

Recognizing Teen Dating Abuse

WHAT TYPE OF RELATIONSHIP ARE YOU IN?

Does your boyfriend or girlfriend:

- Communicate openly with you when there are problems?
- Give you space to spend time with your friends and family?
- Supportive and respectful?

If you answered yes to these questions, it is likely that you are in a healthy relationship. Trust your own instincts about your relationship to keep yourself safe and comfortable.

Does your boyfriend or girlfriend:

- Control where you go, what you wear, or what you do?
- Try to stop you from seeing or talking to family or friends?
- Call you derogatory names, put you down, or criticize you?
- Threaten or scare you?
- Hit, slap, push, or kick you?
- Force you to do something sexual when you don't want to?

If you answered yes to any of these questions, your health and safety may be at risk. If you think you may be in an abusive relationship, there are people you can talk to and resources that can help.

GET HELP:

If at any time you feel that you are in immediate danger, call 911.

Below are national hotlines that can help you 24 hours a day, 7 days a week:

**National Teen Dating
Abuse Helpline**
866-331-9474
866-331-8453 TTY
www.loveisrespect.org

**National Domestic
Violence Hotline**
800-799-SAFE (7233)
800-787-3224 TTY
www.ndvh.org

**Rape, Abuse & Incest
National Network
(RAINN) Hotline**
800-656-HOPE (4673)
www.rainn.org

There are also local shelters, domestic violence and sexual assault agencies, teen programs, and family violence support groups that can help you stay safe. For more information, call any of these hotlines or ask an adult you trust about your local resources.

Remember, you have the right to a violence free relationship. The abuse is NOT your fault.