



Independence House, Inc.

Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence.

Promoting safe and healthy relationships.

Teen Program

Independence House offers services tailored for tween/teens who have witnessed domestic violence in their homes, are survivors of sexual violence/assault, or are involved in dating relationships characterized by unhealthy interaction or violence.

All services are free and confidential.

Included in the program:

- individual counseling
- age-appropriate teen support groups
- advocacy
- crisis intervention
- assessments and referrals
- educational info/digital safety
- prevention and education opportunities



The Independence House teen services are funded by MOVA through the 1984 VOCA grant from OVC, OJP, U.S.D.O.J.

24-hour Hotline: 800-439-6507

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Teen Program

Teens experience many issues during their transition into adulthood. Because of teens' unique phase in life, Independence House offers services tailored for teens who have witnessed domestic violence in their homes, are survivors of sexual violence/assault, or are involved in dating relationships characterized by unhealthy interaction or violence.

Many adolescents receiving services at Independence House are seeking help with teen dating violence. Studies indicate that 1 in 3 teens experience some form of abuse in their romantic relationships, including verbal and emotional abuse, and that 1 in 5 teens who have been in a serious relationship report being hit, slapped, or pushed by a partner.*

Call Independence House if you are experiencing abuse in your adolescent years.

Ten Warning Signs of Abuse

1. Checking cell phones or email without permission
2. Constant put-downs
3. Extreme jealousy or insecurity
4. Explosive temper
5. Financial Control
6. Isolating you from friends or family
7. Mood swings
8. Physically hurting you in any way
9. Possessiveness
10. Telling you what to do

Teen Dating Bill of Rights**

1. To always be treated with respect
2. To be in a healthy relationship
3. To not be hurt physically or emotionally
4. Abuse is never deserved and is never your fault
5. To refuse sex or affection at any time
6. To not have sex
7. To have friends & activities apart from boyfriend or girlfriend
8. To end a relationship

*Break the Cycle. **Love is respect.

Independence House also offers

- Domestic Violence Services
- Sexual Violence Services
- Child Witness to Violence Services
- SAFEPLAN, Civil Legal Advocacy
- Housing Services
- Safe Home Services
- Prevention and Education Activities