

**FIVE**  
**LAME EXCUSES FOR**  
**NOT GETTING INVOLVED**

**READY TO TAKE ACTION**  
**OR LEARN MORE?**

**I AM PART OF THE PROBLEM**  
 **I AM PART OF THE SOLUTION**

IT'S NOT MY BUSINESS.  
SOMEONE ELSE WILL DO  
SOMETHING ABOUT IT.  
I TRIED ONCE ALREADY.  
I WON'T MAKE  
A DIFFERENCE.  
BUT THEY'RE MY FRIENDS.

Visit **www.SeeltandStopIt.org**

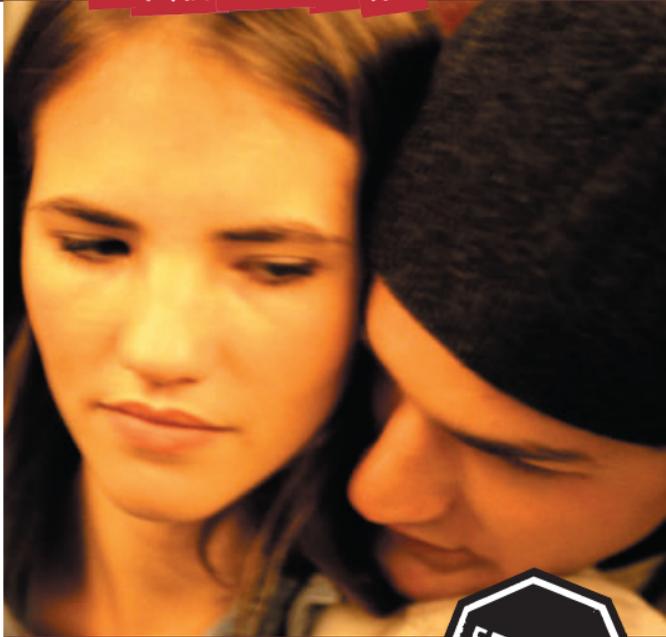
In an emergency, always dial 911

For Rape and Sexual Assault Services  
dial 1-800-656-HOPE (4673)

For Domestic Violence Crisis Services  
dial 1-800-799-SAFE (7233)

**CTIA** **The Wireless Foundation**  
www.wirelessfoundation.org

**Family Violence  
Prevention Fund**  
www.endabuse.org



**How to be a real friend  
and deal with dating violence.**

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## WHAT IS DATING VIOLENCE?

Dating violence is abuse that is committed by a current or past boyfriend or girlfriend, and can come in many forms:

**Verbal abuse** is using name calling, verbal threats and intimidation to control your boy/girlfriend.

**Physical abuse** includes actions like pushing, hitting, punching, kicking, and/or causing bodily harm.

**Emotional abuse** involves playing mind games to make your boy/girlfriend feel crazy or worthless.

**Sexual abuse/sexual assault** is unwanted sexual contact, either directly or through clothing, that is committed by using force, threats, or without consent of the other person.

## WARNING SIGNS

### When one person

- Closely monitors the other's behavior.
- Is extremely jealous and/or controlling.
- Cannot control his/her anger.
- Tells the other how to dress, what to say, and how to act.
- Tries to limit the time that his/her boy/girlfriend can spend with friends.
- Insults the other in public.
- Breaks or hits things to intimidate the other.
- Blames the other for their own problems.

### And the other person

- Goes through dramatic changes (in dress, personality, behavior).
- Tries to cover up bruises or injuries.
- Becomes isolated from friends or family.
- Always worries about making their boy/girlfriend angry.
- Gives up things that were once important to him or her.
- Has a boy/girlfriend that wants him/her to be available all the time.

## LITTLE THINGS THAT YOU CAN DO TO MAKE A DIFFERENCE

**Learn the warning signs** of abuse and watch for them.

**Share your concern.** Tell your friend that you are worried about him/her and ask how you can help.

**Offer help.** Provide assistance he/she may need to get help and stay safe.

**Speak up.** When you see something you think is wrong, say something about it.

**Don't make excuses for abuse.** Even if someone is having the worst day ever, it is no excuse to abuse anyone.

**Be involved, but be careful** not to put yourself in a dangerous situation (for example, don't confront the abuser directly).

**Talk about it.** Bringing it up makes a difference.