

Are you or someone you know in an abusive relationship?

Does your boyfriend or girlfriend . . .

- Discourage you from pursuing your own interests?
- Act extremely jealous when you talk to other people, always call or page you, and demand to know who you are with at all times?
- Embarrass you in front of his/her or your friends, make you feel stupid, or call you names?
- Force you to do anything sexually you don't want to do, such as forcing you to have sex without protection?
- Make you afraid to say no to him/her or scare and threaten you if you don't agree to do what he/she says?

Have you...?

lost interest in things that used to be important to you?/ apologized for your partner's behavior/ had a change in weight, appearance or grades since dating this person/ been worried about upsetting you partner/ stopped hanging out with friends you had before you started dating?

ABUSE DOESN'T ALWAYS MEAN HITTING

Other types of abuse:

Physical- punching, slapping, kicking, shoving, hair pulling, choking, striking with an object, physical confinement, isolation

Sexual- unwanted touching, any sort of sexual relations without consent, humiliating or painful sex acts

Emotional- acts intended to humiliate, control, or intimidate, stalking, extreme expressions of jealousy, threatening the partner or people related to them

Verbal- name-calling, making partner feel stupid, ridiculing, degrading, saying "nobody will ever go out with you"

To find out where to get help in your area, CALL the

National Domestic Violence Hotline
1-800-799-SAFE

Brochure Author: Drew Lepp

For further information you can also contact any of the following:

National Youth Crisis Line 1-800-448-4663
RAINN (Rape, Abuse, and Incest Nat'l Network) 1-800-656-HOPE

www.abanet.org/domviol/home.html
www.loveisnotabuse.com

www.youthresource.com- aimed at gay, lesbian, bisexual, and transgender youth

Copyright © 2001

by the American Bar Association



American Bar Association

Commission on Domestic Violence
740 15th Street, NW
9th Floor
Washington, DC 20005-1022
Phone: 202-662-1737
Fax: 202-662-1594
Email: abasvctr@abanet.org

ation shame humiliate hair-pulling intimidated fearful bruise
mind-games control burning yelling ashamed abuse danger
crime harm injustice violation injure cruelty misuse betrayal
ing terrified scar name-calling degrade slapping embarrassment
little hitting degradation pushing berate isolation shame hu
hair-pulling intimidated fearful bruise kick mind-games contro
ing yelling ashamed abuse danger insult crime harm injustice
tion injure cruelty misuse betrayal swearing terrified scar
calling degrade slapping embarrassment belittle hitting degra
pushing berate isolation shame humiliate hair-pulling intimid
fearful bruise kick mind-games control burning yelling as
abuse danger insult crime harm injustice violation injure
misuse betrayal swearing terrified scar name-calling degrad
ping embarrassment belittle hitting degradation pushing berate

teen
dating violence

There is no excuse

burning yelling ashamed abuse danger insult crime harm in
violation injure cruelty misuse betrayal swearing terrified
name-calling degrade slapping embarrassment belittle hitting
gradation pushing berate isolation shame humiliate hair-pul
timidated fearful bruise kick mind-games control burning
ashamed abuse danger insult crime harm injustice violation
cruelty misuse betrayal swearing terrified scar name-calli
grade slapping embarrassment belittle hitting degradation p
berate isolation shame humiliate hair-pulling intimidated
bruise kick mind-games control burning yelling ashamed abue
ger insult crime harm injustice violation injure cruelty misu
trayal swearing terrified scar name-calling degrade slapping
rassment belittle hitting degradation pushing berate is
shame humiliate hair-pulling intimidated fearful bruise kick
games control burning yelling ashamed abuse danger insult
harm injustice violation injure cruelty misuse betrayal swear
rified scar name-calling degrade slapping embarrassment
hitting degradation pushing berate isolation shame humiliat
pulling intimidated fearful bruise kick mind-games control b
yelling ashamed abuse danger insult crime harm injustice vi
injure cruelty misuse betrayal swearing terrified scar name-
degrade slapping embarrassment belittle hitting degradation
ing berate isolation violation injure cruelty misuse abuse
insult crime harm injustice violation injure cruelty misuse b
swearing terrified scar name-calling degrade slapping emb
ment belittle hitting degradation pushing berate isolation
humiliate hair-pulling intimidated fearful bruise kick mind-
control burning yelling ashamed abuse danger insult crime

What is dating violence?

Dating violence happens in a dating relationship when one person uses *physical, emotional or sexual* abuse to gain power and to keep control over the other person.

Why is teen dating violence so prevalent?

There are many reasons why teen dating violence is so common. First are gender stereotypes, often related to the societal belief in male dominance. Common stereotypes include: males are supposed to be aggressive; women are property of men; girls desire to please their partners and feel responsible for the success of the relationship. Also, children who are exposed to violence often learn that violence is an acceptable means of conflict resolution. Finally, teen dating violence has continued because people are reluctant to talk about or address dating violence.

Why does the victim stay?

- The relationship has damaged his/her self-esteem and has led the victim to believe that he/she deserves no better.
- Belief that somehow the abuse is his/her fault. A common myth is that it is a girl's responsibility to solve all relationship problems.
- Threats by abusers, such as they will harm themselves or others if the victim discontinues the relationship.
- Social pressure to be in a relationship and fear of being alone. This may be especially difficult if the two have the same circle of friends.
- Lack of previous dating experience and inability to see that "normal" relationships don't involve abuse.
- Belief that violence/ jealousy = LOVE.
- Inability to label relationship as abusive - belief that things could be worse or abuse is much worse than this.
- Reluctance to seek help—struggling for independence from parents and having no one to turn to for advice.

What is a healthy relationship?

A relationship where both partners:

- give and take, get their way, and compromise some of the time.
- respect each other and their opinions.
- support and encourage the other's ambitions.
- encourage each other to have friends outside of the relationship.
- communicate openly and honestly.
- accept the differences between them.
- trust one another.

"I WAS SURE THAT HE LOVED ME. HE OFTEN SHOWED IT THROUGH DISPLAYS OF EXTREME JEALOUSY AND POSSESSIVENESS."

JAN K. JENSON
EXCERPT FROM "IF ONLY..."

REPORTING ABUSE: 25% OF HIGH SCHOOL GIRLS TOLD NO ONE, 26% TOLD THEIR PARENTS, AND 66% TOLD THEIR FRIENDS.

There is *no* excuse for teen dating violence!

Common Myths

- The victim asks for it or likes it.
- Alcohol or drugs cause violence.
- When a girl says NO, she really means YES.
- A male can't stop himself when it comes to sex.

Nobody is invincible to dating violence

Dating violence occurs within all classes, ethnicities, and backgrounds. While both genders are affected, 95% of the victims of dating violence are female. Dating violence is not limited to heterosexual relationships. Partners in same-sex relationships are sometimes victims.

Ending an abusive relationship — how to get out!

- **Take it seriously** / Trust your feelings / Don't be embarrassed (don't minimize how bad the problem is: if it feels scary, it's abuse).
- **You are not alone**—talk to someone about it (like a friend, sibling, parent, teacher, counselor, hotline, etc.)
- **Stay safe** after the relationship ends -don't go places alone, take a buddy along to places where you might run into your ex, tell people where you will be, take a self-defense course, call a DV hotline, shelter, or legal advocacy clinic.
- **Understand** that you may be hurt emotionally and that you may need to seek help.

How can you help a friend who is in an abusive relationship?

- If you notice signs of abuse, don't ignore it.
- Talk to your friend about it in private - don't confront him/her in a public place.
- Express your concerns. Cite examples of when you witnessed abuse occurring.
- Tell him/her that it is not his/her fault and that he/she deserves better.
- Support, don't judge, and listen to what he/she has to say. Make sure to be honest and believe what he/she tells you.
- Don't spread gossip. Honor and protect confidentiality.
- Don't try to force him/her to do anything he/she does not want to do. He/she must make his/her own decisions.

ONE IN FOUR HIGH SCHOOL AND COLLEGE STUDENTS SURVEYED SAID THEY EXPERIENCED VIOLENCE IN A DATING RELATIONSHIP.