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National Resources

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### Healthy Relationships Quiz

<http://www.breakthecycle.org/healthy-relationships-quiz>

Use this quiz to find out if you or someone you know is in a healthy relationship.

### How Would You Help?

<http://www.loveisrespect.org/how-would-you-help-quiz/>

Have you ever wanted to help a friend in an unhealthy relationship but didn't know how? Take this quiz to find out how ready you are to help.

### Loveisrespect

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

If you have questions or concerns about dating relationships, whether for yourself or others, use [loveisrespect.org](http://www.loveisrespect.org) to chat online, text "loveis" to 22522, or call 866-331-9474 to talk to trained professionals.

### Power and Control Wheel

<http://www.breakthecycle.org/learn-about-dating-violence>

Learn about different types of power and control that may exist in an unhealthy relationship.

### Six Pillars of Character

<http://sbsd.schoolwires.net/cms/lib02/ca01001886/centricity/domain/492/sixpillars.pdf>

Want to build character and develop strong morals? Use this six pillars of character to guide your daily actions.

### Stop Bullying

<http://www.stopbullying.gov/what-you-can-do/teens/index.html>

Bullying stops us from being who we want to be and might even make us feel unsafe. Learn more about bullying and what you can do to stop it.

### Stop Hazing

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

StopHazing is an organization dedicated to hazing prevention through education. This site provides statistics and research about hazing and anti-hazing laws and policies.

### Understanding Teen Dating Violence

<http://www.cdc.gov/violenceprevention/pdf/teen-dating-violence-factsheet-a.pdf>

Get the facts about the prevalence and impact of teen dating violence.

### What is Cyberbullying?

<http://www.stopbullying.gov/cyberbullying/index.html>

Find out why cyberbullying is different from traditional bullying, what you can do to prevent it, and how you can report it when it happens.