DATEING VIOLENCE

Community Resources

Domestic Violence 24-hour Crisis Line
800 799-SAFE

Project Sister (Rape Crisis Center)
909 626-HELP or 909 966-4155

Support Network
800-572-2782

National Domestic Violence Hotline
1-800-787-3224

Myth: Abuse means physically hurting someone.

Fact: Abuse does not only mean physically hurting someone. Abuse also includes hurting someone psychologically/emotionally, verbally or sexually. One in three people experiences violence in a dating relationship. Dating violence is aggressive, abusive and controlling behavior.

A Few Warning Signs That Your Date May Have An Abusive Behavior

• Possessive
• Controlling
• Bad tempered/easily angered
• Isolates you from your friends or family
• Blames others for his/her problems
• Threatens force or violence
• Uses force during arguments
• Verbally abusive

Is Your Relationship Unhealthy? Ask Yourself These Questions...

• Are you afraid of your partner?
• Does your partner choose who you hang out with?
• Is your partner making decisions for you?
• Does your partner humiliate you?
• Has your partner’s jealousy limited your independence?
• Has your partner ever kicked or punched you?
• Are you afraid your partner may do these things?

Answering “yes” to any of the above questions is a definite sign of an unhealthy relationship. (Provided by Network for Battered Women)

Ways to Prevent Dating Violence

• Consider double dates or being with a group when first going out.
• When going out, let a friend or parent know when you will be back. Tell your date that you have done this so he/she will acknowledge someone is expecting you back at a certain time.
• Be assertive and direct. Be able to be straightforward about what you want, like or dislike in relationship. Having these goals or plans will help create a positive outlook on the relationship.

• Remember that you are of importance and no one deserves to be abused or threatened. Turn to someone you can trust such as a teacher, family member, friend, counselor at psychological services, or a nurse at Health Services. These resources are here to specifically help you, so now it is your step to go there. If you decide to tell any of these members, they are legally required to report neglect or abuse to the police or child protective services.

Help Someone Else
If you know someone who might be in an abusive relationship:

• Tell them you are worried.
• Be a good listener.
• Ask how you can help them seek help.