

YOUTH RESOURCE GUIDE

**A NOTE: "YOUTH" IS CLASSIFIED AS A PERSON 10-24
YEARS OLD. THESE RESOURCES ARE BUILT FOR OR
ACCESSIBLE TO FOLKS WHO ARE MINORS**



LOCAL PROGRAMS

TEEN PEER ADVOCACY

The Middle Way House Prevention Program empowers teens to work together to help one another when friends have experienced harm or done harm in their dating relationships, or when they have dangerous family relationships. If you want to set up a group for you and your friends, contact lindsey@middlewayhouse.org.



TALKING TACOS

Come for a friendly chat or game about relationships, dating, and other tough topics. Stay for the awesome free tacos. Resumes in person beginning September 28th- Second Tuesday of the month at Main in the Ground Floor, fourth Tuesday of the month in Ellettsville, 3:30-4:30 p.m. Ages 12-19. A collaboration between Monroe County Public Library Teen Librarians and the Middle Way House Prevention Team.



KALEIDOSCOPE YOUTH-LED LGBTQ+ COMMUNITY

Kaleidoscope Youth-Led LGBTQ+ and Allied Community Bloomington is an inclusive social group for youth celebrating all sexual orientations, gender identities, and gender expressions. Any person between 12 and 20 years old is welcome to join. To join the group discord, or learn about masked in-person programs connect through:

- www.instagram.com/youthlgbtbloomington
 - Facebook @youthlgbtbloomington
 - KaleidoscopeYouthCommunity@gmail.com
- 

YOUTH SAFETY + WELLNESS APPS



MYPLAN APP

[myPlanapp.org](https://myplanapp.org)

A tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship. It's lockable and has quizzes for you to take to build a personalized safety plan.

CLEAR FEAR

<https://www.clearfear.co.uk/>

Anxiety app for teens that uses cognitive behavioral therapy (CBT) principles. Learn and build skills, reduce anxiety, or track anxiety over time.

CALM HARM

<https://calmharm.co.uk/>

App for teens to resist or manage the urge to self harm using Dialectical Behavioral Therapy (DBT) techniques.

MYLIFE

<https://my.life/>

Answer questions about your mood and current feelings for suggestions of guided meditations. Many free options.

COMBINED MINDS


<https://combinedminds.co.uk/>


App for family and friends who are supporting a young person with their mental health, especially around anxiety, depression, eating disorders, digital addiction, and self-harm. Teaches about these conditions and suggests activities and ways to support.

RETHINK - STOPS CYBERBULLYING

<https://www.rethinkwords.com/>

Created by a teen anti-violence activist. If a young person types a word or phrase that could be cyberbullying, a pop-up says: "Rethink! Don't say things you may regret later!" This gives young folks who struggle with impulse control a chance to reconsider before sending a hurtful message.





THE TEEN-APPROVED RESOURCE LIST

MIDDLE WAY HOUSE HELP AND CRISIS LINE (24/7)

1-812-336-0846

Confidential advocacy and resources for people affected by domestic violence, sexual violence, and/or human trafficking.

LOVE IS RESPECT (24/7)

1-866-331-9474 or text "LOVEIS" to 22522

Talkline for youth affected by dating or sexual violence. They also have an online safety plan available at www.loveisrespect.org under the resources tab.



SCARLETEEN

Scarleteen.com

Offers inclusive, comprehensive, supportive sexuality and relationship info for teens. They have a safe search engine on their website that you can use to ask questions about sexual health and get filtered, accurate information.

ASK ROO

<https://www.plannedparenthood.org/learn/roo-sexual-health-chatbot>

A sexual health chatbot to answer all your questions about sexual health, relationships, bodies, growing up, and more. Chatting with Roo is free and private. Designed for ages 13-19.



INDIANA TEEN LINK TREE

<https://linktr.ee/mcplindianateen>

Local resource links for teens including COVID-19 specific resources, food, mental health resources, and much more.

FUTURES FAMILY PLANNING

1-812-349-7343

STI testing and treatment; pap, breast, and pelvic exams; health education; birth control; pregnancy testing and referrals. For adolescents and adults. Accepts insurance, including Medicaid. Sliding scale. Does not require parent consent. Free condoms.

RURAL TRANSIT

<https://area10agency.org/ruraltransit/>

Need to access a service in Bloomington? Schedule public transportation rides throughout Monroe, Owen, Putnam and Lawrence Counties. \$3 per trip.

MCPL COVID- 19 TEEN RESOURCES

<https://mcpl.info/teens/covid-19-resources-teens>

An MCPL resource connection point for local resources. If you're bored, MCPL staff are still making some great recommendations for digital reading options too: <https://mcpl.info/teens/staff-picks-teens>

TRANS LIFELINE

1-877-565-8860

Trans Lifeline is a grassroots hotline and microgrants organizations offering direct emotional and financial support to trans people in crisis - for the trans community, by the trans community.

STRONG HEARTS NATIVE HELPLINE

1-844-7NATIVE or chat online:

<https://strongheartshelpline.org/>

Confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy.



**TREVOR
LINE
(24/7)**

1-866-488-7386 or text "START" to 678678

Counselors who support LGBTQ+ youth in crisis, who are feeling suicidal, or who are in need of a safe and judgement-free place to talk. This resource offers 24/7 digital services for those experiencing hearing impairments.

**MIDDLE WAY
HOUSE HELP
AND CRISIS
CHAT**

<https://www.resourceconnect.com/mwh/chat>

Type #teen into the chat box to be connected with someone familiar with youth resources. You do not have to share identifying information unless you want help making a report. There is an escape button, and your phone keeps no record of the chat.

**NATIONAL
CRISIS
TEXT LINE
(24/7)**

Text "HOME" to 741741

Connect with a volunteer trained to bring you from a hot moment to a cool calm through active listening and collaborative problem solving.

**INDIANA CHILD
ABUSE &
NEGLECT
HOTLINE
(24/7)**

1-800-800-5556

Report suspected child abuse and neglect (you can remain anonymous). Interpreting services are available 24/7. People may also reach the hotline using TTY or a telecommunications relay service.

**NATIONAL
SAFE PLACE
(24/7)**



**Text "safe" and your current
location to 44357**

Receive a message with the closest Safe Place site and the phone number for your local youth agency; for immediate help, reply with "2chat" to text interactively with a trained counselor.

**NATIONAL
RUNAWAY
SAFELINE
(24/7)**

1-800-RUNAWAY or text 66008

Help for all youth that are being bullied, have been thrown out, or just want to discuss their experiences. Translation services are available 24/7 for the crisis line.

**MIDDLE
WAY
HOUSE
LEGAL
SERVICES**

1-812-336-0846

Legal services for people of all ages who are seeking help because of dating abuse, domestic violence, stalking, sexual assault, and human trafficking. For technology and cyber abuse questions, ask for Heather or email heather@middlewayhouse.org.

**NATIONAL
SUICIDE
PREVENTION
LIFELINE
(24/7)**

1-800-273-8255

Confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Online chat services and TTY is available. This resource also has a 24/7 hotline for Spanish speakers: 1-888-628-9454..

**THE
FIREWEED
COLLECTIVE**

<https://fireweedcollective.org/crisis-toolkit/>

Fireweed has one of the best Crisis toolkits put together by people who actually experience crisis. They have resources available on their website including self-care information, online peer support spaces, and crisis toolkits. Mapping Our Madness is a safety plan you can use to navigate crisis, extreme states of distress, or foul moods.

SAFE PLACES



YOUTH SERVICES BUREAU



Youth Service Bureau operates the Safe Place program, emergency youth shelter (ages 10-17) at 615 South Adams St., and counseling services. If you are in crisis and need immediate help, you can call them at 812-349-2507. You can go to any business with a Safe Place sign and ask for help to access services.

MIDDLE WAY HOUSE

Middle Way House helps people affected by domestic violence, sexual assault, and human trafficking. If you and a parent or guardian need to flee together, our shelter has family rooms so you can stay together. Call for an intake at 812-336-0846. Youth can call the crisis/helpline at 812-336-0846 and/or walk in to speak with an advocate. Youth can also access legal services.

STEPPING STONES

Stepping Stones serves youth ages 16-20 years old who are experiencing homelessness. They provide transitional housing and independent living via furnished apartments that youth can live in for up to two years. Apply online at centerstone.org/becoming-a-resident/ or call 812-339-9771.

SUPPORTING EACH OTHER IN THE TIME OF COVID



You might be the first or only person a friend or loved one reaches out to if they are experiencing violence. If you suspect a friend, family member or co-worker is in an abusive relationship, you can do your part by starting a conversation, offering non-judgmental support and suggesting ways to get help (such as recommending hotlines or safety planning resources in this guide).

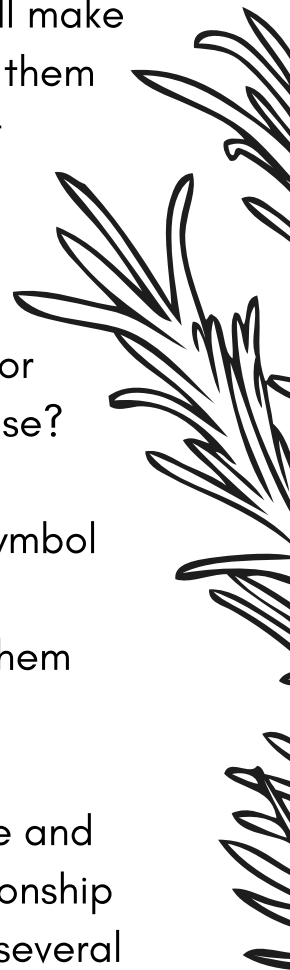
It is important to let your friend or loved one take the lead, and not to pressure them to make decisions. We know that for some people it will make sense to separate from the relationship, and for others, it will not. Let them know you'll be there to help them figure out the best strategies to get through this safely.

To start this conversation, ask them how they would prefer to safely connect: Figure out which communication method will be the safest for them. For instance, is there a specific messaging app they prefer to use?

Stay in touch and be creative: think together about a code word or symbol that would trigger a call from you or to the police. Keep the lines of communication open without directly asking about violence, and let them know you are available to talk and help.

Be supportive and believe them. Reassure them that they're not alone and that there is help out there. Understand that leaving an abusive relationship is emotionally complicated and confusing. They will likely experience several fluctuations in motivation to leave.

Text adapted from ICADV COVID-19 Recommendations.





A SAFETY PLAN

Adapted from loveisrespect.org



STAYING SAFE AT SCHOOL

The safest way for me to get to and from school is: _____

If I need to leave school in an emergency, I can get home safely by: _____

I can make sure that a friend can walk with me between classes. I will ask:
_____ and/or _____ and/or _____

I will eat lunch and spend free periods in an area where there are school staff or faculty nearby. These are some areas at school where I feel safest:
_____ and _____




STAYING SAFE AT HOME

I can tell this family member if something unhealthy or hurtful is going on in my relationship or friendships: _____

There may be times when no one else is home. During those times, I can have people stay with me. I will ask: _____ and/or _____

The safest way for me to leave my house in an emergency is: _____

If I have to leave in an emergency, I want to go to a place that is public, safe, and unknown by whoever is hurting me. I could go here:
_____ or _____ or _____



I will use a code word so I can alert my family, friends and neighbors to call for help without my abusive partner (or whoever is hurting me) knowing about it. My code word is: _____

A SAFETY PLAN (CONT.)

STAYING SAFE EMOTIONALLY

My abusive partner/friend/family member often tries to make me feel bad about myself by saying or doing this: _____

When they do that, I will think of these reasons why I know they are wrong:

_____,
_____,
and _____.

I will do things I enjoy, such as: _____,
_____,
and _____.

I will join clubs or organizations that interest me, such as:
_____ or _____

IDENTIFYING RESOURCES AND SUPPORTERS

If I feel down, depressed or scared, I can call on the following friends or family members (include name and phone number):

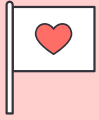
1. _____
2. _____
3. _____

During an emergency, I can call the following friends or family members at any time of day or night:

1. _____
2. _____
3. _____

If I need support/resources outside my family and friends, the hotlines I might use are: _____ or _____

5 THINGS YOU CAN SAY TO A FRIEND WHO HAS EXPERIENCED HARM



"I believe you."

Oftentimes people do not believe survivors when they talk about harm they have experienced. Letting your friend know you believe them is very important and impactful.



"It is not your fault."

Sometimes people who have experienced harm are blamed by others, or blame themselves. It is important to remind your friend that nothing they could ever do would make them deserve violence or harm.



"I am here for you"

Let your friend know that you are a safety net they can rely on if they need it.



"Do you want to make a safety plan?"

Ask your friend if they want to make a safety plan with you. Come up with ideas for where you could go, who you could call, or what you could do in an unsafe setting.



"What do you want to do from here?"

In order to make sure your friend still gets to make choices for themselves, ask them what they want to do. Whether that be making a report, or calling a help-line, the choice is in their hands.



A United Way Agency



Developed and funded through a collaboration between Middle Way House's Prevention Program and Youth Services Bureau of Monroe County

For updates or questions, contact Middle Way House's Prevention Program Coordinator at prevention@middlewayhouse.org

www.MiddleWayHouse.org
24/7 Help & Crisis Line: **812-336-0846**