

What is **Teen Dating Abuse**?

Teen Dating Abuse can be physical, emotional or sexual abuse — and is a reality for one in three adolescents in the U.S. It can happen to all types of people, regardless of your age, gender, race, sexual orientation, religion, or zip code.

physical

Your partner hits you, hurts you, or physically restrains you. They break your property or threaten to hurt you.

emotional

Your partner is jealous or controlling, says hurtful or insulting things to you, lies to you, or makes you feel worthless.

sexual

Your partner threatens or forces you to engage in sexual activities you don't want to do. They make you feel guilty for saying no, or make you feel like you have to say yes.

deserve
share
ask
reach
out
encourage
ask

We are here to help.

If you are or have experienced teen dating abuse, or know someone who has, we are here to help. These resources can help you explore your risk level, assist with safety planning, and support your journey to healing. If you are hurting someone you love, these resources can help you stop abusive behaviors.

Resources include:

- Sojourner: 414-933-2722
- Priceless Incite: 414-367-4692
- UMOS Latina Resource Center: 414-389-6510
- Pathfinders Youth Shelter: 414-271-1831
- Walker's Point Youth & Family Center crisis line: 414-647-8200
- Teen Dating Abuse Helpline: 866-331-9474
- Domestic Violence Hotline: 800-799-SAFE
- Rape, Abuse, and Incest National Network (RAINN): 800-656-HOPE

- www.pricelessincite.com or message them on Facebook
- www.loveisrespect.org or Text* loveis to 22522
- www.dare2knowwi.org
- www.roomtobesafe.org/youth/
- www.breakthecycle.org
- www.thatsnotcool.com



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Is your relationship **healthy**?

LEARN THE SIGNS

He says I'm the reason he's always angry.



I'm not supposed to talk to you anymore!



She's always checking my phone and has to know where I am.



He told me to quit the team. What should I do?



Are you in a **healthy relationship?**

It's normal to feel like everything is perfect at the start of a relationship; but sometimes it is hard to see that a relationship isn't as healthy as it should be.

Hopefully, you and your partner are treating each other with kindness and respect. Not sure if that's the case? Take a step back and ask yourself, does my partner...

- Criticize the way I look or dress?
- Get jealous when I talk to other guys or girls?
- Want me to quit an activity, even though I love it?
- Raise a hand when angry, like they are about to hit me?
- Try to force me to go further sexually than I want to?
- Treat me roughly or even hurt me, but later says, "I didn't mean it" or "It's your fault because you made me mad?"
- Threaten me with a weapon of any kind?
- Call me names, put me down, or humiliate me?
- Threaten to hurt or kill themselves if I leave?
- Tell me what friends I can have or when I can spend time with my friends?
- Always have to be right and will never admit that they made a mistake?
- Lie about things they did and make me feel crazy when I call them on it?

If you are being hurt...

If you feel you are in a relationship that is unhealthy, know that you are not alone. Two thirds of 12 to 18 year olds in a relationship said they had been abused by their partner.

It is important that you reach out for help. Here are some things you may consider doing:

TELL SOMEONE: Confide in someone you trust, like a friend, family member, teacher, guidance counselor, spiritual leader or doctor.

CHANGE YOUR ROUTINE: Use the buddy system when you are going places and change your route to school or work.

GET MEDICAL HELP: If you have been physically injured, sexually hurt, or had sexual contact without protection, talk to your doctor.

TAKE PRECAUTIONS:

- When you go out, tell someone where you are going and when you'll be back.
- Memorize important phone numbers, such as people to contact or places to go in an emergency.
- Keep a cell phone handy for immediate access to communication.
- Go out in a group or with other couples.
- Have money available for transportation if you need to leave.

If you know someone being hurt...

Maybe you've witnessed your friend being hurt by the person they are dating. If you are worried your friend might be in an unhealthy relationship, here are some ways you can help:

- Encourage your friend to talk to you and share what they are feeling or experiencing.
- If your friend makes excuses for the other person, remind them that no one deserves to be abused.
- Don't blame your friend for what is happening. Instead, ask how you can help.
- Don't tell your friend to leave the relationship since they might be afraid of being harmed by the other person. Instead, keep encouraging them to reach out for help.
- Avoid any confrontations with the abuser. This could be dangerous for you and your friend.
- If you believe your friend is in serious danger, talk immediately with an adult you trust, like a family member or even the police, about your friend's situation.

If you are hurting someone...

If you are doing something that is hurtful to another person, you need to seek help. It is never okay to hurt others. Ask yourself the following questions; do I...

- Hit, slap, push, pull hair, or choke my partner?
- Often feel jealousy?
- Believe I have the right to know what my partner is doing and where they are all the time?
- Call or text my partner constantly and get mad if they don't respond?
- Enjoy seeing my partner in pain, crying or hurt?
- Break or destroy my partner's belongings?
- Feel afraid of asking for help because I might lose everything that is important to me?
- Think about "getting even" with my partner?
- Twist things around, lie or exaggerate to make my partner doubt their thoughts or feelings?

If you answered yes to any of these questions, it's important to get help. Addressing the cause of your behavior will take time, but if you want a healthy relationship, you need to make the commitment.

TALK TO SOMEONE

If you are in trouble and need help, talk to a trusted adult who might be a mentor, coach, family member, or teacher. It is important to get help.

It is important to know that some adults have to report abuse to law enforcement. If you'd like to talk to an adult anonymously, call Sojourner at 414-933-2722.

