

## Technology can be a cool thing in a relationship!

- Text caring and thoughtful messages
- Send shout-outs or birthday wishes
- Post a photo on favorite show, artist, or activity
- Post an event inviting friends/family
- Snapchat a funny picture of yourself doing an activity you love
- Raise awareness about an issue that matters to you
- Technology is meant to enhance your social life, not consume it

## Where to get help

If someone is in immediate danger, call **911**.

If you or a friend might be in an abusive relationship, talk to a trusted adult or a local domestic or sexual violence program.

## Hotline Numbers

**National Dating Abuse Helpline** 1-866-331-9474  
or [www.loveisrespect.org](http://www.loveisrespect.org) to chat online

**National Suicide Hotline**  
1-800-273-TALK (8255)

**National Sexual Assault Hotline**  
1-833-656-HOPE (4673) or  
[www.rainn.org](http://www.rainn.org) to chat online

[www.lovewhatsreal.com](http://www.lovewhatsreal.com)

**Love What's Real**  
[www.lovewhatsreal.com](http://www.lovewhatsreal.com)

*Cover art by Timberline High School, Timb 1 team — Patricia Thorpe, teacher;  
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This document was developed under grant numbers 2012-WR-AX-0009 and partially by 2011-TA-AX-K055 and 2011-TA-AX-K114 from the Office on Violence Against Women of the U.S. Department of Justice. The opinions and views expressed are those of the author(s) and do not necessarily represent the official position or policies of the Office on Violence Against Women, U.S. Department of Justice.

# TECHNOLOGY & RELATIONSHIPS



## Cellular Relationships

Cellphones are a way to connect in a relationship, just don't let it take the place of face-to-face communication!

### Constant Texting

- Not catching the hint that you don't want to text 24/7 – let them know you want some time off the phone or just turn your phone off! Don't let the texts go from caring to controlling!
- Don't Let Friends/BF/GT make you feel bad for not texting back right away.
- If you like to text a lot, just ask if they're okay with how often. And, if you ever feel like you are obsessing, give yourself some space.

### Textual Harassment

- Participating in texts that embarrass, threaten, bully, or pressure someone is abusive. Never forward or send this type of text.
- End textual harassment. Tell the sender they crossed a line and ask them to stop texting you. If it continues, talk to someone you trust – like a friend, parent, or counselor.

## Sexting & Pic Pressure

If you get, send or even show any text or pic that is sexual, be aware that you may be entering an illegal situation. Here are some ground rules:

- #1 Don't ask for it. Never pressure anyone. Privacy is something to be respected.
- #2 Don't take, show, send or forward it.
- #3 If you already have asked for/or sent a sexual-cellular-something, you're not a terrible person. Just realize it wasn't a smart move and don't do it again. Getting in trouble with the law or having the picture hang out in cyberspace forever, certainly isn't worth it.



## Online Netiquette

Your online life is a part of who you are, even your relationships. So don't let yourself be pressured, disrespected or controlled in any space!

- If you don't know 'em, ignore 'em. Save yourself the hassle of possibly having to get rid of a creeper later. Quality over quantity!
- Don't post anything you wouldn't want parents, grandparents, teachers, or future bosses to see. Keep it PG. Play nicely. If someone isn't doing the same, unfriend the person and talk to someone you trust. Harassment is never ok.
- Keep settings private. Don't over-share.
- Social media is just one more way to socialize. There is no reason to act like a different person online. Be yourself!
- A perk of social networking – no awkward pauses! So take all the time you want to reconsider what you say in a post, comment, status, message, or tweet.