

# A LETTER FROM MORGAN'S MOM

## TO PARENTS OF TEENS

Talking to your teen about your concerns can be hard. Your first instinct is to protect them, but they may push you away and not want to talk. The most important thing to convey is that you support them and are having this conversation because you are genuinely concerned for their welfare. Let them know that an abusive relationship is not their fault.

As I reflect on the weeks leading up to the awful day that a monster took my daughter from me, I wish someone had shared this information with me. Morgan and I did have conversations about how to handle him. I told her to block him and ignore him. I asked her if she felt safe and told her I would drive her to work. I communicated openly that I was here for her. Morgan also told others but it was not enough.

What would I have done in addition to all of this? Knowing what I do now, I would have reached out for support through the resources we are providing to you. After doing my research, I know this can be a daunting task. I know the phone lines have waiting times, but I also know that patience and strength are worth it. These resources are there to help a woman leave a relationship SAFELY! They will guide you and your child on what to do. They are not scary. They are not intimidating. They are supportive and kind and will help you and your family through a very unsettling and fearful time.

I am here for YOU. Our organization is here for YOU. Please do not hesitate to reach out if you need guidance on getting help.

