

# What is Teen Dating Violence??

Dating Violence is a violent act or pattern of violent behavior that someone uses against a girlfriend or boyfriend. One out of every three teens reports experiencing some kind of abuse in their romantic relationships. Women are most likely to be victims of dating violence and it can occur in either casual dating situations or serious, long-term relationships. Dating violence can take many forms.

Abuse isn't just hitting. It can include:

- ❖ Yelling
  - ❖ Threatening
  - ❖ Name Calling
  - ❖ Saying "I'll kill myself if you leave me"
  - ❖ Obsessive phone calling, paging, or texting, and/or
  - ❖ Extreme possessiveness
- You may experience dating violence even if you are not being physically abused.

## **Signs of an unhealthy relationship**

- ❖ Gets angry when you hang out with other friends or people of the opposite sex.
- ❖ Bosses you around
- ❖ Often gets in fights with other people or loses his or her temper
- ❖ Pressures you to have sex or to do something sexual that you don't want to do.
- ❖ Swears at you or uses mean language.
- ❖ Uses drugs or alcohol, and tries to pressure you into doing the same thing.
- ❖ Blames you for his or her problems, or tells you it is your fault that he or she hurt you.
- ❖ Insults you or tries to embarrass you in front of other people.
- ❖ Makes you feel scared or their reaction to things
- ❖ Always wants to know where you are going and who you are with.

## **Your safety is most important, make a safety plan now!**

- ❖ Use a journal to keep track of the violence
- ❖ Consider telling your parents or other family members what is happening.
- ❖ Tell teachers, counselors, or security guards about what is happening. Have them help you stay safe at school.
- ❖ If you are ready to break up with your partner, do so over the phone or in a public place. Breaking up and immediately after can be the most dangerous time.
- ❖ Try not to be alone with the person and avoid contact with them.
- ❖ Tell your friends about what is happening. Walk to class with them and hang out with them during lunch and after school.
- ❖ Make a list of phone numbers, including 911, crisis lines, and supportive friends. Keep the list in a safe place or program them into your cell phone.
- ❖ Trust your instincts. If you feel you are in danger, get help immediately.

## **Teen Dating Violence Resources**

**SCAN's Sexual Assault Services and Information Program (SASI) (956)725-2522**

Teen Justice Initiative @ The Women's Advocacy Project - 512-225-9579

Family Violence Legal Hotline - 800-374-HOPE

Texas Youth Hotline - 800-210-2278

National Domestic Violence Hotline - 800-799-SAFE (7233)



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# What is Teen Dating Violence??

## Healthy vs. Unhealthy Relationships

### Healthy Relationships:

- ✓ Both people trust each other and can count on each other, even during bad times.
- ✓ Both people respect each other
- ✓ Both people are supportive of each other's goals, and encourage each other.
- ✓ Both people share in the decision making: there is give and take.
- ✓ Both people can talk about their feelings without being ridiculed, and can disagree without fighting
- ✓ Both people listen to each other
- ✓ Both people encourage each other to have freedom (other friends and hobbies).
- ✓ Both people understand that the other may need some time alone sometimes
- ✓ Both people accept each other's differences and do not try to change the other person

### Unhealthy Relationships:

- ✓ Insults you or puts you down
- ✓ Keeps you from seeing family and other friends.
- ✓ Spies on you.
- ✓ Threatens to hurt you or hurt self if you break up.
- ✓ Hurts you physically (hit, kick, grab, shove, choke)
- ✓ Forces you to have sex (this is rape)

### How to protect yourself:

- ✓ Set limits and stick to them.
- ✓ Get to know the person as a friend
- ✓ Go out in groups or double-date.
- ✓ Have a back-up plan for getting home
- ✓ Don't rush the relationship
- ✓ Try to face the truth
- ✓ Don't accept excuses
- ✓ Talk to an adult you trust and ask for help

## IF YOU ARE IN AN UNHEALTHY RELATIONSHIP, YOU HAVE LEGAL RIGHTS.

### What are my legal rights?

If you are a survivor of dating violence you may be eligible for a Protective Order. A Protective Order may order a person ...

- ✓ Not to commit further acts of violence against you.
- ✓ Not to harass or threaten you.
- ✓ Not to go near your home, school or work.

If you are under 18, you will need an adult to apply for the Protective Order for you. If you think you might need a protective order you can...

- ✓ Apply for one through your District or County Attorney,
- ✓ Hire a private attorney, Or
- ✓ Call the Teen Justice Initiative or the Family Violence Legal Hotline (see below).



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# What is Teen Dating Violence??

## GET THE FACTS:

It is extremely likely that you or someone you know have experienced violence in a dating relationship. Dating violence has many forms, including psychological and emotional abuse, physical, and sexual abuse. It can occur in casual dating or serious long term relationships.

### Psychological and Emotional Abuse:

If a boyfriend or girlfriend humiliates, insults, or swears at you, you are experiencing psychological and emotional abuse. Other examples include: Attempting to control a boyfriend or girlfriend's activities, trying to destroy his or her self esteem, and isolating the person from other friends and family. Threats of violence are also abusive and should always be taken seriously. **Jealously is not love.**

### Physical Abuse:

Physical abuse includes: hitting, slapping, punching, shoving, kicking, biting, and hair pulling. It can also include the use of weapons, such as a knife, club, or gun.

Teenage girls suffer more from relationship violence, emotionally and physically.

Girls are much more likely than boys to have serious injuries and to report being terrified. Boys often say that the attacks did not hurt and that they found the violence amusing.

### Sexual Abuse:

Sexual abuse refers to forced or unwanted sexual activity or rape. It is also considered sexual abuse to coerce or pressure someone to engage in sexual activity or try to engage in sexual activity with someone who is under the influence of drugs or alcohol. If you are sexually assaulted; get to a safe place. Have a relative or friend take you to a hospital to be examined. Do not shower, change your clothes or brush your teeth.

Studies and surveys done on dating violence show that 1 out of 11 high school students say they had been victims of dating violence. You can get a protective order against your abuser. Police report will help your case.



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# What is Teen Dating Violence??

## Are you a victim of Dating Violence?

If you answer yes to two or more of the following questions, you are probably in an abusive relationship or your relationship is likely to become abusive. Abuse is not just hitting, it's yelling, threatening, name calling, saying things like, "I'll kill myself if you leave me", obsessive calling and extreme possessiveness.

### Are you going out with someone who .... (Check all that apply)

- Is jealous and possessive, won't let you have friends, checks up on you and won't accept breaking up?
- Tries to control you by being bossy, giving orders, making all the decisions, not taking your opinion seriously?
- Puts you down in front of friends, tells you that you would be nothing without him or her?
- Scares you?
- Makes you worry about his/her reactions to things you say or do?
- Threatens you?
- Uses or owns guns or other weapons?
- Is violent?
- Has a history of fighting, loses temper quickly, and brags about mistreating others?
- Grabs, pushes, shoves, or hit's you?
- Pressures you for sex or is forceful or scary about sex?
- Gets too serious about relationship too fast?
- Abuses alcohol or other drugs and pressures you to take them?
- Has a history of failed relationships, and blames the other person for all the problems?
- Makes your family and friends uneasy and concerned for your safety?
- Makes you feel like you need to apologize to others for your boyfriend's/girlfriend's behavior when he or she treats you badly?

About you:                       Male               Female              Grade \_\_\_\_\_              Age \_\_\_\_\_

About your partner:               Male               Female              Grade \_\_\_\_\_              Age \_\_\_\_\_



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