



Independence House, Inc.

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

Promoting safe and healthy relationships

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/tweens 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.

Included in the program:

- individual counseling
- age-appropriate teen support groups
- advocacy
- crisis intervention
- assessments and referrals
- education and information about digital safety
- prevention and education opportunities



All activities are individualized to each person's situation.

All services are free and confidential.

The Independence House TEEN Program is 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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HYANNIS | ORLEANS | FALMOUTH | PROVINCETOWN



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TEEN PROGRAM

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*.

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

How teens can reach Independence House for confidential help:

TEEN WEBSITE CONFIDENTIAL ONLINE CHAT:

independencehouseteens.org

TEEN TEXTLINE: 508.375.5144

HOTLINE: 800.439.6507

*Break the Cycle.

**Love is respect.

Independence House Programs

Domestic Violence Program
Sexual Violence Rape-Crisis Center
Emergency Residence Program
Children Exposed to Sexual Violence Program
Homelessness Prevention Program
Child Sexual Abuse Program
Teen Program
Abuse in Later Life Program
SAFEPLAN Court Advocacy Program
Housing Stabilization Program
Prevention, Education & Outreach Program
Survivors of Homicide Victims Program

Services

24-Hour Hotline
Medical and Police Accompaniment
Legal Advocacy
Safehome and Shelter Search
Childcare
Individual and Group Counseling



Independence House is a LGBTQIA+ Safe Space. Independence House is accessible to all people, ages 5+, all gender identities, all sexual orientations, all cultures, all languages, all abilities and all disabilities.