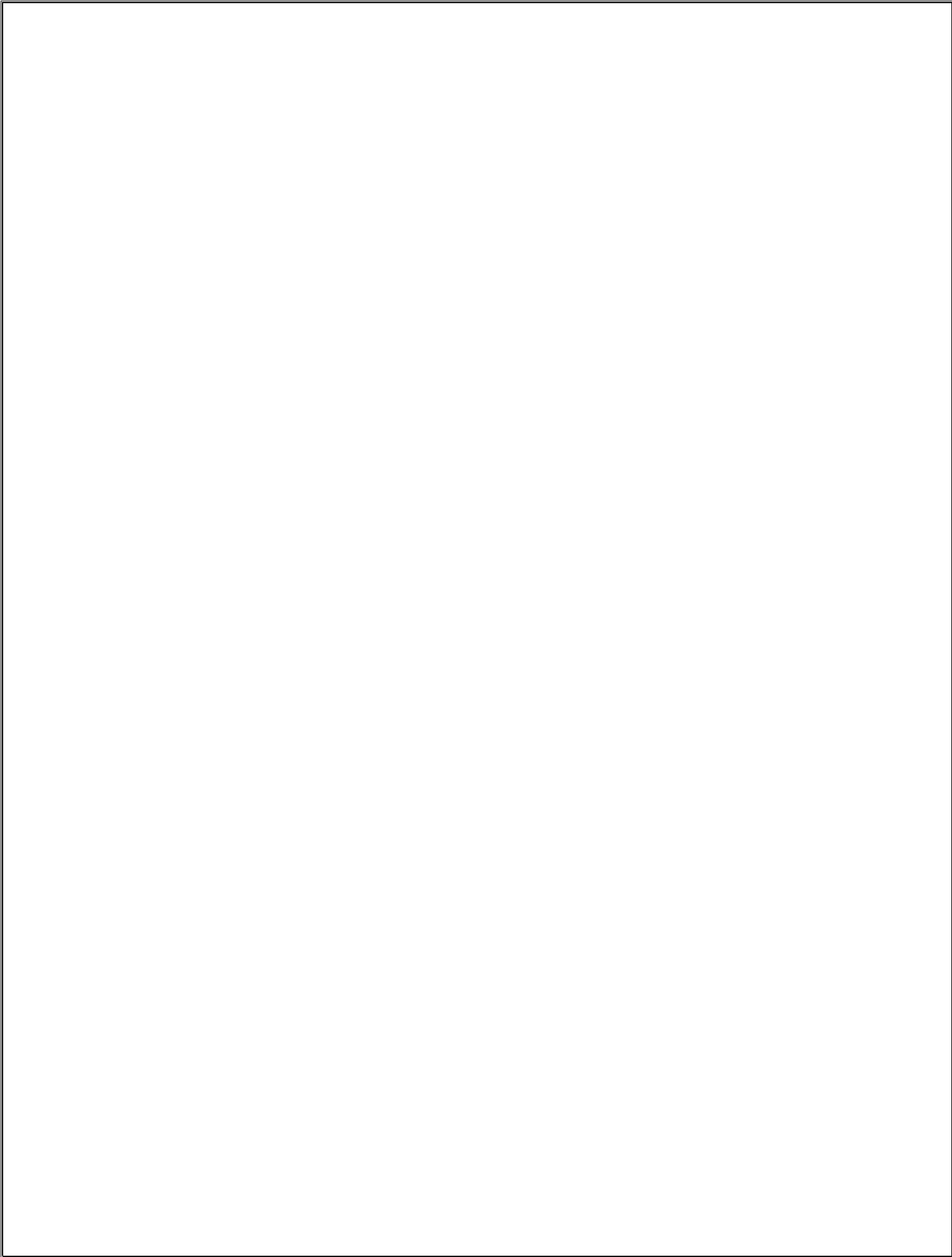


Healthy Teen Dating: A Guide for Educators and Youth Service Providers

Presented by the Governor's Family Violence Council and the
Governor's Office of Crime Prevention, Youth, and Victim Services



Updated: February 2021



The Goal of this Guide

In 2016, the Governor’s Family Violence Council voted to create a workgroup to study ways to bring healthy teen dating education to all counties in the State. The workgroup looked at best practices and evaluated whether a statewide approach to this issue would increase awareness and education. The workgroup considered ways to engage public and private middle and high schools in this prevention effort.

As a part of the information-gathering process, the workgroup surveyed Maryland local education agencies (LEAs) to understand current school offerings and potential barriers. Of the 24 LEAs in Maryland, 19 responded to the survey. While the majority stated that their LEA offered some healthy relationship curriculum, few described stand-alone, focused education on this topic.

Of those surveyed, 84% of respondents stated they believed that teen dating violence education was important to offer in schools, but respondents described numerous barriers to implementation:

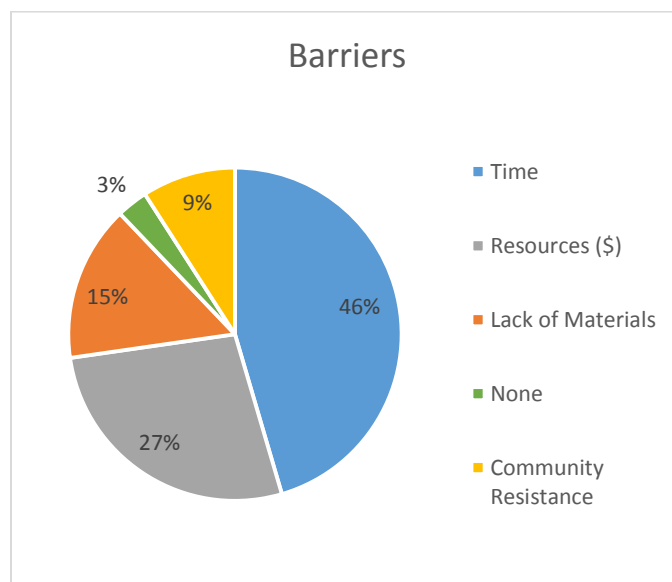


Figure 1: Self-reported barriers to providing TDV education in schools

This resource guide was created to address these barriers by providing low cost or free options for classroom implementation that maximize impact even where limited time is available in the curriculum.

The Prevalence and Impact of Teen Dating Violence

What is teen dating violence?

Teen dating violence (TDV) is the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking.^{1,2,3} TDV can include any pattern of behavior that a person may use to gain and maintain power over their partner.⁴ This can include financial abuse and digital abuse. Digital dating abuse is the use of technology (i.e. texting, social networks) to harass, stalk, or intimidate a partner.⁵ Digital abuse often takes the form of psychological or emotional violence.⁶

How common is TDV?

National estimates of TDV victimization depend on various demographic factors, with female students reporting TDV close to two times more often than their male counterparts.⁷ Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.⁸

Overall, one in three females and one in seven males report experiencing TDV.⁹ And one in five adolescents reported physical TDV and roughly one in ten reported sexual TDV.¹⁰

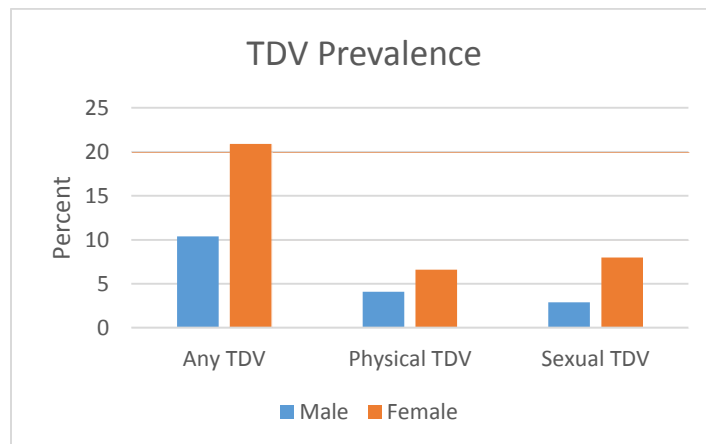


Figure 1: Prevalence of TDV by type and gender¹¹

In Maryland, 10.1% of high school students reported experiencing physical dating violence and 10.3% reported experiencing sexual dating violence.¹²

Who is at highest risk?

TDV occurs in higher rates among Black and Latinx youth, including those living in urban and economically disadvantaged communities.¹³ One study found that the prevalence of TDV victimization among Black and Latinx youth was 41%.¹⁴ About 30% of the youth in this study reported both victimization and perpetration in current or past relationships.¹⁵

Recent research looked at risk based on gender. One study determined that females are equally as likely as males to perpetrate TDV, especially with minor acts of physical aggression.¹⁶ The study also found that female-on-male aggression is often underreported due to issues of stigma and masculinity.¹⁷

Lesbian, gay, bisexual, transgender, questioning (LGBTQ) youth are also at a higher risk for all types of dating violence victimization and perpetration, when compared to heterosexual youth.¹⁸ Specifically, transgender and female youth are at the highest risk of victimization and perpetration of TDV.¹⁹

Older teens are at an increased risk of sexual TDV victimization.²⁰

Why does TDV happen?

Teens learn how to behave in relationships from peers, adults, and the media. Unfortunately, these examples often suggest that violence in a relationship is normal. According to the Centers for Disease Control (CDC) the risk of having unhealthy relationships increase for teens who:

- Believe that dating violence is acceptable
- Are depressed, anxious, or have other symptoms of trauma
- Display aggression towards peers or display other aggressive behaviors
- Use drugs or illegal substances
- Engage in early sexual activity and have multiple sexual partners
- Have a friend involved in dating violence
- Have conflicts with a partner
- Witness or experience violence in the home²¹

What are the warning signs of TDV?²²

Teen dating violence often exists on a spectrum. The following are some warning signs to recognize TDV:

- Checking his/her cell phone or email without permission
- Constantly putting him/her down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating him/her from family or friends
- Making false accusations
- Mood swings
- Physically hurting him/her in any way
- Possessiveness
- Telling him/her what to do
- Pressuring or forcing him/her to have sex

[Click here](#) to learn more about how unhealthy relationships work.

How does TDV impact health?

Unhealthy or violent relationships can have severe short and long-term effects on a teen's development.²³ Youth who have experienced TDV are at a higher risk of experiencing the following:

- Depression
- Anxiety
- Increased use of alcohol, tobacco, and drugs
- Risky sexual behaviors: unprotected sex, pregnancy, multiple sex partners, STIs^{24,25}
- Eating disorders²⁶
- Thoughts of suicide

Youth who experience TDV are at an increased risk of re-victimization in college and adulthood. Moreover, youth who experience TDV are roughly 2 to 3 times as likely to attempt suicide.²⁷

Taking TDV Prevention to the Classroom

TDV prevention programs reduce violence

TDV can be prevented when teens, parents, schools, and communities work together to implement evidence-based prevention strategies.²⁸ School-based dating violence prevention programs have shown to be effective in preventing physical, sexual, and emotional violence in adolescent dating relationships and may help prevent violence in adult relationships as well.²⁹

Students weigh-in on effective programs

Based on focus group and survey research, middle and high school students reported greater satisfaction with TDV prevention programs that had:^{30,31}

- Mix-gendered activities
- Mentoring from trusted adults or older adolescents
- A focus on personal development of values (love, respect, self-esteem, etc.)
- Used real-life stories of TDV, followed by clear presentation of information
- Included information about characteristics of healthy relationships

Maryland State Education Standard Alignment

Including teen dating violence curriculum meets several of the Health Education standards provided by the Maryland State Board of Education.

Standard 1: Mental and Emotional Health

- Topic A, Communication: Recognize and apply effective communication skills
- Topic D, Decision Making: Apply the decision-making process to personal issues and problems

- Topic G, Conflict Resolution: Justify the nature of conflict and conflict resolution

Standard 4: Family Life and Human Sexuality

- Topic D, Healthy Relationships: Distinguish between healthy and unhealthy relationships
- Topic J, Sexuality and Culture: Evaluate the influence of communication and decision-making on sexual behavior

Standard 5: Safety and Injury Prevention

- Topic C, Harassment
 - Indicator 1: Demonstrate appropriate responses to harassment and other violent behaviors
 - Indicator 2: Recognize contributors to harassment, intimidating behaviors, and violence
- Topic D, Abuse and Assault: Assess and respond appropriately to sexual aggression

Evaluating Effective Programs

Research has demonstrated that effective prevention programs follow certain principles.³²
Effective programs:

1. Are comprehensive
2. Use varied teaching methods
3. Offer sufficient dosage
4. Are theory driven
5. Encourage positive relationships
6. Are appropriately timed
7. Are socio-culturally relevant
8. Include outcome evaluation
9. Are implemented by well-trained staff

The CDC and other agencies provide tools to help develop, evaluate, and sustain a public health approach to preventing teen dating violence. Several of these resources are provided below:

[CDC Capacity Assessment and Planning Tool](#)

[CDC Health Education Curriculum Analysis Tool \(HECAT\)](#)

[CDC School Health Index](#)

Teen Dating Violence Prevention Programs

The following list is not intended to be comprehensive, but instead to provide a menu of possible options. For more information, please consult the website associated with the individual program. Please provide feedback to the Governor's Family Violence Council as described on page 12 of this guide.

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
Amatus Recovery Centers Contact: Chelsea Nelson-Dorsey, 410-807-8471	"With All Due Respect" prevention program helps students define and cultivate healthy relationships, identify red flags for abusive relationships, implement critical thinking skills, evaluate costs as it relates to decision-making, and create an ongoing, personalized plan that can be utilized throughout adolescence in preparation for adulthood.	90 mins	Post surveys has showed increased ability to define teen dating violence and increased ability to identify signs of an unhealthy relationship	Free	Middle and high school; incarcerated youth up to age 21
Athletes as Leaders	Athletes on girls' sports teams will be empowered to take an active role in promoting healthy relationships, ending sexual violence, and to be leaders in changing social norms to a culture of safety and respect	10 sessions	Uses research and best practices of sexual assault prevention	Free	High school
Character Playbook - Building Healthy Relationships	Students engage with true-to-life scenarios that include bystander intervention strategies and positive relationship examples	2-3 hours (online)	Uses evidence-based strategies, but no studies on effectiveness of <i>Character Playbook</i> have been conducted	Free	Middle school
Center for Abused Persons Contact: Annette Gilbert-Jackson, 301-645-3336	Educational seminars and dissemination of information on topics including healthy relationships and drug-facilitated sexual assault for Charles County schools	Varies	No published studies on effectiveness	Free	High school
Chesterfield RELATE	Peer-facilitated lessons include: lectures, skits, activities and self-assessment	Five 1-hour sessions	Increases knowledge about healthy relationships ³³	\$225	High school
Choose Respect	Campaign resources that reach out to adolescents, ages 11 to 14, and connects with parents, teachers, youth leaders, and other caregivers	N/A	No published studies on effectiveness	\$32-\$125	Middle school
Citizens Assisting and Sheltering the Abused, Inc.	Workshops address topics such as self-esteem domestic violence, family violence and sexual assault for Washington County schools	Varies	No published studies on effectiveness	Free	Middle and high school
Coaching Boys into Men®	Series of coach-to-athlete trainings that illustrate ways to model respect and promote healthy relationships	Weekly throughout athletic season	Decreases perpetration and negative bystander activities ³⁴	Free	High school male athletes

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
Crisis Intervention Center	Offers healthy relationship program to Calvert County public school students	Varies	No published studies on effectiveness	Free	Middle and high school
Dating Matters® Educator Training	CDC-developed training about TDV that provides knowledge and resources for educators	60 mins	No published studies on effectiveness	Free	Middle school
Discovery Dating	Healthy relationship tool that engages youth and adults to explore their personal values, discern character traits of others, practice decision making	Varies	Increases students' sense of personal agency ^{35,36}	Varies	Middle school
Dove Center Contact: Heather Hanline, 301-334-6255	A school outreach counselor is co-located at the schools in Garrett County to present annually for 7th and 9th grade health classes to help change attitudes and social norms that support dating and sexual violence	Varies	No published studies on effectiveness	Free	Middle and high school
Ending Violence: Break the Cycle©	Program focused on legal issues: includes a self-guided resource for students, a video presentation for adults, and classroom materials	3 class sessions (45-60 mins each)	Increases knowledge of dating violence laws; decreases acceptance of female-on-male violence; increases likelihood of seeking help ³⁷	\$108 https://www.hazelden.org/OA_HTML/ibeC/CtpltmDspRte.jsp?item=195106	High school; effective for Latinx youth
Expect Respect®	Manual includes curriculum for support groups, lessons, and school-wide prevention strategies	Support groups: 24 sessions SafeTeens lessons: 8	Increases knowledge about healthy relationships and warning signs of TDV; increases healthy conflict resolution ³⁸	\$160	Middle and high school; support groups for at risk youth exposed to violence
Expect Respect Montgomery County Contact: Smita Varia, smita.varia@montgomerycountymd.gov	Students learn about dating violence, consent, warning signs and how to help a friend	45 mins	Uses evidence-based strategies but no studies on effectiveness have been conducted	Free	Middle and high school
Family Crisis Resource Center Contact: Sarah Kaiser, 301-759-9244	A girls' empowerment group, healthy masculinity group and LGBTQ group within Allegany public school settings are offered to prevent dating and sexual violence	Varies	No published studies on effectiveness	Free	Middle and high school
Florida Coalition Against Domestic Violence	Provides fundamental knowledge to students about teen dating violence	Eight 45-min sessions	No published studies on effectiveness	Free	Middle and high school
The Fourth "R" ©	Aims to reduce youth dating violence by addressing youth violence and bullying, unsafe sexual behavior, and substance use	Varies	Reduction in physical dating violence during previous year ³⁹	\$35-300	Middle and high school

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
#healthyfriendships®	Experiential workshop using icebreakers, creative brainstorming, and role-play; students learn to identify signs of unhealthy friendships and use tools to help themselves or a friend	75-90 mins	Uses evidence-based strategies, but no studies on effectiveness have been conducted	Varies	Middle school
Heartly House, Inc. Contact: Nina Carr, ncarr@heartlyhouse.org	Educational seminars for youth and youth-serving professionals in Frederick County on pro-social norms, healthy relationships, bystander intervention, and consent	Varies	No published studies on effectiveness	Free	Middle and high school
HERO (Healthy Equal Relationship Options)	Program provides psycho-educational intervention/prevention classes for teen perpetrators of teen dating violence and teens who have been affected by domestic violence and/or sexual assault; these classes promote offender accountability and responsibility and teach skills for maintaining a healthy, respectful and violence free relationship; topics include consent, red-flags, conflict resolution, maintaining healthy boundaries, gender role stereotypes, definitions of abuse, sexual harassment and sexual abuse; utilizes the <i>Live Respect</i> curriculum and other evidence-based strategies	2 hour weekly group sessions for a minimum of 20 weeks; can be modified for victim or use in school setting	Uses evidence-based strategies but no studies on effectiveness have been conducted	Varies	High school and young adult
HopeWorks Youth Leadership Initiative	Service-learning program promoting healthy relationships, behaviors and attitudes to inspire introspective thinking, social consciousness and the use of concepts to reduce violence	Requires monthly meetings and trainings	No published studies on effectiveness	Free	High school
It's Not Love®	Participants assume the role of a character who is in an abusive relationship or is witnessing one and learn how to identify red flags of dating abuse, who to talk to, and how to help a friend	Part I and II: 75-90 mins each	Uses evidence-based strategies, but no studies on effectiveness have been conducted	Varies	High school
Katie Brown Educational Program© Contact: Claire McVicker, csmcvicker@kbep.org	Lessons that aim to modify cognitions (dating attitudes, expectations, and knowledge) and behaviors (conflict resolution, and communication skills) to help students foster healthy relationships	Five 50-60 min sessions	Lower approval of aggression, healthier dating attitudes; less emotional /verbal and total DV perpetration and victimization ⁴⁰	Varies	Middle and high school
Life Crisis Center Contact: Donna Leffew, dleffew@lifecrisiscenter.org	Lessons on healthy relationships, identifying red flags, how to help someone who they feel is in danger, domestic violence, sexual assault and related topics	Varies	No published studies on effectiveness	Free to Somerset, Wicomico, Worcester Co. Public Schools	Middle and high school

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
Marriage & Relationship Education Center Contact: Amy Gilford amy@mrecenter.org	Classroom and virtual presentations that empower students to make healthy decisions; provide tools and resources to create healthy relationships; increase protective factors and positive assets (eg. communication skills, financial literacy) to help students avoid risky behavior and cope with new challenges	Varies	Uses evidence-based curricula which has proven effective through rigorous evaluation	Varies	Middle & High School, and young adult populations
One Love Contact: Grace Carmichael, grace.carmichael@joinonelove.org	Film and discussion-based curriculum surrounding preventative education on healthy and unhealthy relationship; useful free tools and resources on website	Varies	Increased knowledge on recognizing healthy and unhealthy behaviors as abuse, victim and bystander	Varies	Middle and high school
Prince George's County Department of Family Services, Domestic Violence and Human Trafficking Division Contact: Natasha Hutton, nahutton@co.pg.md.us	Program provides <i>Safe Dates</i> Curriculum to youth, as well as facilitator training	Four to ten 50 - minute sessions	See <i>Safe Dates</i>	Free	Middle and high school
Rape Crisis Intervention Service	Classroom presentations in Carroll County cover child sexual abuse, date/acquaintance rape, sexual and dating violence, domestic violence and sexual harassment	Varies	No published studies on effectiveness	Free to Carroll County Public Schools	Middle and high school
Reaching and Teaching Teens to Stop Violence	Didactic presentations, modeling, role-plays, experiential exercises, and discussion about sexual harassment, gender roles, and physical violence	5 Units	Effective in increasing knowledge and improving attitudes ⁴¹	\$10-75	Middle and high school; effective for low-income, minority youth
Safe Dates	Program includes lessons, 45-minute play to be performed by students, and a poster contest; program involves family members	Nine 50-minute sessions	Decreased physical and sexual violence perpetration and victimization ⁴²	\$245	Middle and high school
Sexual Assault/Spouse Abuse Resource Center	Educational seminars are offered to middle and high school students at public schools in Harford County; topics include healthy relationships and bystander intervention	Varies	No published studies on effectiveness	Free	Middle and high school
Shifting Boundaries	Two-part intervention (classroom and school wide) that highlights consequences of behavior	6 lessons: taught over 6-10 weeks	Mixed results, but reductions in sexual violence and TDV in some studies ⁴³	Free	Middle school

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
<u>Springboard Community Services</u>	Program educates teens on healthy relationships and dating violence to encourage boundary setting, communication and safety planning to identify red flags and risk factors; student support groups on teen dating violence and healthy relationships are also available	Varies, generally one class session a quarter	No published studies on effectiveness	Free	Middle and high school
<u>Start Talking</u>	Receive tools to promote healthy relationships and learn warning signs	Ten 40-minute sessions	Lowers tolerance for abuse and increases knowledge of healthy behaviors	Varies	Middle school
<u>Teen Choices</u>	Online program that delivers assessments and individualized guidance matched to dating history, dating violence experiences, and stage of readiness	3 sessions (30 mins each)	Reduction in dating violence (physical, sexual, psychological, and emotion) ⁴⁴	\$500	High school
<u>That's Not Cool</u> ©	That's Not Cool's interactive website, tools, Respect Effect app, and resources support youth as they learn to recognize, avoid, and prevent TDV	N/A	No published studies on effectiveness	Free	Middle and high school
<u>TurnAround, Inc.</u> ©	Programs on healthy relationships and sexual harassment are offered for middle school students and healthy relationships and teen dating violence programs are offered for high school students in Baltimore County and Baltimore City	30-60 min	No published studies on effectiveness	Free	Middle and high school
<u>Victim Assistance and Sexual Assault Program</u>	Educational seminars are provided to 10th grade health classes in Montgomery County on sexual assault prevention, to include media violence, social norms that support violence, gender norms and consequences	Varies	No published studies on effectiveness	Free	High school
<u>YWCA of Annapolis & Anne Arundel County</u>	Community education and outreach is provided to schools to ensure individuals know the signs of abuse and how to respond	Varies	No published studies on effectiveness	Free	Middle and high school

Acknowledgements

The Governor's Family Violence Council (FVC) thanks Roma Shah, Johns Hopkins School of Public Health, MPH/MSW 2019, and the Baltimore Action Project Program at the Johns Hopkins School of Public Health, for the many hours that Ms. Shah spent on this project. The FVC also thanks our workgroup members for their dedication and hard-work.

Glossary of Terms

TDV: teen dating violence

Sexual TDV: unwanted or forced sexual activity; including forced intercourse, touching, fondling, etc.

Physical TDV: includes slapping, hitting, kicking, or beating

Psychological/Emotional TDV: include intimidation, constant belittling, isolating, monitoring, and humiliation,

Victimization: experiencing one or more forms of teen dating violence

Perpetration: performing or carrying out a form of teen dating violence

Latinx: gender neutral term referencing Latin American cultural or ethnic origin

Feedback Requested

To ensure that this guide is relevant and useful, the FVC asks users to please send feedback to:

Rebecca Allyn
Governor's Office of Crime Prevention, Youth, and Victim Services
100 Community Place
Crownsville, MD 21032
Rebecca.allyn@maryland.gov
410-697-9384

***Please let us know if you utilize a program listed in this guide and whether you found it to be effective with your student population.**

***If you utilize a program that is not listed, please provide us with information so that we can share your program with other educators and youth service providers.**

Note on Use

The list of resources contained in this document is not meant to be an exhaustive list but rather a guide of low-cost or free solutions that maximize impact within limited time periods. The Governor's Office of Crime Prevention, Youth, and Victim Services is not endorsing these programs and encourages school systems to research and evaluate each one individually to determine the best fit.

Referral Resources

National Hotlines

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

National Dating Abuse Helpline and Love is Respect: 1-866-331-9474 or text loveis to 22522

National Sexual Assault Online Hotline: online.rainn.org

Maryland Hotlines

Maryland Coalition Against Sexual Assault: 1-800-983-7273

Maryland Network Against Domestic Violence: 1-800-MD-HELPS

Sexual Assault Legal Institute: 301-565-2277

211 Maryland: 2-1-1

Local Resources by County

Allegany County

Family Crisis Resource Ctr

146 Bedford Street

Cumberland, MD 21502

Hotline: 301-759-9244

Office: 301-759-9246

<http://www.familycrisisresourcecenter.org/>

Anne Arundel County

YWCA of Annapolis & Anne Arundel County

1517 Ritchie Hwy, Suite 101

Arnold, MD 21012

Hotline: 410-222-6800

Office: 410-626-7800

<https://www.annapolisywca.org/>

Baltimore City

CHANA

Helpline: 410-234-0023

Office: 410-234-0030

<http://chanabaltimore.org/>

House of Ruth Maryland

2201 Argonne Drive

Baltimore, MD 21218

Hotline: 410-889-7884

Office: 410-889-0840

Legal: 410-554-8463

<http://www.hruth.org/>

TurnAround, Inc.

1800 N. Charles St, Suite 404

Baltimore, MD 21218

Helpline: 443-279-0379

Office: 410-837-7000

<https://turnaroundinc.org/>

Baltimore County

County-wide Hotline:

410-828-6390

Family Crisis Center of Baltimore County, Inc.

P.O. Box 3909

Baltimore, MD 21222

Hotline: 410-828-6390

Office: 410-285-4357

Shelter: 410-285-7496

<https://www.familycrisiscenter.net/>

TurnAround, Inc.

8503 La Salle Road, 2nd Fl.

Towson, MD 21286

Hotline: 443-279-0379

Office: 410-377-8111

<https://turnaroundinc.org/>

Calvert County

Crisis Intervention Center

P.O. Box 980

Prince Frederick, MD 20678

Hotline: 410-535-1121

<https://www.calverthealth.org/personalhealth/crisisintervention/>

Caroline, Dorchester, Kent, Queen Anne's and Talbot Counties

For All Seasons, Inc.

300 Talbot Street

Easton, MD 21601

Hotline: 410-820-5600

Office: 410-822-1018

www.forallseasonsinc.org

Mid-Shore Council on Family Violence

8626 Brooks Dr., Suite 101

Easton, MD 21601

Office: 410-690-3222

Hotline: 1-800-927-4673

<http://mscfv.org/>

Carroll County

Rape Crisis Intervention Service

224 N Center St., #102

Westminster, MD 21157

Hotline: 410-857-7322

Office: 410-857-0090

<https://www.rapecrisiscc.org/>

Springboard Community Services

22 North Court Street

Westminster, MD 21157

Hotline: 443-865-8031

Office: 410-876-1233

<https://www.springboardmd.org/>

Cecil County

Cecil County Domestic

Violence/Rape Crisis Center

P.O. Box 2137

Elkton, MD 21922

Hotline: 410-996-0333

<http://www.cecilhelp4u.com>

Charles County

Center for Abused Persons
2670 Crain Hwy, Suite 303
Waldorf, MD 20601
Hotline: 301-645-3336
Office: 301-645-8994
[https://www.centerforabusedper
sonscharlescounty.org](https://www.centerforabusedpersonscharlescounty.org)

Frederick County

Heartly House, Inc.
P.O. Box 857
Frederick, MD 21705
Hotline: 301-662-8800
Office: 301-418-6610
<https://www.heartlyhouse.org>

Garrett County

The Dove Center
882 Memorial Drive
Oakland, MD 21550
Hotline: 301-334-9000
Office: 301-334-6255
<http://www.gcdovecenter.org/>

Harford County

Sexual Assault /Spouse Abuse
Resource Center
20 N Main Street
Bel Air, MD 21014
Hotline: 410-836-8430
Office: 410-836-8430
<https://www.sarc-maryland.org/>

Howard County

HopeWorks of Howard County
9770 Patuxent Woods Dr., Suite
300
Columbia, MD 21046
Hotline: 410-997-2272
Office: 410-997-0304
[http://www.wearehopeworks.org/
/](http://www.wearehopeworks.org/)

Montgomery County

Victim Assistance and Sexual
Assault Program
1301 Piccard Dr., Ste. 4100
Rockville, MD 20850
Hotline: 240-777-4357
Office: 240-777-1355
[https://www.montgomerycounty
md.gov/hhs-
program/BHCS/VASAP/VASA
PVolDon.html](https://www.montgomerycounty.md.gov/hhs-program/BHCS/VASAP/VASAPVolDon.html)

Jewish Coalition Against
Domestic Abuse
P.O Box 2266
Rockville, MD 20847
Helpline: 1-877-885-2232
Office: 301-315-8040
<https://jcada.org>

Family Justice Center
600 Jefferson Plaza, #500
Rockville, MD 20852
Hotline: 240-777-4000
Office: 240-773-0444
[https://www.montgomerycounty
md.gov/fjc/](https://www.montgomerycounty.md.gov/fjc/)

Prince George's County

Domestic Violence and Sexual
Assault Center
3001 Hospital Drive
Cheverly, MD 20785
Hotline: 301-618-3154
Office: 301-618-3154
[https://umcapitalregion.org/servi
ce/domestic-violence-and-
sexual-assault/](https://umcapitalregion.org/service/domestic-violence-and-sexual-assault/)

Community Crisis Services
3601 Taylor Street
Brentwood, MD 20722
Hotline: 301-731-1203
Office: 301-779-2100
[https://www.communitycrisis.or
g/](https://www.communitycrisis.org/)

Family Justice Center

14757 Main Street
Upper Marlboro, MD 20772
Office: 301-870-8008
[http://princegeorgescourts.org/3
58](http://princegeorgescourts.org/358)

Prince George's County
Department of Family Services,
Domestic Violence and Human
Trafficking Division
6420 Allentown Road
Camp Spring, MD 20748
Office: 301-265-8423
[https://www.princegeorgescount
ymd.gov/1671/Domestic-
Violence](https://www.princegeorgescountymd.gov/1671/Domestic-Violence)

**Somerset, Wicomico,
Worcester Counties**

Life Crisis Center
P.O. Box 387
Salisbury, MD 21803
Hotline: 410-749-4357 Office:
410-749-8111
<http://www.lifecrisiscenter.org/>

St. Mary's County

Southern Maryland Center for
Family Advocacy
23918 Mervell Dean Rd,
Hollywood, MD 20636
Office: 301-373-4141
<https://www.smcfa.net/>

Washington County

CASA (Citizens Assisting and
Sheltering the Abused)
116 West Baltimore Street
Hagerstown, MD 21740
Hotline: 301-739-8975
Office: 301-739-4990
<http://www.casainc.org/>

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- ⁵ <http://www.loveisrespect.org/is-this-abuse/types-of-abuse/>
- ⁶ <http://www.loveisrespect.org/is-this-abuse/types-of-abuse/>
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