

What to do if your girlfriend/boyfriend is abusive

- ▶ Talk to a parent , another family member, a friend, or your school counselor. You don't have to go through this alone!
- ▶ Get help from professionals. The YWCA is here 24/7/365 to help you. Just call 1-866-YES-YWCA. All calls are confidential.
- ▶ Develop a safety plan.
- ▶ Avoid being alone at school, your job, or on the way to and from places.

What to do if a friend is being abused

Most teens talk to other teens about their problems. If a friend tells you things that sound like his or her relationship is abusive, here are some suggestions on how to help.

- ▶ Express your concerns. Tell your friend you're worried. Support, don't judge.
- ▶ Encourage your friend to confide in a trusted adult and to reach out for help.
- ▶ Never put yourself in a dangerous situation. Don't try to mediate or otherwise get involved directly.
- ▶ Call 911 if you witness an assault. Tell a trusted adult—parent, teacher, counselor, or school resource officer—if you suspect the abuse but don't witness it.

Date/Acquaintance Rape Prevention

Estimates vary but researchers estimate date and acquaintance rape may account for up to 70% of all sexual assaults. Just because you "kind of" know someone, or the person is a friend of a friend , doesn't mean you are safe alone with him/her. Below are a few tips to help avoid becoming a victim of date/acquaintance rape.

- ▶ Consider double-dating the first few times you go out with a new person.
- ▶ Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home. Let your date know that you are expected to call or tell that person when you get in.
- ▶ Be aware of your decreased ability to react under the influence of alcohol or drugs.
- ▶ Don't fall victim to a date rape drug. Keep your drink with you at all times and *never* drink out of someone else's glass.
- ▶ If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom. Ask a friend to call and make sure you arrived home safely.
- ▶ Assert yourself when necessary. Be firm and straightforward in your relationships. Trust your instincts.

If you are in immediate danger call 911

The YWCA of St. Joseph County is here for victims of abuse. If you need help call our 24 hour Crisis Line at:

1-866-YES-YWCA

or

1-574-232-9558

All calls are confidential

For more information about the programs and services offered by the YWCA of St. Joseph County visit us online

www.ywcascj.org

Teen Dating Violence



*What teenagers
need to know*

**eliminating racism
empowering women**
ywca
st. joseph county

What is dating abuse?

If the person you're involved with acts controlling, aggressive, coercive, or violent, that's abuse. Relationships can be abusive even if there is no hitting; abuse can be verbal, emotional, physical, or sexual. Still not sure if your relationship is abusive? Ask yourself these questions.

1 in 5 teenagers has experienced violence in a dating relationship.



"Does my boyfriend or girlfriend..."

- >Call or text me constantly to find out where I am, who I'm with and what I'm doing?
- >Pressure or bully me into texting or emailing photos of myself?
- >Threaten to share the photos with others if I don't do what he/she wants?
- >Tell me what to wear?
- >Have to be with me all the time?
- >Act jealous, possessive, and controlling?
- >Follow me or track where I go?
- >Show up repeatedly at my home or work uninvited?
- >Touch or kiss me when I don't want to? Force me to have sex?
- >Refuse to allow normal contact with my family and friends?
- >Constantly make decisions for me?
- >Shove, slap, kick or hit me?
- >Use alcohol or drugs and threaten to break up with me if I don't do it too?

If you answered yes to any of the above questions. you may be involved in an abusive relationship.

We can help.

Girls and women ages 16 to 24 are most likely to be abused in a dating relationship.



Your cell, IM, and online accounts are all a big part of your life. When someone you're dating is controlling, disrespecting, or pressuring you in those spaces...***that's abuse!***

1 in 3 teens say they have been text messaged 10, 20, 30 times an hour by a girl/boyfriend wanting to know where they are, what they're doing, or who they're with.



More than half of teen girls say pressure from a guy is a reason girls send sex messages or images, and 18% of boys say pressure from a girl is the reason.

1 in 4 teenagers in a relationship have been called names, harassed or put down by a partner through cell phones and texting.

