



DATING VIOLENCE PREVENTION “EXPECT and GET RESPECT”

What Is It?

Dating violence is abusive, aggressive and controlling behavior in a romantic relationship. Anyone can be a victim of dating violence. A violent boy or girl friend is dangerous. If you are in an abusive relationship, get out. Physical and emotional abuse isn't caused by love or affection; it destroys love, hopes and dreams.

Forms of Abuse:

Physical - actions which cause physical pain or injury, such as kicking, pushing or punching

Emotional - actions which cause loss of self-esteem, such as name-calling, swearing, threatening to hurt you or criticizing

Psychological - actions which create fear, such as isolation or threats

Sexual - acts of a sexual nature that are unwelcome or uncomfortable, including unwanted touching and kissing

Prevalence; You are Not Alone:

- One in three teenagers has experienced violence in a dating relationship (National Center for Victims of Crime)
- According to a 2003 national survey, 8.9 percent of students in high school have reported being hit, slapped or physically hurt on purpose by their boyfriend or girlfriend (CDC)
- Females ages 16-24 are more vulnerable to intimate partner violence than any other age group (U.S. Department of Justice)
- Approximately 1 in 5 female high school students report being physically and/or sexually abused by a partner (American Medical Association)
- Several studies show that as a dating relationship becomes more serious the potential for and nature of violent behavior escalates

Controlling Behavior; Warning Signs:

- Jealousy
- Intimidation, humiliation and insulting
- Threatening violence to you or your family
- Use of force during an argument
- Breaking or striking objects

- History of battering
- Verbal abuse/name-calling
- Unrealistic expectations
- Isolation
- Blaming others for problems and feelings
- Hypersensitivity
- Cruelty to animals or children
- Forcing traditional gender roles
- Restricting your activities and what you wear
- Constantly checking up on partner
- Forcing sex on partner

Reactions:

- Blame yourself
- Feel helpless, depressed, angry, withdrawn, confused, anxious and/or ashamed
- Fearful of making your partner angry
- Not know what to do
- Neglect your appearance, school and other interests
- Feel protective of your partner

You Have the Right to:

- Respect
- Not to be abused; say no to physical closeness and set limits
- Your own body, thoughts and property
- Assert yourself; communicate what you want
- Have your needs recognized
- Not be responsible for your partner's behavior
- Keep friends
- Determine how much time you will spend with your partner
- Break-up, fall out of love, or leave a relationship

Accessing Help:

- If you are in immediate danger, call 911
- Confide in a person or friend you can trust
- Develop a safety plan for when you go out
- Call for information and referrals:

National Center for Victims of Crime 1-800-FYI-CALL

National Domestic Violence Hotline 1-800-799-SAFE

National Sexual Assault Hotline

1-800-656-HOPE

NYS Domestic Violence Hotline

1-800-942-6906; Espanol: 800-942-6908

NYS Coalition Against Sexual Assault 518-482-4222

Safe Horizon NYC Domestic Violence Hotline

1-800-621-HOPE

NYC Gay & Lesbian Anti-Violence Hotline 212-714-1141