

# How Can Early RAPP Help?

Early RAPP places a Community Educator in schools to provide education, outreach, and training. Schools hosting an Early RAPP Community Educator report less school violence, improved conflict resolution skills, and a stronger, more self-confident student body.

Your Community Educator can help you:

Learn how to have healthy relationships

Speak up and advocate for yourself

Leave an abusive relationship

Prevent domestic violence in your community

Learn how to help friends who may be in abusive relationships

Report crimes and get an Order of Protection

Build confidence and self-esteem

FOR MORE INFORMATION ABOUT EARLY RAPP, CONTACT LUIS MATOS, LCSW AT 646-588-0048 OR [LMATOS@URINYC.ORG](mailto:LMATOS@URINYC.ORG)

## How to Speak Without Fear — and Where

Victims of abusive relationships often keep the abuse a secret.

If you are in a relationship that feels threatening, tense, or frightening—trust your feelings. Develop a safety plan and remember above all else—you are not alone. If a friend confides in you about relationship abuse, listen, support, and believe your friend.

Talk to a Community Educator or access these helpful community resources:

New York City Domestic Violence Hotline 800-656-4673  
NYC Gay and Lesbian Anti-Violence Project 212-714-1141  
RAINN (Rape, Abuse, Incest National Network) 800-656-4673  
National Dating Abuse Hotline 866-331-9474  
[loveisrespect.org](http://loveisrespect.org)  
[breakthecycle.org](http://breakthecycle.org)



[URINYC.ORG](http://URINYC.ORG)

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# Speak without fear



# EARLY RAPP

EARLY  
RELATIONSHIP  
ABUSE  
PREVENTION  
PROGRAM

# EARLY RAPP

The Early Relationship Abuse Prevention Program teaches middle school students in New York City that abuse has no place in love. As one of the most extensive domestic violence prevention programs, Early RAPP is a middle school-based curriculum designed to empower young people and end relationship abuse.

Because violent behavior typically begins between the ages of 12 and 18, Early RAPP was developed to deliver an innovative array of services to help students recognize and change unhealthy patterns of behavior before transitioning into adult relationships.

## Our Focus

### COMMUNITY OUTREACH

Educate and engage to build stronger communities.

### PEER LEADERSHIP

Raise awareness about abuse, bullying, and partner violence and develop leadership skills.

### STAFF DEVELOPMENT AND TRAINING

Empower educators to build communities and develop workshops on healthy relationships and acceptance.

## What is Relationship Abuse?

Relationship abuse is behavior used to control another person, affecting young people in every community across the nation. Unhealthy relationships start early and continue into adulthood.

### Emotional and Verbal Abuse

Yelling, bullying, name calling, threatening, stalking, or isolating

### Sexual Abuse

Crossing a boundary of a sexual nature, forced or unwanted touching, or pressuring someone into sexual choices



### Physical Abuse

Hitting, pushing, kicking, biting, choking, shoving, or threatening physical harm

### Digital Abuse

Using technology such as texting and social networking to bully, harass, stalk or intimidate

## Who is Abused?

One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

ANYONE—  
REGARDLESS OF  
RACE, GENDER, AGE,  
RELIGION, SEXUAL  
ORIENTATION,  
OR ECONOMIC  
STATUS—CAN BE A  
VICTIM.

## Warning Signs

Does this resemble someone in your life?

Extreme jealousy or insecurity

Constant belittling or put-downs

Explosive temper

Isolation from family and friends

Making false accusations

Checking cell phones, emails or social networks without permission

Physically inflicting pain or hurt in any way

Telling someone what they can and cannot do

If you answered yes to any of these questions, you may be in an abusive relationship.