

What **YOU** CAN DO:

When 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 and domestic violence services are available to help you and direct you to further resources.

Listen. Be nonjudgmental. 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.

National Domestic Violence Hotline

1-800-799-SAFE (7233)
1-800-787-3224 TTY

See It and Stop It:

www.seeitandstopit.org

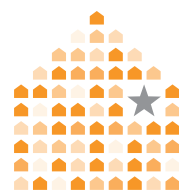
Rape, Abuse and Incest National Network

1-800-656-Hope (4673)

Break the Cycle:

www.breakthecycle.org

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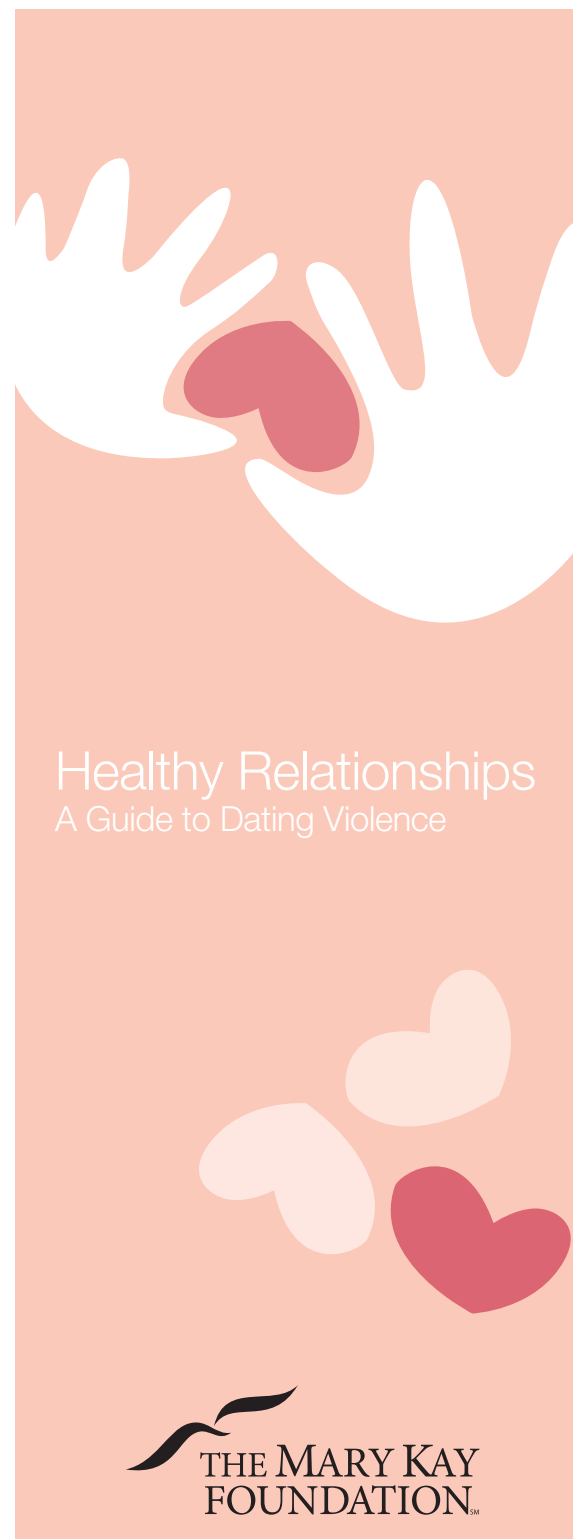


NNEDV

The National Network
to End Domestic Violence
2001 S. Street, NW
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www.nnedv.org

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

PRINTED IN U.S.A. 4/11

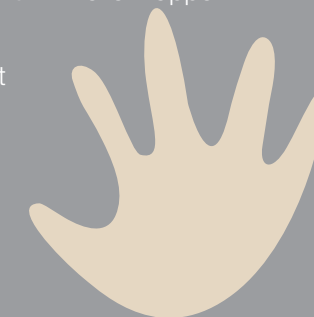


Defining Abuse:

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 and/or pressuring for sex, emotional abuse, spiritual abuse, financial abuse, verbal abuse and social abuse and isolation.

- **Abusive relationships are not abusive 100% of the time.**

Some relationships start out healthy and become increasingly abusive. Other relationships go through periods of violence and periods of calm. After an incident, an abuser may be extremely apologetic, buying gifts and promising it will never happen again. The pattern of each relationship is different, but abuse is never okay.



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 and 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 hang out with my friends?
- Allow me time with my friends?
- 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 himself or herself if we ever break up?

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 and make sure someone close to you knows them and when to expect you home.

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

Text or call someone close to you to check in. Let them know if the plans change.

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

Tech safety

Technology has many benefits, but it can also be misused. It can be used to 'cyberstalk' people. This can be done with email and instant messaging on computers, PDAs and cell phones.

Obsessive calling and checking in on a cell phone can be an example of controlling or abusive behavior.

Be careful of what info you post to websites like facebook.com. They're public spaces. If you meet someone from online, use caution and the dating safety tips.

Advocates at the National Domestic Violence Hotline are trained on technology issues. They can discuss options and help with safety planning.

“1 in 5 female high school students reports being physically and/or sexually abused by a dating partner.”

(www.seeitandstopit.org)

“1 in 3 teens reports knowing a friend or peer who has been hit, punched, slapped, choked or physically hurt by his/her partners.”

(*Teenage Research Unlimited, 2006*)

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

(Bureau of Justice Statistics)