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

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
- breakthecycle.org

For more information about Early RAPP, contact Luis Matos, LCSW at 646-588-0048 or lmatos@urinyc.org

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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.

**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.

**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.