## L2 Homework Assignment: Contact a Help Line

**Call, text, or chat with one of the following resources.** Use the script to learn more about the services they provide. Remember the goal of this is to learn what it’s like to call one of these hotlines/chat lines.

[**Boys Town National Hotline**](http://www.boystown.org/national-hotline)  
Boys Town is a 24-hour crisis, resource and referral line staffed by counselors who can respond to your questions about family and school problems, pregnancy, suicide, chemical dependency, sexual and physical abuse.

They also have a chat room staffed with trained counselors.  
Call 1-800-448-3000 24 hours a day/7 days a week.

[**Love is Respect**](http://www.loveisrespect.org/)

Our peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships.

Chat at [www.loveisrespect.org](http://www.loveisrespect.org)

Call: 1.866.331.9474 | Text: loveis to 22522 | available 24/7/365

[**National Suicide Prevention Lifeline**](https://www.suicidepreventionlifeline.org/GetHelp/Default.aspx)  
The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. Its mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself, or someone you care about.

Call 1-800-273-TALK (8255), 24 hours a day/7 days a week.

[**National Eating Disorders Association**](https://www.nationaleatingdisorders.org/find-help-support)The National Eating Disorders Association provides a toll-free helpline to connect people with resources, information, or referrals to national and local treatment providers.  
Call 1-800-931-2237, Monday - Friday, 11:30 a.m. to 7:30 p.m. Eastern Standard Time

1. **Write two questions that you would like the hotline to help answer for you:**

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**When you call, text, or chat, begin with:**

Hi, my name is (NAME) and I’m a student at (SCHOOL). I am calling/chatting/texting today as a class homework assignment to learn more about your service. Would you mind if I asked you two questions? I understand if it’s not a good time right now.

1. **Which advice line did you contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **How quickly were they able to respond to your call/text?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **How did they respond to your first question?**

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1. **How did they respond to your second question?**

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1. **What was the interaction like? Would you recommend the service to a friend? Why, or why not?**

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**\*As a courtesy, when you’re finished with your call/text,**

**please thank them for their time.**

## L4 Homework Assignment: Native VOICES Personal Rules

**Choosing whether or not to have a sexual relationship is a big decision. There is a lot to think about! There are many important things to consider when deciding whether you’re ready for sex, like your life goals & personal values and whether or not you are willing to take the risks involved with sex.**

**Take a few minutes to answer these questions:**

1. What are some of the most important things to you in life?
2. What is an important *goal* you have for your life?
3. What’s a personal rule you have for your relationships?
4. What are your personal rules around sex? What’s ok, what’s not?
5. What are some things you could do to PROTECT your personal rules around sex?

*One of the things my parents taught me - and I’ll always be grateful for the gift - is to not ever let anybody else define me. -- Wilma Mankiller, the first female chief of the Cherokee Nation*