

Dating Violence Hurts

Dating violence is repeated verbal, emotional, physical, or sexual abuse used to frighten, hurt, and control a girlfriend or boyfriend.

It is a power play and may include:

- √ not allowing them to go out with friends
- √ telling them how to dress, act, or think
- √ hitting or slapping
- √ pulling hair
- √ threatening to find someone else
- √ name calling or put downs
- √ not letting them make decisions
- √ expecting them to apologize or cover for you
- √ following them around
- √ constantly criticizing
- √ jealousy
- √ possessiveness
- √ threatening suicide if your partner wants to breakup
- √ accusing them of flirting
- √ forcing sexual acts
- √ talking them into going further sexually than they want
- √ not letting them leave when they want
- √ destroying letters or gifts
- √ blaming them when you are violent

Dating Violence Hurts Everyone

The abused partner may:

- √ be scared
- √ feel confused that someone they love hurts them
- √ deny or minimize the abuse
- √ try to change their behavior to stop the abuse
- √ change the way they dress
- √ give up or be cut off from their friends
- √ start to lose self-confidence

The abuser may:

- √ make excuses for their behavior
- √ think abuse is normal in a relationship
- √ make threats
- √ feel like they do not have control in the relationship
- √ grow increasingly abusive over time
- √ face criminal charges
- √ be dropped from their group of friends

The Hurt Can Stop

If you are being abused:

- √ remember you are not responsible for the abuse — you cannot make someone hurt you — they choose to do it
- √ the abuse will happen more and hurt more without outside help
- √ find someone to talk with about the abuse
- √ think of ways you can be safe
- √ recognize that sometimes it is dangerous to be with them even though you care about your partner

If you are abusive:

- √ no one can make you use violence — you are the only one who can choose to be abusive
- √ no one has a right to control or hurt another person
- √ accept responsibility for your actions
- √ find someone to talk to who can help you
- √ remember, you don't have to physically hurt someone to be abusive — think about all of your behaviors