

HEALTHY BOUNDARIES

Toxic Friend

gossip

uses me to
get what they
want

controlling

True Friend

emotional
safety +
respect

trustworthy

shared
values +
goals

ACTION STEPS

1. Talk with someone.
2. Utilize filters & accountability.
3. Stay busy.
4. Set boundaries.



REFERRALS AND RESOURCES FOR HELP

- School personnel
- Parents and guardians
- Fight the New Drug
 - <https://fightthenewdrug.org/victim-resources/>
- National Suicide Hotline:
 - <https://988lifeline.org/>
 - [Call 988](tel:988)
- RAINN
 - National Sexual Assault Hotline:
 - 1-800-656-HOPE (4673)
 - or live chat at rainn.org
- National Sextortion Hotline:
 - 1-800-CALL-FBI
- Teen Line:
 - Teen-to-teen hotline 1-800-852-8336
- National Runaway Safeline:
 - 800-RUNAWAY (786-2929)
 - or chat at 1800runaway.org/
- [Human Trafficking Helpline](https://www.humantraffickinghelpline.org/)
 - 888-373-7888
- FBI
 - 1-800-CALL-FBI