

TEEN DATING VIOLENCE

A violent boyfriend or girlfriend is dangerous. If you are in an abusive relationship, get out! This violence may happen as an isolated incident or on a regular basis.

1. FORMS OF ABUSE

PHYSICAL	EMOTIONAL	PSYCHOLOGICAL	SEXUAL
Actions which cause physical pain or injury, such as kicking, pushing, or punching	Actions which cause loss of self-esteem, such as name-calling, swearing or criticizing	Actions which create fear, such as isolation or threats	Acts of a sexual nature that are unwelcome or uncomfortable

2. WARNING SIGNS

ABUSER

- Jealousy – Won't let partner talk to others
- Controlling Behavior
- Forces Sex on Partner
- Unrealistic Expectations
- Isolation
- Blames Others for Problems – Blames Others for Feelings
- Hypersensitivity
- Traditional Gender Roles – Believes a man should make all the decisions
- Verbal Abuse
- Cruelty to Animals or Children
- Past Battering
- Threats of Violence
- Breaking or Striking Objects
- Use of Force During an Argument
- Constantly Checking Up on Partner

VICTIM

- Has a poor self-image
- Believes an abusive boyfriend is better than no boyfriend
- Starts doing poorly in school
- Is isolated from her former friends
- Is dependent on him for all the decisions (where they go, what they do together, who they see)
- Makes excuses for his behavior
- Is no longer in control of her life (he picks out her clothes, hairstyle, etc.)

3. FEELINGS ASSOCIATED WITH DATING VIOLENCE

FEAR	GUILT	HOPELESSNESS	ACCEPTANCE
“I will never have another boyfriend.” “I’ll be left out of social events – Prom, Homecoming, school dances and parties.”	“It’s my fault – I should be a better girlfriend and not make him angry.” “If I stop going out with him he can’t make it on his own.”	“No way out.”	“Guys always hit girls.” “He’s the captain of the football, hockey, etc. team. I’m lucky to be going out with him; all my friends think he’s really neat.”

4. DATING RIGHTS

I have the right to:

- Be treated with respect
- My own body, thoughts, opinions, and property
- Have my needs be as important as my partner's
- Not take responsibility for my partner's behavior
- Keep my friends
- Grow as an individual
- Change my mind
- Determine how much time I want to spend with my partner
- Pay my own way
- Assert myself
- Not be abused physically, emotionally, psychologically, or sexually
- Break-up, fall out of love, and leave a relationship

5. WHAT VICTIMS OF DATING VIOLENCE NEED TO KNOW

- You don't deserve to be abused
- You can't change someone who is abusive
- Staying in the relationship won't stop the abuse
- Over time the abuse always gets worse
- If you stay, make a plan to keep yourself safe when the abuse happens again
- Realize the abuse is not your fault
- Try not to isolate yourself – keep up relationships with friends and family
- Don't try to change your partner's behavior (he/she has an emotional problem that may get worse without professional help).

IF YOU ARE IN AN ABUSIVE RELATIONSHIP, TELL A FRIEND, RELATIVE, COUNSELOR, SCHOOL OFFICIAL, CHURCH LEADER, OR ONE OF THE FOLLOWING CONCERNED AND TRAINED ADVOCATES:

VICTIM ASSISTANCE PROGRAM.....	615-3850
PARK CITY PEACE HOUSE.....	647-9161
SALT LAKE CITY YWCA.....	355-2804
SUMMIT COUNTY SHERIFF.....	615-3600
PARK CITY POLICE DEPARTMENT.....	615-5500
KAMAS POLICE DEPARTMENT.....	783-4344

OR CALL:

Statewide Info Line (free at pay phone)

1-800-897-LINK

(8:30 a.m. 5:00 p.m. Mon. – Fri.)

National Sex Abuse Hotline (free at pay phone)

1-800-656-4673

For emergencies, call 911