/2018/02/Teen-DV-Toolkit-2018.pdf>



## Meditation Resources



### Online Guided Meditations

Links to multiple full-length guided meditations.

[www.tarabrach.com/guided-meditations/](http://www.tarabrach.com/guided-meditations/)



### Mindfulness for Teens

Links to multiple short guided meditations.

[www.mindfulnessforteens.com/guided-meditations/](http://www.mindfulnessforteens.com/guided-meditations/)