

You deserve a safety zone.

Know the facts about teen dating violence.



It's called **real** life.

You dream about the possibilities. And as a teen, life is all about exploring. But knowing when you're being hurt is an important part of becoming an adult. Are you in an abusive relationship? Do you know a friend who is being abused? Don't let others put you down. And don't do it to yourself either. Like they say, love yourself.

Time to get real

You might think: People who get hit by their partners must set them off by doing something wrong.

Reality check: Dating violence is not about couples making each other mad or arguing. It's about power and control. No one makes another person act violently; it's a choice. And there's no excuse for dating violence.

You might think: My partner must really love me since he or she always checks up on me and wants to be around me 24/7.

Reality check: Jealousy and possessiveness are early warning signs of abuse. They often mean the person sees you as a possession, not as a partner. In a healthy, loving relationship, people trust and support one another and respect each other's independence.

You might think: Dating violence only happens to people using drugs or alcohol.

Reality check: Although alcohol and drugs may be present during violence, those substances don't necessarily cause the violence. Violence is a learned behavior and it's the wrong choice for resolving conflict.

You might think: The violence will stop once we get married or have a baby.

Reality check: Many pregnant teens say abuse began or got worse after they got pregnant. And the abuser's possessiveness, insecurity, and violence usually increase after a couple is married.

get the **4-1-1**

One in five high school girls, and one in 10 high school boys has experienced teen dating violence. This means that it's likely that you or a friend may face this issue. Learn the facts so you can help break the cycle of violence.

Dating violence is about one person using power to control their boyfriend or girlfriend through fear and intimidation, often including the threat or use of violence.

This may include:

- **physical abuse** such as being hit, punched, slapped, or choked
- **emotional abuse** such as being threatened, told what you can wear and who you can see
- **verbal abuse** such as being told that you're stupid, getting yelled at, or made fun of
- **sexual abuse** such as being raped or forced to do something sexual against your will, forced to have unprotected sex, and ignored when you say "no"

ask yourself

How healthy is my relationship? Check True or False:

T or F Does my partner:

- ☐ ☐ act extremely jealous and constantly accuse me of flirting and cheating? Always check up on me?
- ☐ ☐ put me down and make me feel like I can't do anything right?
- ☐ ☐ tell me who I can and can't see or talk to?
- ☐ ☐ force me to have sex or prevent us from using protection?
- ☐ ☐ have big mood swings, one minute yelling and angry, and the next minute sweet and apologetic?
- ☐ ☐ hit, slap, kick, punch, or threaten me with physical harm?
- ☐ ☐ threaten to hurt me, my family, or friends if I ever talked to them about what's really going on in our relationship?

If you answered "True" to any of the above, your relationship may not be as healthy as you deserve. If you feel unsafe with your partner, talk with your nurse or doctor. They're concerned about you and care about your safety, and they're ready to help. Check out the safety plan on the next page to make a plan for yourself.

You deserve to be treated in a loving, respectful way by your boyfriend or girlfriend. No matter what your background, age, or sexual orientation is, you have the right to a healthy relationship free of violence.

If someone you know is being abused

Your friend may feel that he or she has nowhere to go or that it's his or her fault.

- Give emotional support and express concern for your friend's safety
- Don't downplay the danger or judge your friend's choices
- Help your friend find the local organizations that can provide help
- Tell an adult that you trust
- If you think an assault is occurring, call **911**

If someone you know is doing the abusing

- Say something. Silence is the same as saying the abuse is OK.
- Tell them their actions bother you, and that you feel bad when they insult their partner
- Tell them you care about them and urge them to get help by talking to a teacher, counselor, doctor, or other adult
- Don't agree with any excuses they make for the abuse



where to get help

National Domestic Violence Hotline
1-800-799-SAFE or **1-800-799-7233**
ndvh.org

Family Violence Prevention Fund
endabuse.org

Kaiser Permanente Northern California
Family Violence Prevention Program
kp.org/domesticviolence

Kaiser Permanente Health Encyclopedia
kp.org

National Library of Medicine
nlm.nih.gov/medlineplus/domesticviolence.html

National Women's Health information Center
4woman.gov/violence/types/dating.cfm

National Teen Dating Violence Helpline
loveisrespect.org

Centers for Disease Control and Prevention (CDC)
www.chooserespect.org

Liz Claiborne's "Love is Not Abuse" campaign
loveisnotabuse.com

Community United Against Violence Support Line
Lesbian, gay, bisexual, and transgender sensitive support
1-415-333-HELP or **1-415-333-4357**
cuav.org

Rape, Abuse and Incest National Network (RAINN)
1-800-656-HOPE or **1-800-656-4673**
million.rainn.org

Dating bill of rights

- I have the right to be treated with respect.
- I have the right to say NO and not feel guilty.
- I have the right to change my mind.
- I deserve NOT to be hit.
- I do not deserve to be called stupid.
- I have the right to decide what I wear and who my friends are.

think safety

If you're in an abusive relationship, it's important to think about your safety. Remember that the abuse is never your fault and that you're not alone. The support of your friends, family, teachers, counselors, and clergy can help you break free of dating violence - so don't be afraid to reach out.

Talk to someone you trust about what's going on.

A trusted family member, teacher, doctor, or nurse I can talk to is: _____

Call the toll-free **National Domestic Violence Hotline** at **1-800-799-SAFE** or **1-800-799-7233** (24 hours a day, 7 days a week)

The hotline can provide national resources to teens and can help you plan your next steps. You don't even have to tell them your name if you don't want to.

A convenient, private place where I can make a call is: _____

If you're in immediate danger, call 911. Always trust your instincts.



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Family Violence Prevention Program 3-08