

### What is teen dating violence?

It is what happens in a dating relationship when one person uses physical, emotional, financial and/or sexual abuse to gain power and keep control over the other person.

### What do we know about teen dating violence?

- ◆ Studies show that at least one in ten teens will be in an abusive relationship.
- ◆ In abusive relationships between boyfriend and girlfriend, 95% of the time, it's a boyfriend abusing a girlfriend.
- ◆ It's not easy to leave an abusive relationship at any age. It's even harder for teens to leave abusive relationships because of fewer resources and uninformed adults who think it's, "just two kids fighting".
- ◆ Abuse happens in all different kinds of relationships, including same sex/same gender relationships.
- ◆ Teen dating violence can happen to anyone no matter what his or her race or where they live.
- ◆ Police, counselors and schools can be uninformed about racism or sexual orientation and sometimes don't provide the same support to all kids and young adults.

### How can I tell if I am in an abusive relationship?

- ◆ Are you afraid of the person you're going out with?
- ◆ Do they call you names; make you feel stupid, or tell you that you can't do anything right?
- ◆ Do they say that no one else would ever go out with you?
- ◆ Does the person you're involved with tell you where you can and can't go or whom you can and can't talk to?
- ◆ Do you feel cut off from your friends and family?
- ◆ Do you feel if you say no to sexual activities that you will get in trouble? Do you feel pushed or forced into participating in sexual acts?
- ◆ Does the person say it's your fault when they hurt you?
- ◆ Does this person shove, grab, hit, pinch, hold you down or kick you?
- ◆ Is the person you're seeing really nice sometimes and really mean at other times (almost like they have 2 personalities)?
- ◆ Does this person make frequent promises to change?
- ◆ Do they pretend they never hurt you? Or do they tell you that you are "making too big a deal" out of it?

being abusive towards you. You may want to look at your relationship more closely.

### What can I do if my friend is in an abusive relationship?

- ◆ Tell them it's not their fault.
- ◆ Tell them they don't deserve it.
- ◆ Believe them, and let them know that you do.
- ◆ Don't spread gossip... it could put them in danger.
- ◆ Don't try to make them do anything they don't want to (it won't work unless it is their decision).
- ◆ Tell them they're not crazy, because they're going to feel that way.
- ◆ Encourage them to build a wide support system... go to a support group, talk to a friend or family members.
- ◆ Don't blame them for the abuse or their decisions; leaving an abusive relationship is hard and usually takes a long time.
- ◆ See if they need medical attention. They may not realize how badly they are hurt.
- ◆ Encourage them to take a self-defense course.
- ◆ Give them good information on abuse – you can call the crisis line or other family violence centre for information and support.

**If the answer to any of these questions is "yes", your partner is**

## If you are being abused you do have choices...

- ◆ You can call your local crisis line to get help and information.
- ◆ You can tell your friends or parents.
- ◆ You can talk to a teacher, counselor or some other adult who may help you.
- ◆ You can take a self-defense course.
- ◆ You can take legal action.

## For more information:

### Crisis Hotlines:

Support Network Distress Line 482-4357  
Emergency Social Services (after hours) 427-3390  
Child Abuse Hotline 1-800-387-5437  
Crossroads Outreach (youth) 474-7421  
Kids Help Line 1-800-668-6868  
Seniors Abuse HelpLine 454-8888  
Sexual Assault Centre 423-4121

### Police:

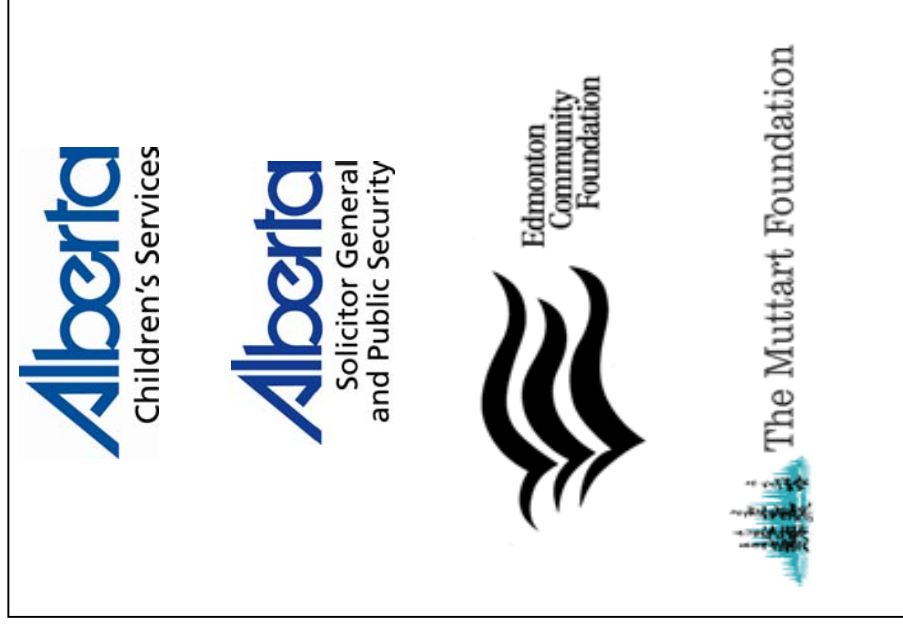
Emergency 911  
Non-emergency Complaints 423-4567

### Shelter Crisis Lines:

A Safe Place 464-7233  
Lurana Shelter 424-5875  
WIN House 479-0058  
Senior Safe Housing 702-1520  
Youth Emergency Shelter Society 468-7070

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## Funding Provided By::



## TEEN DATING

## VIOLENCE HAPPENS

This information has been adopted from:

***Teen Dating Violence Happens... but you can stop it.***

[http://www.bradleyangle.org/For\\_Teens/teen\\_dating\\_violence.htm](http://www.bradleyangle.org/For_Teens/teen_dating_violence.htm)

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