

PROJECT RESPECT

BUILDING HEALTHIER
RELATIONSHIPS

What do we mean when we talk about **dating violence?**

Dating violence isn't an argument once in awhile, or a bad mood after a bad day.

Dating violence (or relationship abuse)
is a **pattern of violent behavior**
that someone uses against a
boyfriend or girlfriend.

Warning Signs of an Abusive Relationship

- Are you afraid to disagree with your partner?
- Does his temper scare you?
- Is she very jealous?
- Does she call you names or yell at you?
- Does he try to control the way you dress or who you see?
- Has he threatened to harm you or commit suicide if you leave?
- Does she throw or break things in anger?
- Does he hit, shove, slap or kick you, or force you to have sex when you don't want to?

Abuse can cause injury or even death, but it doesn't have to be physical. It can include verbal and emotional abuse – constant insults, isolation from friends and family, name calling, controlling what someone wears – and can also include sexual abuse.

No one deserves to be abused.

If you are being hurt in your relationship, or are afraid that you might be at risk, talk to the youth staff at your center, or call The National Teen Dating Abuse Helpline at 1-866-331-9474 for confidential advice and referrals. There are people nearby who can help you.



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