
Are you dating someone who ...

- ... is jealous or possessive towards you, or won't let you have your own friends?
- ... is always checking up on you or questioning what you do when you're not with him or her?
- ... criticizes or humiliates you in public?
- ... wrongly accuses you of seeing other people?
- ... makes you feel like you are stupid, crazy, or inadequate; or that nothing you do is ever good enough?
- ... makes you feel afraid of the reaction if you disagree with him or her?
- ... pressures you into sex?

If you

answered "yes" to any of these questions, you are in an abusive relationship.

If you have been a victim of dating violence, here are some **steps you can take** to help you get out of the relationship and begin to recover:

- 1) *Always remember to stay safe*
 - 2) Tell someone you trust about the abuse
 - 3) File a police report
 - 4) See a doctor for treatment of any injuries you may have
 - 5) Seek counseling
 - 6) Remember you are not alone!
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If you need help, please call:

National Hotline

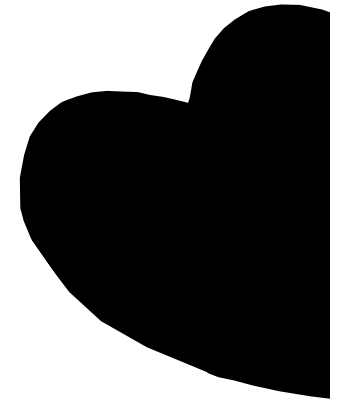
1-800-799-SAFE

1-800-799-7233

Se habla Español

Program's phone
number in your area:

DATING VIOLENCE



Are YOU in an *Abusive Dating Relationship?*



Nevada Network Against
Domestic Violence
220 So. Rock Blvd., Suite 7
Reno, NV 89502
Voice/TTY 775-828-1115
Fax 775-828-9911
www.nnadv.org

Keep in mind that YOU have the right ...

- ... not to be physically, emotionally, or sexually abused
- ... to change your mind
- ... to express your feelings
- ... to say “No!”

You

should feel valued, respected, and free to be yourself in a relationship. No one has the right to make you feel bad or confused.

Abusive relationships are likely to get worse over time, and can have all sorts of negative effects on you, including:

- not sleeping properly
- having nausea and/or headaches
- abusing alcohol or drugs
- feelings of anxiety or depression
- missing or cutting classes, or missing work
- not communicating with your parents or family or lying to them because you think they might blame you or stop you from going out
- having less confidence in yourself and feeling like you can't trust anyone
- losing touch with who you are and what is important to you, such as your own opinions, feelings, friends and family.

Statistics on Dating Violence

Up to one-third of young adults between the ages of 16 and 24 have reported being involved in at least one abusive dating relationship.

Girls reported that their boyfriends initiated the violence 70% of the time, while boys reported the girlfriends initiated the abuse 27% of the time; 43% of the time the abuse took place on school grounds.

Approximately 30% of teenagers in dating violence relationships tell no one at all about their situation, and about 61% tell only a friend; less than 3% of teenagers reported a violent incident to an authority figure (i.e. the police, a counselor or social worker), and about 3% told a family member.

50% of girls living in violent households will become victims of partner abuse, while 85% of teen boys living with violence will be abusive to their partners.

As you

can see, people in abusive dating relationships go to their friends for help much more than anyone else. If you have a friend who is being abused, it's important that you listen to her and say the right things. On the following page, you will find a few tips for friends.

Tips for Friends

- **Point out the different types of abuse** (physical, verbal, emotional, and sexual), tell her the abuse won't stop on its own, and that it tends to get worse over time. Be sure to tell her that it is not her fault.
- **Express your concern for her safety** and let her know you're glad she confided in you. Tell her you're worried about her and that she deserves better.
- **Be accepting** and try to understand that there are good times as well as bad in your friend's relationship. Don't get mad at her if she's not ready to break it off right away—tell her you'll support her in whatever she decides to do (and mean it!).
- **Work on a safety plan with your friend** and offer to walk with her to and from school and between classes. **Remember:** *the violence may increase if she takes steps to end the relationship.*
- **Support her strengths** (abusers will often put down or make fun of their partners so that they feel like no one will accept them). Encourage her to take time for herself, and to surround herself with people who support her.
- Above all **be there, listen, and stay there!**

