

# 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 Control & Prevention  
2018



Updated: May 2018

## A Message from Governor Larry Hogan

Dear Educators and Youth Serving Professionals,

I am pleased to present the *Healthy Teen Dating: A Guide for Educators and Youth Serving Professionals*.

In 2016, the Governor's Family Violence Council voted to create a workgroup to study ways to bring healthy teen dating education to all Maryland counties. The purpose of this guide is to provide information on teen dating violence prevention programs to address the needs of youth who are at risk for dating violence. Each year, nearly 1.5 million high school students nationwide experience physical abuse from a dating partner. In 2014, more than 10 percent of Maryland high school students reported experiencing physical and/or sexual dating violence.



This guide contains relevant data and literature, educational resources, and suggested curriculum on teen dating violence which aligns with Maryland State Education Standards. You will also find a list of teen dating violence prevention programs in the state to help you connect the youth you serve with agencies that can best help them.

Our hope is that this guide will be a valuable resource for you to provide teen dating violence prevention support to our teens in need. In doing so, we can prevent future violence and foster healthy relationships within our schools and communities.

Sincerely,

Larry Hogan  
Governor

## 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:

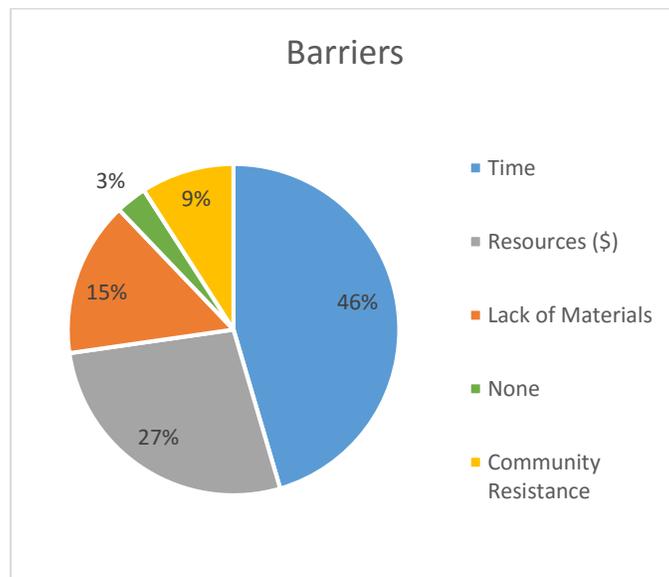


Figure 1: Self-reported barriers to providing TDV education in schools

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.<sup>1,2,3</sup> TDV can include any pattern of behavior that a person may use to gain and maintain power over their partner.<sup>4</sup> 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.<sup>5</sup> Digital abuse often takes the form of psychological or emotional violence.<sup>6</sup>

### *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.<sup>7</sup> Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.<sup>8</sup>

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

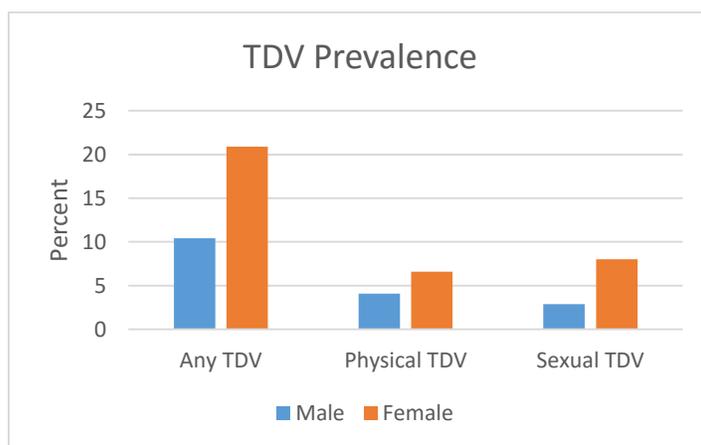


Figure 1: Prevalence of TDV by type and gender<sup>11</sup>

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

### *Who is at highest risk?*

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

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.<sup>16</sup> The study also found that female-on-male aggression is often underreported due to issues of stigma and masculinity.<sup>17</sup>

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.<sup>18</sup> Specifically, transgender and female youth are at the highest risk of victimization and perpetration of TDV.<sup>19</sup>

Older teens are at an increased risk of sexual TDV victimization.<sup>20</sup>

### ***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 home<sup>21</sup>

### ***What are the warning signs of TDV?***<sup>22</sup>

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.<sup>23</sup> 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<sup>24,25</sup>
- Eating disorders<sup>26</sup>
- 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.<sup>27</sup>

### **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.<sup>28</sup> 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.<sup>29</sup>

#### ***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:<sup>30,31</sup>

- 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.<sup>32</sup>  
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 Family Violence Council as described on page 11 of this guide.

<b>Name</b>	<b>Description</b>	<b>Length of Time</b>	<b>Evidence of Effectiveness</b>	<b>Cost</b>	<b>Target Audience</b>
<a href="#">Character Playbook - Building Healthy Relationships</a>	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
<a href="#">Center for Abused Persons</a>  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
<a href="#">Chesterfield RELATE</a>	Peer-facilitated lessons include: lectures, skits, activities and self-assessment	Five 1-hour sessions	Increases knowledge about healthy relationships <sup>33</sup>	\$225	High school
<a href="#">Choose Respect</a>	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	Free	Middle school
<a href="#">Citizens Assisting and Sheltering the Abused, Inc.</a>	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
<a href="#">Coaching Boys into Men®</a>	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 <sup>34</sup>	Free	High school male athletes
<a href="#">Crisis Intervention Center</a>  Contact: Corrita Myers, 410-535-1121 ext 398	Offers healthy relationship program to Calvert County public school students	Varies	No published studies on effectiveness	Free	Middle and high school
<a href="#">Dating Matters® Educator Training</a>	CDC-developed training about TDV that provides knowledge and resources for educators	60 mins	No published studies on effectiveness	Free	Middle school
<a href="#">Discovery Dating</a>	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 <sup>35,36</sup>	Varies	Middle School; developed for Native American youth
<a href="#">Dove Center</a>  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	Varies	No published studies on effectiveness	Free	Middle and high school

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
	health classes to help change attitudes and social norms that support dating and sexual violence				
<a href="#">Ending Violence: Break the Cycle</a> ©	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 <sup>37</sup>	\$108 <a href="https://www.hazelden.org/OA_HTML/ibeCtpItemDispRte.jsp?item=195106">https://www.hazelden.org/OA_HTML/ibeCtpItemDispRte.jsp?item=195106</a>	High school; effective for Latinx youth
<a href="#">Expect Respect</a> ®	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 <sup>38</sup>	\$160	Middle and high school; support groups for at risk youth exposed to violence
<a href="#">Expect Respect Montgomery County</a>  Contact: Smita Varia, <a href="mailto:smita.varia@montgomerycountymd.gov">smita.varia@montgomerycountymd.gov</a>	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
<a href="#">Family &amp; Children's Services</a>  Contact: Kelley Rainey, <a href="mailto:krainey@fcsmd.org">krainey@fcsmd.org</a> or Chelsea Nelson-Dorsey, <a href="mailto:cnelson-dorsey@fcsmd.org">cnelson-dorsey@fcsmd.org</a>	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
<a href="#">Family Crisis Resource Center</a>  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
<a href="#">Florida Coalition Against Domestic Violence</a>	Provides fundamental knowledge to students about teen dating violence	Eight 45-min sessions	No published studies on effectiveness	Free	Middle and high school
<a href="#">The Fourth "R"</a> ©	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 the previous year and increased condom use by boys <sup>39</sup>	\$35-300	Middle and high school
<a href="#">#healthyfriendships</a> ®	Experiential workshop using icebreakers, creative brainstorming, and role-play; students learn to identify signs of	75-90 mins	Uses evidence-based strategies, but no studies on	Varies	Middle school

<b>Name</b>	<b>Description</b>	<b>Length of Time</b>	<b>Evidence of Effectiveness</b>	<b>Cost</b>	<b>Target Audience</b>
	unhealthy friendships and use tools to help themselves or a friend		effectiveness have been conducted		
<a href="#">Heartly House, Inc.</a> Contact: Nina Carr, <a href="mailto:ncarr@heartlyhouse.org">ncarr@heartlyhouse.org</a>	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
<a href="#">HopeWorks Youth Leadership Initiative</a>	Service-learning program promoting healthy relationships, behaviors and attitudes to inspire introspective thinking, social consciousness and the use of these concepts to reduce interpersonal violence	Requires monthly meetings and trainings	No published studies on effectiveness	Free	High school
<a href="#">It's Not Love®</a>	Participants assume the role of a character who is in an abusive relationship or is witnessing one and learn how to identify the 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
<a href="#">Life Crisis Center</a> Contact: Donna Leffew, <a href="mailto:dleffew@lifecrisiscenter.org">dleffew@lifecrisiscenter.org</a>	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 County Public Schools	Middle and high school
<a href="#">Katie Brown Educational Program©</a> Contact: Claire McVicker, <a href="mailto:csmcvicker@kbep.org">csmcvicker@kbep.org</a>	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, and more DV knowledge; less emotional /verbal and total DV perpetration and victimization <sup>40</sup>	Varies	Middle and high school
<a href="#">One Love</a>	Website with useful resources, conversation guides, and video-based Escalation Workshop	Varies	No published studies on effectiveness.	Varies	High school
<a href="#">Rape Crisis Intervention Service</a>	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
<a href="#">Reaching and Teaching Teens to Stop Violence</a>	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, and effects were	\$10-75	Middle and high school; effective for low-income, minority youth

Name	Description	Length of Time	Evidence of Effectiveness	Cost	Target Audience
			maintained for at least six months <sup>41</sup>		
<a href="#">Safe Dates</a>	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 <sup>42</sup>	\$245	Middle and high school
<a href="#">Sexual Assault/Spouse Abuse Resource Center</a>	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
<a href="#">Shifting Boundaries</a>	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 <sup>43</sup>	Free	Middle school
<a href="#">Start Talking</a>	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
<a href="#">Teen Choices</a>	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) <sup>44</sup>	\$500	High school
<a href="#">That's Not Cool</a> ©	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
<a href="#">TurnAround, Inc.</a> ©	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
<a href="#">Victim Assistance and Sexual Assault Program</a>	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
<a href="#">YWCA of Annapolis &amp; Anne Arundel County</a>	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 Control & Prevention  
100 Community Place  
Crownsville, MD 21032  
[Rebecca.allyn@maryland.gov](mailto: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 Control & Prevention 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](http://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**

#### **Allegheny 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 and Children's Services of Central MD

7000 Security Blvd., Suite 302

Baltimore, MD 21244

Hotline: 410-828-6390

Office: 410-281-1334

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

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, 2<sup>nd</sup> 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](http://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**

Family and Children's Services of Central MD

22 North Court Street

Westminster, MD 21157

Hotline: 443-865-8031

Office: 410-876-1233

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

Rape Crisis Intervention Service

224 N Center St., #102

Westminster, MD 21157

Hotline: 410-857-7322

Office: 410-857-0090

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

**Cecil County**

Cecil County Domestic  
Violence/Rape Crisis Center  
P.O. Box 2137  
Elkton, MD 21922  
Hotline: 410-996-0333  
Office:  
<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.montgomerycount  
y.md.gov/hhs-  
program/BHCS/VASAP/VASA  
PVolDon.html](https://www.montgomerycountymd.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.montgomerycount  
y.md.gov/fjc/](https://www.montgomerycountymd.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/)

Family Crisis Center of Prince  
George's County, Inc.  
3601 Taylor Street  
Brentwood, MD 20722  
Hotline: 301-731-1203  
Office: 301-779-2100  
<http://www.fccpg.org/>

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

**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**

Walden/Sierra, Inc.  
21770 FDR Blvd.  
Lexington Park, MD 20653  
Hotline: 301-863-6661  
Office: 301-997-1300  
<http://www.waldensierra.org/>

**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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