

Dating Violence

Dating violence may be something you think only happens to other people. In reality, one in four teens are victims to dating violence or abuse.

Not sure if you're in an abusive relationship?

Does your boyfriend/girlfriend...

- ◇ Get jealous and possessive about the time you spend with friends or family?
- ◇ Boss you around, make all the decisions, or not take your opinion seriously?
- ◇ Text or call constantly, asking where you are and what you are doing?
- ◇ Scare or threaten you?
- ◇ Grab, push, shove, or hit you?
- ◇ Pressure you to have sex or move the relationship too fast?
- ◇ Pressure you to use drugs or alcohol?
- ◇ Make your family and friends concerned for your safety?
- ◇ Say that he or she would die if you ever broke up?

If you answered yes to any of these questions, you could be at risk for becoming a victim of dating violence.

What can I do to stop it?

- ◇ Realize that you deserve to be in a safe, healthy relationship.
- ◇ Know that you have done nothing wrong. It is not your fault.
- ◇ Understand that there is no excuse for abuse.
- ◇ Talk to a trusted adult. Call 800-FYI-CALL, an anonymous helpline, for support.
- ◇ Work with an adult to develop a plan to stay safe as you leave the relationship.
- ◇ Know that you are not alone. Teens across the country are involved in violent relationships.

How do I help a friend in a violent relationship?

- ◇ Don't ignore the signs of abuse. Talk to your friend.
- ◇ Express concern for your friend's safety and happiness.
- ◇ Don't be surprised if your friend denies there is a problem.
- ◇ Encourage your friend to confide in a trusted adult.

If you believe your friend is being physically or sexually abused, tell an adult you trust or call 800-FYI-CALL for help.



NATIONAL
CRIME
PREVENTION
COUNCIL