



**NATIONAL  
RUNAWAY  
PREVENTION  
MONTH**

**2021** YOUTH  
AMBASSADOR  
TOOLKIT



**FYSB** Family & Youth  
Services Bureau

[1800RUNAWAY.org/NRPM](https://1800RUNAWAY.org/NRPM)

# FROM THE NRS YOUTH ADVISORY BOARD



## HEY THERE!

Each November, we recognize **National Runaway Prevention Month (NRPM)** as a way to spread awareness and amplify the voices of the 4.2 million young people experiencing **homelessness** annually. It's hard to imagine, but every year, 1 in 30 young people aged 13-17 experiences some form of homelessness in the United States.<sup>1</sup> That's an astounding number of people – but by working together, we can reduce this figure and ultimately end youth homelessness.

In October 2002, national leaders met at the White House Conference on Exploited and Runaway Children to raise public awareness of the steps that parents, law enforcement, and communities could take to make America's children safer. They launched National Runaway Prevention Week, which has since been expanded into a month-long campaign.

At the National Runaway Safeline (NRS), our mission is to keep America's runaway, homeless, and at-risk youth safe and off the streets. With the support of the Family and Youth Services Bureau (FYSB) and hundreds of community partners across the country, we invite YOU to get involved with National Runaway Prevention Month this year.

We encourage everyone to use their voice to spread awareness of this crisis. Young people across the country are leading movements to create lasting change, and we believe in the power that you hold to shape our collective future. Consider using your voice as a **Youth Ambassador** to educate others, share information, and complete acts of service that directly impact runaway and homeless youth.

The following pages of this Toolkit provide more in-depth information on the issues affecting runaway and homeless youth. As you will see, the risk of youth running away or experiencing homelessness is a complex issue that cannot be examined or understood from a single point of view. Every person's experience with **running away**, **housing insecurity**, and **homelessness** is unique. In this Toolkit you will also find ideas for NRPM activities and suggestions on how to advocate for vulnerable youth.

Information is power. The more often we share information, the more we can reduce **stigma** and better advocate for young people experiencing homelessness.

With love and **solidarity**,

The National Runaway Safeline Youth Advisory Board

*The NRS Youth Advisory Board (YAB) members across the nation engage with the National Runaway Safeline and one another on projects that have a meaningful impact on the way we serve youth in crisis and prevent youth homelessness. As experts of their own lived experiences, Youth Advisory Board members provide perspectives that are invaluable to shaping the future of NRS.*

## What does it mean to be a “runaway” or “homeless” youth?

A “runaway” is anyone under the age of 18 who is living apart from their guardians without permission.

## What are some of the common reasons youth run away or experience homelessness?

- Family conflict and family dynamics <sup>4</sup>
- Asked to leave home or kicked out by their guardian <sup>4</sup>
- Verbal, emotional, and/or physical abuse in their home <sup>2</sup>
- Neglect <sup>5</sup>
- Peer/social issues <sup>5</sup>
- Problems at school <sup>6</sup>

## Who is at a higher risk of experiencing homelessness?

- LGBTQ+ youth <sup>2</sup>
- Youth of color (specifically African American, Hispanic, and Native American youth) <sup>1</sup>
- Pregnant and parenting youth <sup>1</sup>
- Youth involved in multiple public systems (i.e., juvenile justice, child welfare) <sup>2</sup>

At the end of the Toolkit, you’ll find more information about each issue in infographics that you can share with your friends, teachers and parents.

## What happens when a young person leaves home?

After leaving home, life can get really tough. Depending on what is going on, young people may have a hard time finding food and shelter, caring for their mental and physical health, and avoiding potentially dangerous and violent situations. It’s also tough to continue attending school; in fact, studies show that young people experiencing homelessness are less likely to finish high school<sup>7</sup>.

# ADVOCATING FOR YOURSELF & OTHERS

**Advocacy** is when you take the brave steps to speak up for yourself or others. For NRPM to be successful, we rely on young people to start conversations in their communities about the realities that young people experiencing homelessness are facing!

Telling the story of youth homelessness is critical to reducing stigma and ensuring these young people know that they are not alone.

Someone who is standing up for themselves is using **personal advocacy** and someone standing up for larger change is using **systems advocacy**. Both are really important and can make the world a better place.



## What should I do if I, or someone I know, is considering running away or being asked to leave home?

If you're considering running away, think hard about what is involved. Before you make any difficult decisions, think about what it would be like on your own. Where you would stay, how you would continue with school, and what you would do for money? Maybe you can improve your situation at home. Reaching out to someone you trust is a good first step. [The National Runaway Safeline](#) is always an option and our team is available 24/7 to help you come up with a plan.

If a friend is considering running away, ask them the same questions. You can help them create a plan to make their situation better and be an emotional support as they make difficult decisions. You can also encourage them to reach out to NRS with you. While it might sound surprising, being a good friend who listens without judgement is an important way to help someone you care about through a hard time.

# WHERE DO I START?

Use your voice as an **NRPM Youth Ambassador**. The role of a Youth Ambassador is simple and important: educate others about runaway and homeless youth in creative, fun ways. After you sign up using the link below, you'll get NRPM updates, information and resources, and tips on how to tell the story of NRPM on your feeds.

 **SIGN UP TO BE AN NRPM YOUTH AMBASSADOR**   
AT [1800RUNAWAY.ORG/NRPM-YOUTH](https://1800RUNAWAY.ORG/NRPM-YOUTH)

Are you a young person who has experienced running away, housing insecurity (**such as couch surfing or staying at a friend's house for an extended period**), or periods of homelessness and want to become involved in our advocacy work? Consider joining our **Youth Advisory Board**. If interested, contact Maria Taylor @ [mtaylor@1800runaway.org](mailto:mtaylor@1800runaway.org).

## Want to do more, but don't know where to begin?

Host a National Runaway Prevention Month event in your community, **school or program**. These events are great opportunities to talk about the issues of NRPM and the resources available to young people who are struggling with homelessness locally. Check out our suggested local events on page 10.

## Participate in a November 2021 National Event

### NOVEMBER 1 SOCIAL MEDIA BLAST

Kick off National Runaway Prevention Month by posting on social media! We've provided a number of assets to make raising awareness easy and fun.

- Add the #NRPM2021 frame to your Facebook profile picture. To do this, visit [facebook.com/profilepicframes](https://facebook.com/profilepicframes), search for NRPM, and upload your new profile picture with the frame. Encourage your friends and family to do this as well. You can share the edited picture on other social media accounts for extra impact.
- Post an Instagram Story using the NRPM2021 filter. Create a new story and scroll to 'Browse Effects.' Search for 'NRPM2021' to find our filter. Add it to your story and post an image or video. Use a caption or record yourself talking about why NRPM is meaningful to you. To keep the conversation going, take a screen capture of your story and post it directly to your feed!

Be sure to include a caption along with your post to let your friends know about NRPM and how they can learn more. For example:

**"4.2 million young people endure homelessness in the U.S. every year. I'm participating as a National Runaway Prevention Month Youth Ambassador to raise awareness of the issues runaway & homeless youth face. Learn more at [#NRPM2021](https://1800RUNAWAY.org/NRPM)"**

# WHERE DO I START? continued

## NOVEMBER 2–6 EDUCATION WEEK

Throughout the week, NRS will lead an online learning series to “shine a light” on runaway and homeless youth issues. We’ll provide statistics, explore what **‘runaway and homeless youth’** means, and discuss the challenges of navigating different public systems, such as the juvenile justice and foster care systems.

**Step 1:** Connect with us on social media:

 <https://www.facebook.com/1800RUNAWAY>

 <https://twitter.com/1800runaway>

 <https://www.instagram.com/1800runaway/>

**Step 2:** Join the conversation! Like, share, and retweet our posts, especially the ones that may benefit members of your community.

**Step 3:** Share resources in your community, such as youth shelters or youth-focused social service agencies. Sharing these resources helps people understand the kind of help that’s available and how to access it. NRS may even highlight what you share with a like or a retweet!



# WHERE DO I START? continued

## NOVEMBER 10 WEAR GREEN DAY

Dress in green to show your support for NRPM. For added impact, post a picture on social media with a message about your commitment to support runaway and homeless youth and include the hashtag #NRPM2021. The more shades of green and the greener the outfit, the better!

Other fun ideas include:

- Paint your nails green, or wear bright green makeup;
- Wear a green wig or hat;
- Dress your pet in a green sweater!

Have fun with it by posting your own fashion show, featuring you and a friend in head to toe green. Make sure to post your picture with a message about your commitment to supporting runaway and homeless youth. Don't forget the hashtags! #NRPM2021, #youthactivism, #youthhomelessness, #stopthestigma

### **TIP**

Ask your teacher, coach, or counselor if your class, club or sports team can designate a day to all wear green together! Use this as an opportunity to talk about NRPM with your classmates or teammates. Share your pictures with NRS on social media!



# WHERE DO I START? continued

## NOVEMBER 17 LIGHT THE NIGHT COMMUNITY EVENTS

Youth service agencies, community groups and individuals across the country host events to “shine a light” on NRPM issues and show **solidarity** with young people. Participate in a Light the Night community event in your area or organize your own. Some past successful events have included resource fairs, sleep outs, walks, art contests and more! Follow the #NRPM2021 hashtag to learn about events in your area.



# WHERE DO I START? continued

Building an event from scratch can be hard, and you may not know where to start! Check out some ideas below. If you need more specific advice, reach out to us at NRS and we can provide suggestions and feedback. Email [mtaylor@1800RUNAWAY.org](mailto:mtaylor@1800RUNAWAY.org) for help!

## Support National Runaway Prevention Month in Your Community!

Engaging your community in a fun, interesting and educational project can be an ideal way to “shine a light” on the issue of youth homelessness.



## MOVIE NIGHT

Watching a movie that highlights youth homelessness can be a powerful way to understand the realities of this issue. Here are some tips for hosting a successful movie night:

**Step 1:** Form a small “planning committee.” The group should discuss potential movies, possible dates and times, how you will spread the word and recruit attendees, and event logistics, such as where you will host the screening/discussion.

**Step 2:** After your group has confirmed the event details, spread the word by posting flyers in your community, at school and other popular places.

**Step 3:** Post about the movie night on social media and create a Facebook event.

**Step 4:** Create discussion questions ahead of time and determine who will lead this part of the program.

## SOME SUGGESTED MOVIES

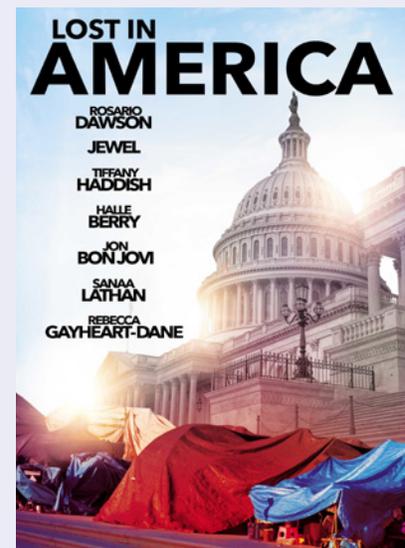


“**Shelter**” tells the compelling stories of youth at an emergency shelter.



“**American Street Kid**” follows several young people, who reveal how they became homeless and discuss their daily struggle to survive on the streets of Los Angeles.

“**The Homestretch**” follows three homeless teens as they fight to stay in school, graduate, and create a new life.



“**Lost in America**” profiles several homeless youth while exploring the issues that have contributed to the crisis.



## CARE PACKAGES

It can be difficult for those experiencing homelessness to access basic toiletries, money for public transportation and other necessities. Putting care packages together to give to a shelter or leave in your school counselor's office can make a huge difference in a person's life.

- Step 1:** Determine what items you want to include in your care packages and research costs. If donating to a shelter, reach out to them to find out what they need most.
- Step 2:** Raise money to purchase the care package items. Contact local sports teams, religious organizations, or nearby businesses to see if they would like to support the fundraiser. Alternatively, host a supply drive where members of your community donate items for the packages.
- Step 3:** Assemble the care packages. You might include a short handwritten note or sheet of stickers. These simple, personal touches can really lift someone's spirits. Once the packages are complete, deliver them. You can even [order free materials](#) from NRS to include, as well!
- Step 4:** Share a picture of your completed packages on social media and tag @1800RUNAWAY! These packages are a strong reminder that some people don't have access to the basic items we may take for granted, like shampoo or toothpaste.

### YOU CAN INCLUDE



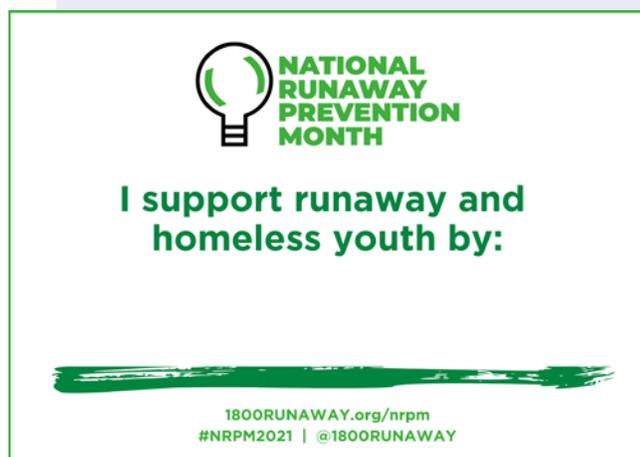
### TIP

You can make this a class or grade-level competition! Talk to your teacher or school counselor about making this a school-wide project.



## COMMITMENT CARDS

Commitment cards show your personal support for ending youth homelessness! We've provided printable templates to share with friends, family and classmates.



- Step 1:** Print blank commitment cards. You can [find them here!](#)
- Step 2:** Gather friends, classmates, teammates, fellow club members, family members and others to complete commitment cards, or distribute the printed cards for others to fill out on their own.
- Step 3:** Display your commitment cards on a wall in a highly visible location after getting the necessary approvals. For example, if you'd like to post the cards in a hallway at school, make sure your teacher or principal is OK with this first.
- Step 4:** Hang the cards where they can be seen! A window, school hallway or the front of a building are great places for commitment walls.
- Step 5:** Show your social media followers how you're supporting runaway and homeless youth by posting a picture of your cards and using the hashtags: #NRPM2021, #youthactivism, #youthhomelessness, #stopthestigma.
- Step 6:** Share your commitment cards with NRS! We may highlight your creativity on our website or in next year's Youth Toolkit! Depending on where your commitment wall is, we might even be able to get your local newspaper to "shine a light" on what you've achieved.



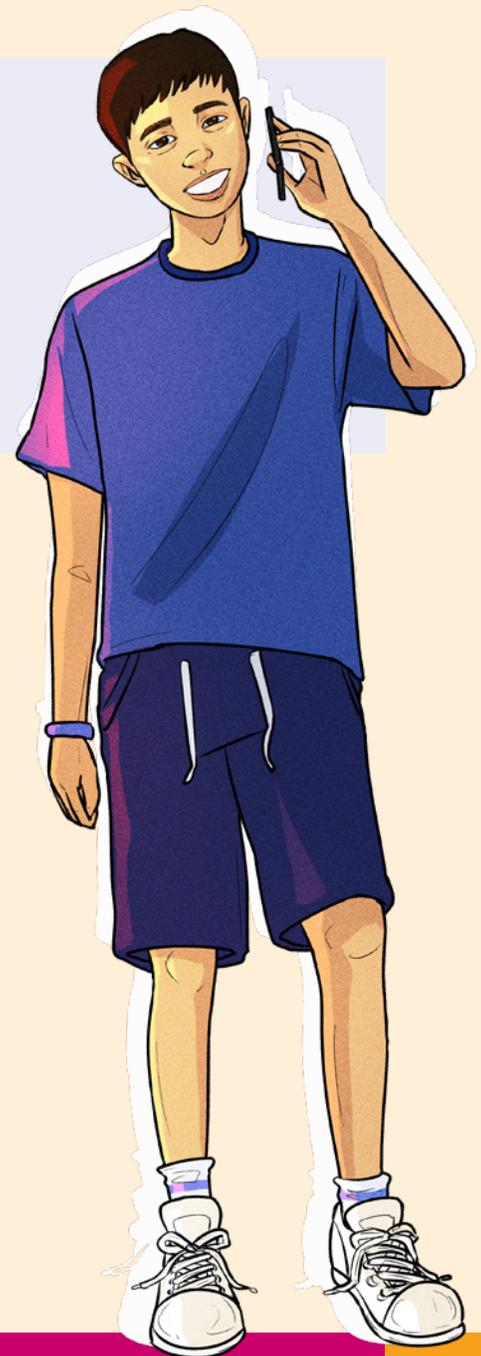
# WHERE DO I START? continued

## SHARE YOUR STRENGTHS

Volunteer your time, energy and ideas with a local organization, and support their work in fighting youth homelessness. Maybe you can lend a hand by packaging food donations, collecting clothing and cold weather gear, or assembling holiday gift boxes for those in need. If you need help finding an organization in your area, please reach out to us at [mtaylor@1800RUNAWAY.org](mailto:mtaylor@1800RUNAWAY.org). We may be able to connect you with a group nearby.

## HOST A YOUTH FORUM

Assemble a panel of speakers, maybe some of your peers with different life experiences, and host a discussion about runaway and homeless youth issues. You may want to include a moderator, such as a school counselor, who can help guide the conversation and add a professional perspective. Conclude the event with a Q&A. Invite students, teachers, parents, community leaders and others who would be interested in the topic. This could be hosted as a digital, in-person or hybrid event.



# MESSAGING

Shining a light on the issue of youth homelessness is critical to reducing stigma and ensuring these young people know they are not alone. Learn more about the issue below:

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## FINDING A HOME IN FOSTER CARE

**An estimated 19% to 36% of youth experience homelessness shortly after aging out of the foster care system. At a certain age (18 or 21, depending on the state), young people in foster care are expected to go out and make a living for themselves. This can be really hard, and often leads to housing instability or homelessness.**

One study found that:

- About half (50.6%) of the homeless youth surveyed reported having stayed in a foster home or group home.
- Youth with a foster care history experienced homelessness for much longer (27.5 months on average) compared to youth who had never been in foster care (19.3 months, on average).
- Youth who had formerly been in foster care reported higher levels of victimization both prior to and after becoming homeless.
- Youth whose last placement type was a state shelter had a 55% greater chance of becoming homeless than those who had been in a family placement.



**In some states, youth age out of the foster system at 18 years old. In other states, youth age out of the foster system at 21 years old. The youth who were aged out of foster care at 21 years old had a 42.4% lower chance of becoming homeless than those who were no longer in foster care.**

Sources:

- National Network for Youth (n.d). Education barriers for homeless youth. Retrieved from: [https://www.nn4youth.org/wp-content/uploads/IssueBrief\\_Education.pdf](https://www.nn4youth.org/wp-content/uploads/IssueBrief_Education.pdf)
- U.S. Department of Education, Planning and Evaluation Service, Elementary Education Division (2002). The education for homeless children and youth program: Learning to succeed. Retrieved from: [https://www2.ed.gov/offices/OUS/PES/esed/learnsucceed/exec\\_sum.pdf](https://www2.ed.gov/offices/OUS/PES/esed/learnsucceed/exec_sum.pdf)
- youth.gov (n.d). Homelessness and runaway: Education. Retrieved from: <https://youth.gov/youth-topics/runawayand-homeless-youth/education>
- Coalition for Juvenile Justice (2016). Youth homelessness and juvenile justice: Opportunities for collaboration and impact. Retrieved from: [http://www.cjjj.org/sites/default/files/resource-files/policy%20brief\\_FINAL\\_compressed.pdf](http://www.cjjj.org/sites/default/files/resource-files/policy%20brief_FINAL_compressed.pdf)
- Dworsky, A., Napolitano, L., & Courtney, M. (2013). Homelessness during the transition from foster care to adulthood.



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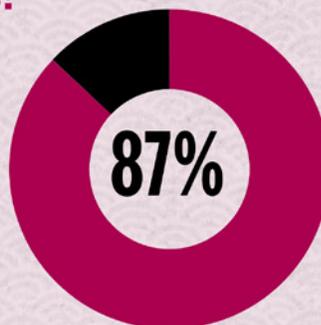
## WHAT IS MCKINNEY-VENTO

**McKinney-Vento is a government program that provides support to young people experiencing housing instability or homelessness. McKinney-Vento liaisons in each school district help make sure that these students are able to finish school!**

**Experiencing homelessness increases your likelihood of dropping out of school by almost 87%!**

Not having a stable living arrangement can greatly impact someone's ability to learn. Some of the reasons are:

- Many young people in this situation end up having to transfer schools often. Frequent transfers reduce the amount of time spent in the classroom, making it hard to stay caught up.
- Students experiencing homelessness are less likely to have access to school supplies. Imagine trying to get through all of your schoolwork without your favorite pen or notebook for class!
- Other reasons include poor health and hunger, which can directly affect class performance.

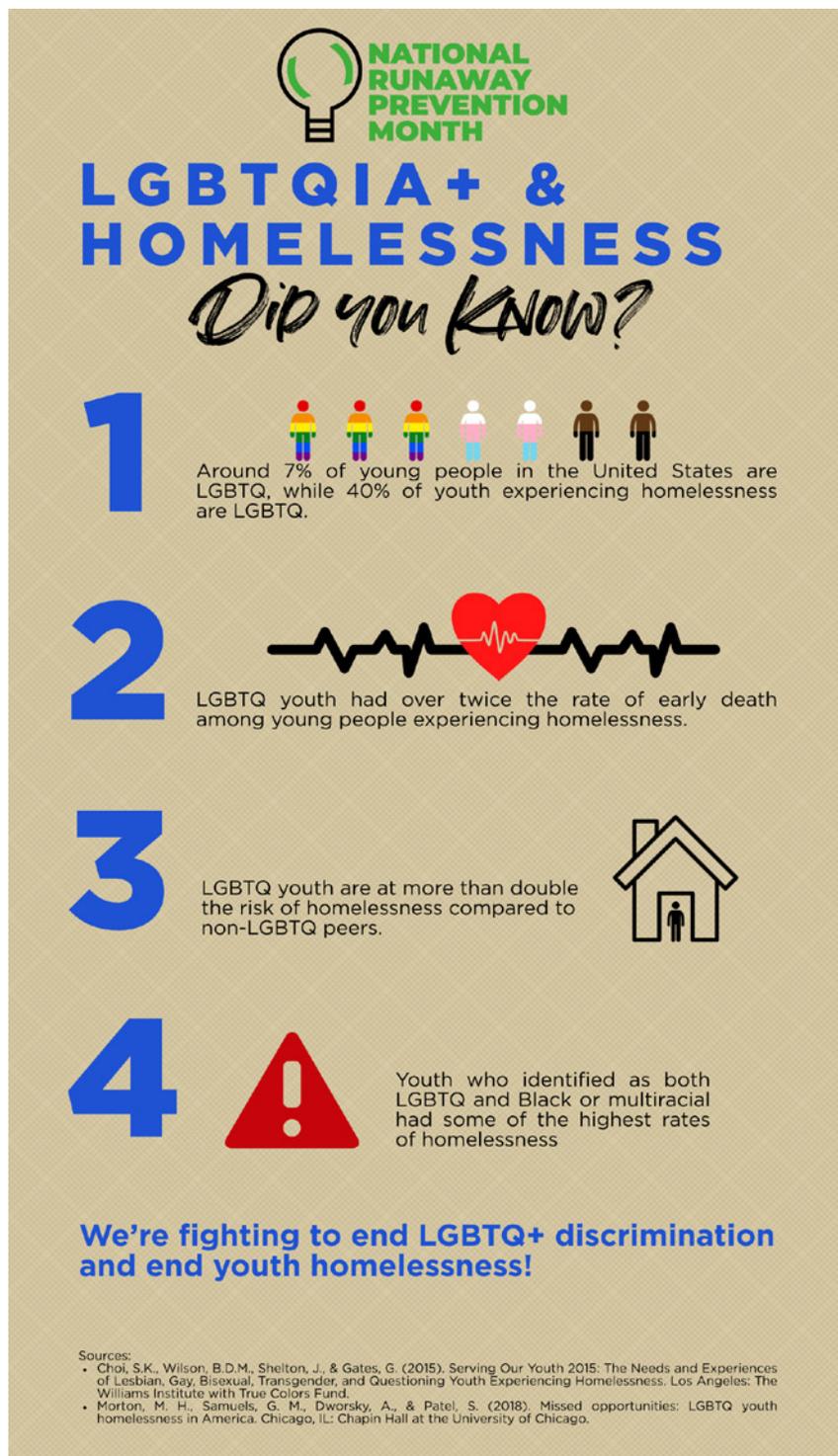


Sources:

- Yoder, J., Bender, K., Thompson, S., Ferguson, K., & Haffejee, B. (2013). Explaining homeless youths' criminal justice interactions: Childhood trauma or surviving life on the streets? *Community Mental Health Journal*, 50: 135-144.
- SchoolHouse Connection (n.d). Learn: Common questions. Retrieved from: <https://www.schoolhouseconnection.org/learn/common-questions/>



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## LGBTQIA+ & HOMELESSNESS

*Did you KNOW?*

- 

1 Around 7% of young people in the United States are LGBTQ, while 40% of youth experiencing homelessness are LGBTQ.
- 

2 LGBTQ youth had over twice the rate of early death among young people experiencing homelessness.
- 

3 LGBTQ youth are at more than double the risk of homelessness compared to non-LGBTQ peers.
- 

4 Youth who identified as both LGBTQ and Black or multiracial had some of the highest rates of homelessness

**We're fighting to end LGBTQ+ discrimination and end youth homelessness!**

Sources:

- Choi, S.K., Wilson, B.D.M., Shelton, J., & Gates, G. (2015). *Serving Our Youth 2015: The Needs and Experiences of Lesbian, Gay, Bisexual, Transgender, and Questioning Youth Experiencing Homelessness*. Los Angeles: The Williams Institute with True Colors Fund.
- Morton, M. H., Samuels, G. M., Dworsky, A., & Patel, S. (2018). *Missed opportunities: LGBTQ youth homelessness in America*. Chicago, IL: Chapin Hall at the University of Chicago.



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## RACE AND HOMELESSNESS

*Did you know?*

According to the 2017 Voices of Youth Count initiative from Chapin Hall at the University of Chicago, vulnerable populations experience a greater risk for homelessness.

BLACK YOUTH HAVE AN  
**83% HIGHER RISK  
THAN THEIR PEERS**

HISPANIC, NON-WHITE  
YOUTH HAVE A  
**33% HIGHER RISK  
THAN THEIR PEERS**

There is a disproportionate representation of Black and Hispanic youth, as well as LGBTQ+ youth, who experience homelessness and are involved in the juvenile justice system.



# 80%

OF PROVIDERS REPORTED THAT JUVENILE JUSTICE INVOLVEMENT WAS A TOP CONTRIBUTOR TO YOUTH HOMELESSNESS, ACCORDING TO A REPORT FROM THE COALITION FOR JUVENILE JUSTICE AND THE NATIONAL NETWORK FOR YOUTH.

A 2017 assessment of Native American housing conditions found that, nationally, 99.8% of tribal officials reported that doubling up (i.e. taking in family and friends who would otherwise risk homelessness) was an issue in their tribal area.

Sources:

- Morton, M. H., Dworsky, A., & Samuels, G. M. (2017). Missed opportunities: Youth homelessness in America. National estimates. Chicago, IL: Chapin Hall at the University of Chicago. Retrieved from [http://voicesofyouthcount.org/wp-content/uploads/2017/11/ChapinHall\\_VoYC\\_NationalReport\\_Final.pdf](http://voicesofyouthcount.org/wp-content/uploads/2017/11/ChapinHall_VoYC_NationalReport_Final.pdf)
- National Network for Youth (n.d). Homeless and runaway youth in the juvenile justice system. Retrieved from [http://www.juvjustice.org/sites/default/files/resource-files/Homeless%20and%20Runaway%20Youth\\_0.pdf](http://www.juvjustice.org/sites/default/files/resource-files/Homeless%20and%20Runaway%20Youth_0.pdf)
- Pindus, N., Kingsley, G., Bless, J., Levy, Simington, J., & Hayes, C. (2017). Housing Needs of American Indians and Alaska Natives in Tribal Areas. Retrieved from <https://www.urban.org/research/publication/housing-needs-american-indians-and-alaskanatives-tribal-areas>



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## BECOME A YOUTH AMBASSADOR

### 1 HOMELESSNESS

**Not having a permanent or stable place to live.**

What does it mean?

Experiencing homelessness makes life difficult in so many different ways. Having enough to eat, being able to go to school, and being physically safe are all harder while homeless.



### 2 RUNAWAY

**Someone under the age of 18 who has left home without their parents' or guardians' permission.**

What does it mean?

Young people run away from home for a variety of different reasons. Fighting with parents, not being able to come out as LGBTQ+, or emotional and physical abuse are all some of the reasons young people leave home. Running away often leads to homelessness.

### 3 HOUSING INSECURITY

**Living in a state where your home/the place you're staying at can be taken away with little or no warning.**

What does it mean?

Roughly a quarter of U.S. households experienced some form of housing insecurity last year<sup>1</sup>. This means that 25% of households were possibly one missed paycheck away from homelessness. This issue can affect anybody and there's a chance that there is someone in your class or on your sports team who is currently experiencing housing insecurity.

### 4 STIGMA

**The disapproval of, or discrimination against, a person based on the things that make them different.**

What does it mean?

Stigma is out of an individual's control and can be incredibly harmful. It is damaging for self-esteem and can lead to bullying. There is often a lot of stigma attached to homelessness, and we need to work to reduce that stigma.

### 5 ADVOCACY

**Standing up for yourself or others.**

What does it mean?

As a young person, your voice has so much power to help end youth homelessness. Regardless of your own situation, you can help stick up for your peers who are struggling. If you do have lived experience with homelessness, sharing your story can truly help make a difference!

### 6 SOLIDARITY

**Unity and friendship among people with common goals or interests.**

What does it mean?

If you have never experienced homelessness, just by reading this you are expressing solidarity! By using your voice to advocate for your peers, hosting or participating in an event, and volunteering are all more ways to show solidarity.

### 7 YOUTH AMBASSADOR

**Someone who pledges to support their peers who are considering running away, or who are currently experiencing homelessness.**

What does it mean?

Youth Ambassadors are essential to the success of NRPM. Since running away and youth homelessness impacts young people, Youth Ambassadors keep the cause focused on those affected most. If you're interested in using your voice to help end youth homelessness, sign up to be a Youth Ambassador here.

Reference  
<sup>1</sup> Bureau, U. S. C. (2021, March 19). New Household Pulse Survey shows concern over food security, loss of income. The United States Census Bureau. Retrieved September 21, 2023, from <https://www.census.gov/library/stories/2021/03/new-household-pulse-survey-shows-concern-over-food-security-loss-of-income.html>

SIGN UP TODAY AT [1800RUNAWAY.ORG/NRPM](https://1800RUNAWAY.ORG/NRPM)

## Who can help?

- **National Runaway Safeline (NRS)** - NRS is a nonprofit organization committed to keeping runaway, homeless and at-risk youth safe and off the streets. NRS provides free crisis intervention and resources for youth and families 24 hours a day, 365 days a year. Each year, NRS makes over 125,000 connections to help and hope through hotline (1-800-RUNAWAY), online (1800RUNAWAY.org) and prevention services.

Founded in 1971, NRS is proud to celebrate its 50th year supporting young people and families in need across the country, as we connect over 125,000 people to help and hope through our free, confidential services this year alone. Click [here](#) to learn more.

We are here to support you, listen without judging and connect you with necessary services. If you or a friend needs help or wants someone to talk to, please contact us at 1-800-786-2929 or online at [1800RUNAWAY.org](http://1800RUNAWAY.org).

**CALL | CHAT | EMAIL | FORUM**

*All information is kept 100% confidential.*



Connect with us @1800RUNAWAY

- **love is respect** aims to engage, educate and empower young people to prevent and end abusive relationships. Love is Respect offers support, information and advocacy to young people who have questions or concerns about their dating relationships via chat, text, or phone. Click [here](#) to learn more.
- The **National Human Trafficking Hotline** provides assistance to survivors of sex and labor trafficking through safety planning, emotional support and/or immediate connections to emergency services through their network of trained service provider and law enforcement partners. Click [here](#) to learn more.

- The **National Domestic Violence Hotline** provides lifesaving tools and immediate support to empower victims and survivors to find safety and live free of abuse. They also provide support to friends and family members who are concerned about a loved one. Call 1-800-799-SAFE (7233) or click [here](#) to learn more.
- The **Childhelp National Child Abuse Hotline** is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls, texts, and chats are confidential. Their number is 1-800-422-4453. Click [here](#) to learn more.
- **American Pregnancy Association – Teen Pregnancy Hotline** provides pregnancy education, refers you to free and confidential testing centers, and offers a safe place to talk about options. Call at 1-800-672-2296.
- **National Suicide Prevention Lifeline**  
Available 24/7 at 1-800-273-8255.  
Live chat is available [here](#).
- **Trevor Project (TrevorLifeline)**  
Available 24/7 at 1-866-488-7386.  
Also available through chat and text, find out more [here](#).
- **RAINN (Sexual Violence)**  
Available 24/7 at 1-800-656-4673.  
Live chat is available [here](#).
- **SAMHSA National Helpline (Substance Abuse & Mental Health)**  
Referral service, available 24/7 at 1-800-662-4357.
- **Trans Lifeline**  
Available 24/7 at 1-877-565-8860.

## References

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