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
- Prevent domestic violence in your community
- Report crimes and get an Order of Protection

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
- breakthecycle.org

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

**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.

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**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.

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**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.

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**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

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