

DATING VIOLENCE

Dating violence is a pattern of behavior used to frighten, hurt, and control a girlfriend or boyfriend. It can take many forms including physical, emotional, and/or sexual abuse. Dating violence can occur in the context of casual dating relationships or serious long-term relationships. Dating violence occurs in opposite-sex and same-sex relationships and does not discriminate on the basis of race, class, religion, political beliefs, gender, sex, ability, age, or national origin.

WHAT IS LOVE?

LOVE IS...

- ♥ Respect
- ♥ Trust
- ♥ Sharing
- ♥ Open communication
- ♥ Compromise
- ♥ Shared decision-making
- ♥ Mutually agreed on intimacy

LOVE IS NOT...

- Bullying
- Humiliation
- Forced intimacy
- Possessiveness and jealousy
- Intimidation
- Fear
- Manipulation
- Blaming others for your actions

Dating Safety Tips:

- Double-date for your first few dates.
- Tell someone exactly where you are going and when you will be home. Let your date know you are expected to call that person when you get in.
- Trust your instincts. If a situation makes you uncomfortable, find a way out.
- Assert yourself, communicate your personal boundaries clearly.
- Plan and rehearse what you would do if your partner became abusive.

You may be in an unhealthy relationship when:

- Your partner calls you names or undermines your decision making.
- Your partner tells you where you can and cannot go or who you can and cannot talk to.
- You feel cut off from your friends and family.
- You feel pressured into uncomfortable or unwanted sexual acts.
- Your partner shoves, hits, pinches, pushes, kicks, or holds you down.
- Your partner is jealous and possessive.
- Your partner uses intimidation or threats.
- Your partner makes you feel like everything is your fault.

You know you are in a healthy relationship when you can say:

- We show respect for each other's boundaries and limits.
- We talk to each other about what we want.
- We share with each other.
- We talk through disagreements.
- We enjoy each other and have fun together.
- We enjoy spending time with our friends and family.
- We are comfortable spending time apart.

I have the right to:

- ✓ Not be abused physically, emotionally, or sexually.
- ✓ "Fall out of love" with someone and live without threats.
- ✓ Change my mind.
- ✓ Have friends of my own.
- ✓ Say "NO."
- ✓ Be respected and loved.
- ✓ Be safe.
- ✓ Have my own feelings and express them.
- ✓ Have my limits and values respected.
- ✓ Refuse affection.
- ✓ Have my privacy respected.
- ✓ Accept a gift without having to give anything in return.
- ✓ Have private time and my own space.

I have the responsibility to:

- ✓ Determine my limits and values.
- ✓ Respect the limits of others.
- ✓ Communicate clearly and honestly.
- ✓ Decide whether my choices are healthy.
- ✓ Not to inflict physical, emotional or sexual abuse.
- ✓ Recognize that alcohol or drugs cannot be used as an excuse for abusive behavior.
- ✓ Ask for help when I need it.
- ✓ Treat others as my equal.

**Dating violence is not your fault!
You are responsible only for your actions, not your partner's.**

You deserve love and safety without being afraid. If a boyfriend or girlfriend hurts, humiliates, insults or swears at you, or forces you to do things you do not want to do, you are experiencing abuse.

You have the right to say NO!

Know the warning signs!

- ✓Extreme jealousy
- ✓Controlling behavior
- ✓Quick involvement
- ✓Unpredictable mood
- ✓Hypersensitive
- ✓Believes in rigid sex roles
- ✓Blaming others for problems or feelings
- ✓Often checks up on your whereabouts

Facts about Dating Violence

- 1 in 3 teenagers has experienced violence in a dating relationship. (Bureau of Justice Special Report. *Intimate Partner Violence*. May 2001).
- A survey of 500 young women ages 15-24 found that 60% were currently involved in an ongoing abusive relationship; all participants had experienced violence in a dating relationship. (Bureau of Justice Special Report. May 2001).
- More than 70% of pregnant teens or teen parents are beaten by their boyfriends. (Dancy, D. 2003. *The Family Violence Forum*, Vol. 2. *Dating Violence in Adolescence*.)
- Of the women ages 15-19 murdered each year, 30% are killed by their husbands or boyfriends. (City of New York, *Teen Relationship Fact Sheet*, March 1998).

Without action the abusive situation will not change. If you or someone you know needs support, encouragement, or help to be safe, talk to someone you trust: A school counselor/teacher, family, trusted adult, your friends or a crisis center such as ATVP.

ATVP

Celebrating 25 Years of Survivors' Strength in 2005

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24-Hour Hotline
Collect Crisis Calls Accepted

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ENDING TEEN DATING VIOLENCE: CREATING HEALTHY RELATIONSHIPS



Alternatives to Violence of the Palouse

Help for victims and
survivors of domestic
violence and
sexual assault

24 hour Crisis Hotline
(208) 883-HELP
Or
(509) 332-HELP