

# YOUTH ADVOCACY



## What is a Youth Advocate?

LifeWire's Youth Advocate provides support for youth and young adult survivors of domestic and dating violence in North and East King County (age 12-24).

## What are domestic and dating violence?

Domestic violence and dating violence are sometimes used interchangeably. They both include a pattern of abusive behaviors by a person to harm, threaten, intimidate, or control another person in a romantic or intimate relationship. It can happen to anyone regardless of age, gender, race, sexual orientation, or religion.

Domestic violence is abuse from a member of your household (an intimate partner or a family member) whereas dating violence is abuse from a romantic partner who you do not live with.

## What does the Youth Advocate do?

- Individual advocacy
  - Provide support and assistance with barriers you may be facing
  - Help build skills to manage emotions or memories
  - Discuss your options, rights, and resources
- Skill development in all areas of life such as education, health, housing, employment, parenting, relationships and self-esteem
- Support groups for teens and young adults

While I am a mandated reporter, all services are confidential. I will never share anything you tell me with parents, family members, teachers, or anyone else outside of LifeWire without your consent.

## How to reach the Youth Advocate:

Call LifeWire's 24 hour Helpline at 425.746.1940 and ask to be connected to the Youth Advocate.

