

# How Can RAPP Help?

RAPP places a social worker or community educator in schools to provide counseling, education, outreach, and training. Schools hosting a full-time RAPP Coordinator report less school violence, improved conflict resolution skills, and a stronger, more self-confident student body.

Your RAPP Coordinator or Community Educator can help you:

Learn how to have healthy relationships

Speak up and advocate for yourself

Leave an abusive relationship

Cope with bullying

Learn how to help friends who may be in abusive relationships

Deal with the trauma of experiencing or witnessing family violence

Build confidence and self-esteem

Prevent domestic violence in your community

Develop a safety plan

Report crimes and get an Order of Protection

For more information about 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 teen dating violence and abuse 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 your RAPP Coordinator or 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)



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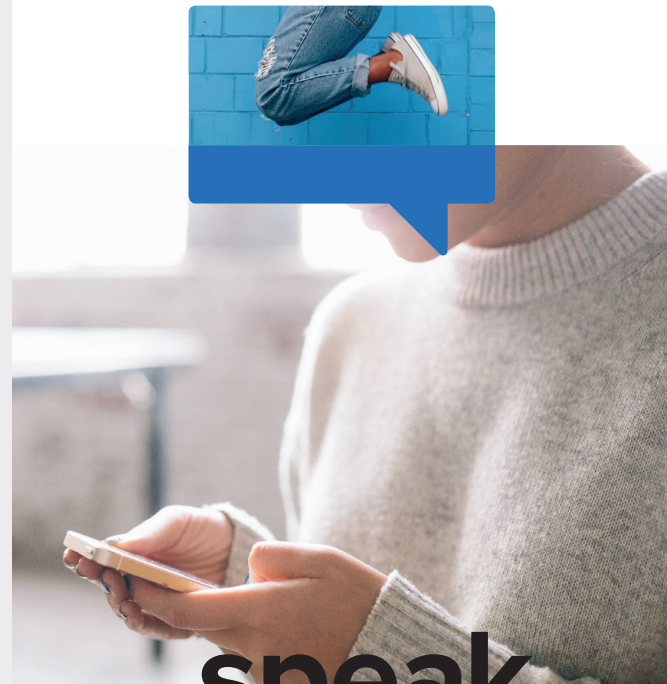
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RELATIONSHIP  
ABUSE  
PREVENTION  
PROGRAM

**RAPP**





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

Because violent behavior typically begins between the ages of 12 and 18, 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.

RAPP places a master's level social worker—a RAPP Coordinator—in schools to educate students, school staff, parents, and the entire school community. The RAPP room becomes a safe space where all students are treated with respect and can speak about fear.

### Our Focus

#### Peer Leadership

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

#### Individual and Group Counseling

Share thoughts and feelings about family, friends, school, and relationships in a safe and supportive space.

#### Community Outreach

Educate and engage to build stronger communities.

#### Staff Development and Training

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

#### Summer Workshop

A paid seven-week summer program teaches students to become Peer Educators.

# What is Relationship Abuse?

Teen dating violence is abusive behavior used to control another person, affecting youth in every community across the nation. Unhealthy relationships start early and continue into adulthood.

#### Emotional and Verbal Abuse

Yelling, name calling, threatening, stalking, public humiliation, or isolating

#### Physical Abuse

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

#### Sexual Abuse

Forced or unwanted touching, rape or attempted rape, or undermining sexual choices



#### Financial Abuse

Stealing money, controlling income, or forcing you to commit a crime to get money

#### 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, yet only 33% of teens who were in a violent relationship ever told anyone about the abuse.

Anyone—regardless of race, gender, age, religion, sexual orientation, or economic status—can be a victim.

# Warning Signs

Does your partner display any of these signs?

Checking cell phones, emails or social networks without permission

Extreme jealousy or insecurity

Constant belittling or put-downs

Explosive temper

Isolation from family and friends

Physically inflicting pain or hurt in any way

Possessiveness

Telling someone what they can and cannot do

Pressuring someone to have sex

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