



Help Is Close By

In a New Relationship? Check It Out!

- Does your partner listen to you and take your feelings seriously?
- How does your partner act with other people?
- What do other people say about your partner? Ask them for information.
- How do you feel about yourself? Do you feel less confident and question your abilities around him or her?
- Does your partner take responsibility for his or her own emotions, especially anger? Or, does he or she blame you for how he or she feels?
- Does your partner make many decisions without consulting you?
- Does your partner lose his or her temper easily?
- Does your partner show his or her anger violently?
- Does your partner use verbally abusive language?

Wonder if Your Relationship Is Abusive?

How many of these questions would you answer with a “yes”?

- Does your partner tell you he or she can't live without you?
- Does your partner accept “no” and avoid pressuring you to do things you don't want to do?
- Does your partner seem possessive or become annoyed or angry when you talk to other people?
- Does your partner want to spend every minute together and get jealous if you go places without him or her.
- Does your partner try to control you or have power over you?
- Does your partner make you choose between him or her and friends and family?
- Does your partner constantly check up on you?

Warning Signs of Abuse

- Dominance
- Isolation
- Intimidation
- Humiliation
- Threats
- Denial and Blame

Where to Get Help

- Counseling: school counselor, mental health clinic
- Tell someone: family member, school personnel
- Talk to the police
- Talk to a friend
- Report abuse to the authorities
- Phone 9-1-1
- Go to this website: www.loveisrespect.org
- Phone any of these national hotlines:

The National Domestic Violence Hotline
1-800-799- SAFE (7233)

The National Teen Dating Abuse Helpline
1-866-331-9474.

LovelsRespect.org National Teen Dating Abuse Helpline
1.866.331.9474

National Youth Crisis Line
1.800.442.HOPE (4673)

National Sexual Assault Hotline
1.800.656.HOPE (4673)

National Center for Victims of Crime* 1.800.FYI.CALL
(1-800-394-2255)

*Monday-Friday 8:30am-8:30pm ET

Remember...

- It's not love when someone is hurting you or trying to control you!
- If you are abused, it is not your fault.
- You are the only one who can get yourself out of an abusive relationship.



Take these steps if you are in an abusive relationship.

- Recognize the relationship as abusive.
- Avoid alcohol and other drugs. Not only are alcohol and other drugs illegal, the use of these drugs clouds your ability to think clearly and act quickly to stay safe.
- Decide to stand up for yourself.
- Get help. Talk to a parent, teacher, counselor, or professional about the situation.
- If you have been physically or sexually abused, get medical attention immediately before you shower or change clothes. Report the situation to the police.
- If you have been physically or emotionally abused, write down what happened.
- Have a support system – friends and family – you can talk to.

Sources: Helpguide, Harvard Health Publications, <http://www.helpguide.org/> Centers for Disease Control and Prevention, Understanding Teen Dating Violence Fact Sheet, www.cdc.gov/ViolencePrevention/pdf/TeenDatingViolence2012-a.pdf