

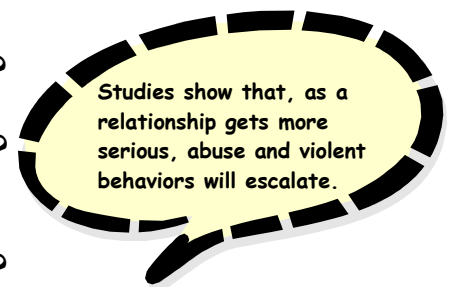
# Healthy Relationships for Teens and Youth

## WHY IT MATTERS

Dating violence occurs when one partner tries to maintain power and control over the other through one or more forms of abuse, including sexual, physical, verbal, and emotional abuse. Dating violence affects both females and males, and does not discriminate by racial, social, or economic background. Help is available to teens who are involved in an abusive relationship, and no one deserves to be hurt or threatened. Every individual should, and has a right to be respected, be happy, and feel safe.

## HEALTHY RELATIONSHIP QUIZ

- ♥ Do you feel safe and comfortable in your relationship?
- ♥ Do you spend time with friends and family outside of your relationship?
- ♥ Is your privacy respected and can you spend time alone?
- ♥ Can you express your feelings without fearing your partner's reactions?
- ♥ Do you laugh, play, and have fun with your partner?
- ♥ Do you each take responsibility for your own actions and happiness?
- ♥ Do you feel comfortable refusing affection, a date, or other activities?

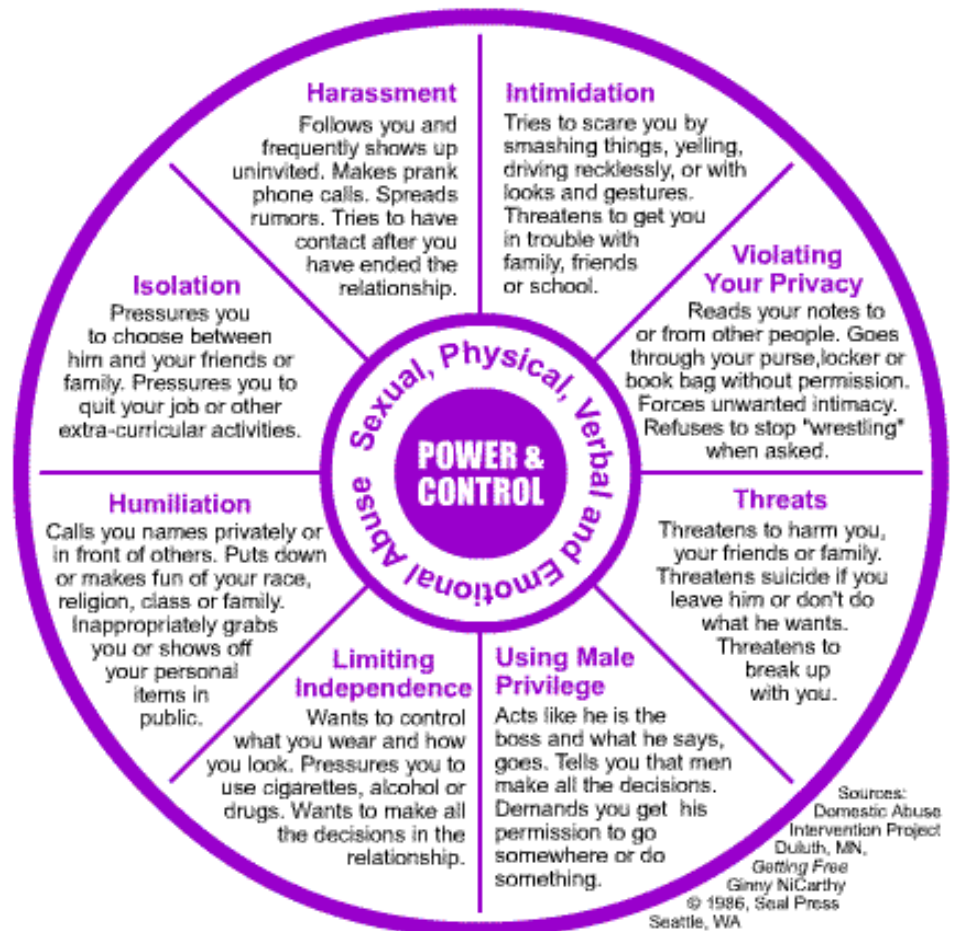


If you answer "no" to any of the questions above, consider discussing your relationship with someone you trust, such as a parent, friend, or school counselor/teacher, or call a confidential hotline.

## Warning Signs

**Early warning signs that your partner may become abusive in the future:**

- Extreme jealousy
- Limits your time with friends and family
- Controlling behavior
- Demands sex or affection
- Unpredictable mood swings
- Calls you hurtful or mean names
- Harms animals or children
- Alcohol or drug use
- Abused former partners
- Hypersensitive
- Slaps, pushes, or hits during an argument
- Threatens violence
- Does not take responsibility for his/her own actions, problems, or feelings



## Date **safely** and **prevent** abusive situations:

- Let a friend or family member know where you are going, especially in the beginning of a relationship. Consider double-dating for the first few times out.
- Memorize important numbers, keep a cell phone handy, and carry enough money for other transportation in order to get home (like a cab, subway, bus, etc).
- Share your feelings and do not be afraid to say “no.” Be firm and straightforward in your relationships.
- Be aware of your decreased ability to react when using drugs or alcohol.
- If you go to a party, make sure you have a plan for getting home safely.
- Trust your instincts. If you feel uncomfortable, find a way to calmly remove yourself from the situation.

## Are you in a **dangerous** relationship? **Next Steps**:

- Get help immediately. What friends and adults can you tell about the abuse? Talk about the abusive relationship, your fears, and an action plan.
- Inform people at school (principal, teachers, security, etc) in order to be safe.
- Always walk with a friend to school, classes, or after-school activities
- Consider changing your cell phone number, route to school, and locker
- Keep a record of the abuse by taking pictures of bruises or damaged property, and keeping a journal.
- Call the police to report the abuse (you do not have to file charges).
- Do not see your partner alone. Do not let your partner into your house or car. If you have to meet in person, meet in public and with your own friend.
- Contact a local advocacy group or agency for support and more information.

FOR MORE INFO OR TO GET HELP

**Loveisrespect.org** is a 24-hour resource with a peer-to-peer online chat function.

Call the **National Teen Dating Abuse Helpline** at 1-866-331-9474



The Public Policy Office of the National Coalition Against Domestic Violence (NCADV) is a national leader in the effort to create and influence Federal legislation that positively affects the lives of domestic violence victims and children. We work closely with advocates at the local, state and national level to identify the issues facing domestic violence victims, their children and the people who serve them and to develop a legislative agenda to address these issues. NCADV welcomes you to join us in our effort to end domestic violence.