

DOES THE PERSON I'M WITH:

ALLOW ME TIME WITH MY FRIENDS AND FAMILY?

GET EXTREMELY JEALOUS OR POSSESSIVE ?

PRESSURE OR FORCE ME TO DO THINGS PHYSICALLY AND/OR SEXUALLY THAT I AM NOT COMFORTABLE WITH?

TELL ME HOW TO DRESS AND LOOK?

THREATEN TO HURT ME?

HURT ME PHYSICALLY, EMOTIONALLY AND/OR SEXUALLY?

HAVE FINANCIAL CONTROL OVER ME?

MAKE ME FEEL BAD ABOUT MYSELF?

PUT DOWN MY IDEAS, HOPES AND/ OR DREAMS?

THREATEN TO HURT THEMSELVES IF WE EVER BREAK UP?

"40% OF GIRLS AGE 14-17 REPORT KNOWING SOMEONE THEIR AGE WHO HAS BEEN HIT OR BEATEN BY A BOYFRIEND."
(CHILDREN NOW, DEC. 1995)

NATIONAL DOMESTIC VIOLENCE HOTLINE
1.800.799.SAFE (7233)
1.800.787.3224 TTY

SEE IT AND STOP IT:
www.seeitandstopit.org

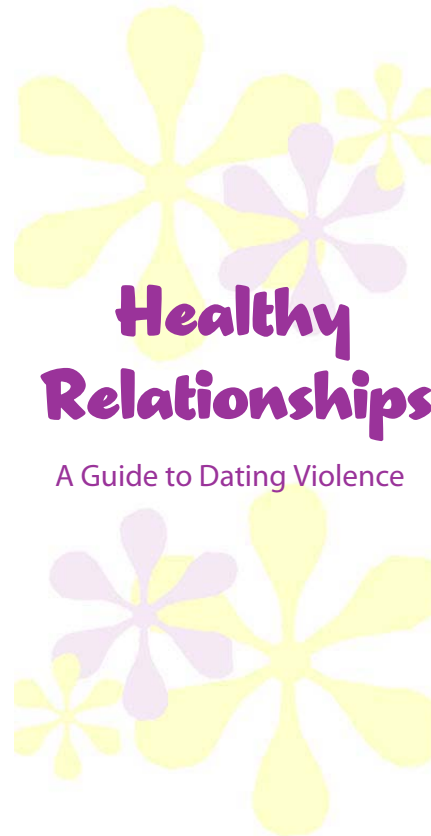
RAPE, ABUSE & INCEST NATIONAL NETWORK
1.800.656.HOPE (4673)

BREAK THE CYCLE:
www.breakthecycle.org



This publication is brought to you by:
The National Network to End Domestic Violence
660 Pennsylvania Ave, SE
Suite 303
Washington DC 20003
202.543.5566
www.nnedv.org

NNEDV is dedicated to creating a social, political and economic environment in which violence against women no longer exists.



Healthy Relationships

A Guide to Dating Violence



DOES THE PERSON I'M WITH:

TREAT ME FAIRLY AND RESPECT MY BELIEFS, BODY AND IDEAS?

RESPECT MY SPACE? UNDERSTAND WHEN I NEED TO GET OFF THE PHONE OR COMPUTER?

VIEW ME AND TREAT ME AS AN EQUAL?

COMPROMISE ON ISSUES & CONFLICTS WITH ME?

MAKE ME FEEL SAFE? INSPIRE TRUST IN ME?

ALLOW ME TO MAKE MY OWN DECISIONS?

GET ALONG WITH MY FRIENDS AND FAMILY AND TREAT THEM WITH RESPECT ?

LET ME HANGOUT WITH MY FRIENDS?

"1/3 OF TEENS REPORT EXPERIENCING SOME KIND OF ABUSE IN THEIR ROMANTIC RELATIONSHIPS, INCLUDING VERBAL AND EMOTIONAL ABUSE."
(SHOEN, 1997)

DEFINING ABUSE:

Unhealthy and abusive relationships are not limited to physically violent relationships. They also include relationships where one individual is hurt, degraded, controlled, injured and or mistreated by the other. This can include sexual abuse &/or pressuring for sex, emotional abuse, spiritual abuse, financial abuse, verbal abuse and social abuse and isolation.

Tension Building



Honeymoon Stage

Explosive Incident

(www.breakthecycle.org)

Abusive relationships are not abusive 100% of the time.

They can cycle through the stages above. After an incident, an abuser may be extremely apologetic, buying gifts, promising it will never happen again. But as things return to "normal" the cycle may repeat itself.

Safety planning:

Dating safety

CONSIDER hanging out with friends in a group when seeing a new person.

BEFORE LEAVING ON A DATE:

know the exact plans & make sure a friend or parent knows them & when to expect you home.

REMEMBER reaction time is slower when you've been using drugs or alcohol.

TEXT OR CALL A FRIEND OR PARENT to check in.

Let them know if the plans change.

TRUST YOUR INSTINCTS.

If a situation or person is making you uncomfortable, remain calm and try and remove yourself from the situation.

"Women ages 16-24 experience the highest per capita rates of intimate violence—nearly 20 per 1,000 women."

(Bureau of Justice Statistics)

"1 in 5 female high school students report being physically and/or sexually abused by a dating partner."

(www.seeitandstopit.org)

TECHNOLOGY HAS MANY BENEFITS, BUT IT CAN ALSO BE

Tech safety

MISUSED. It can be used to 'cyberstalk' people. This can be done with e-mail & IM on computers, PDA's & cell phones.

OBSESSIVE CALLING & CHECKING

IN on a cell phone can be an example of controlling or abusive behavior.

BE CAREFUL WHAT INFO YOU POST TO WEB SITES like MySpace.com.

They're public spaces.

If you meet someone from online use caution and the dating safety tips.

ADVOCATES @ THE NATIONAL DOMESTIC VIOLENCE HOTLINE

are trained on technology issues & can discuss options and help with safety planning.
800.799.7299 or TTY 800.787.3224

What you can do to CONCERNED ABOUT A FRIEND?

KNOWING WHAT TO SAY CAN BE TOUGH. ADVOCATES AT THE NATIONAL DOMESTIC VIOLENCE HOTLINE CAN HELP YOU BRAINSTORM APPROPRIATE ACTION PLANS FOR THE SITUATION.

BE THERE FOR YOUR FRIENDS. LET THEM KNOW YOU ARE AVAILABLE, ESPECIALLY WHEN THEY HAVE PROBLEMS.

PAY ATTENTION TO YOUR FRIENDS' RELATIONSHIPS. MAKING SURE YOUR FRIENDS ARE SAFE IS NOT BEING NOSY.

IDENTIFY SUPPORT SYSTEMS HOTLINES, FRIENDS, FAMILY, CHURCHES & DOMESTIC VIOLENCE SERVICES ARE AVAILABLE TO HELP YOU AND DIRECT YOU TO FURTHER RESOURCES.

LISTEN. BE NONJUDGEMENTAL. BE PATIENT.

IN YOUR COMMUNITY:

SUPPORT OTHERS WORKING TO END VIOLENCE. ATTEND EVENTS AND/OR VOLUNTEER. KNOW YOUR RESOURCES.

IDENTIFY A TRUSTED ADULT YOU CAN TURN TO IF ANYONE YOU KNOW IS IN TROUBLE.

BE AN EXAMPLE FOR THOSE YOUNGER THAN YOU. SHOW THAT YOU CARE ABOUT THE ISSUES AND THEY WILL CARE, TOO.

BECOME AN ACTIVIST. SPEAK OUT. SPEAK UP.