



## TEEN DATING VIOLENCE

### Dating Violence: A Guide for Teens

*First, realize you are not alone.*

- You may feel sad, depressed, ashamed, angry, helpless, lonely, humiliated, trapped, or numb. You may feel protective of the person who is mistreating you. You may still want to be in a relationship but just want abusive behaviors to end. If you are ready to end the relationship but scared to do so, it's a good idea to plan ahead.

*Don't keep the abuse a secret.*

- Tell someone you trust; use a code word if you are in danger, and call the police. Have phone numbers and money with you in case you cannot get to a cell phone or somewhere safe. Know how to make a collect call and have a safety plan. Always get your parents or an adult involved.

*Plan not to go alone to class, work, home, or social situations.*

- Make school staff and others aware of your situation. Keep a log of each time the abuser contacts, threatens, follows, or hurts you. Stalking is serious and can lead to more dangerous situations.

*Trust your instincts.*

If you get a feeling that you are unsafe, you probably are.

*If you are immediate danger, call 911.*

### How to Help Someone

*If someone you know is being abused or is in an unhealthy relationship, here's how you can help.*

- Listen and believe the person. Show support.
- Tell the person it is not his/her fault, you are worried for his/her safety, and how he/she is being treated is not ok.
- Do not minimize the situation or blame the victim for the abuse.
- Help the individual to make his/her own decisions on how to seek help. Never tell him/her what to do or what you would do in the situation.
- Avoid challenging the abuser, as this could become dangerous. Don't put yourself in the middle of the conflict.
- Remind the person of his/her strengths and that people do care about what happens.
- Find someone with whom you can discuss your feelings about the situation.
- Give the individual numbers to hotlines such as YWCA Women in Crisis (guys can also call) at 757-625-5570.

*If you witness an assault, call 911.*

#### RESOURCES:

YWCA Women in Crisis Helpline 757-625-5570

YWCA Response Sexual Assault Hotline 757-622-4300

National Teen Dating Abuse Helpline 866-331-9474