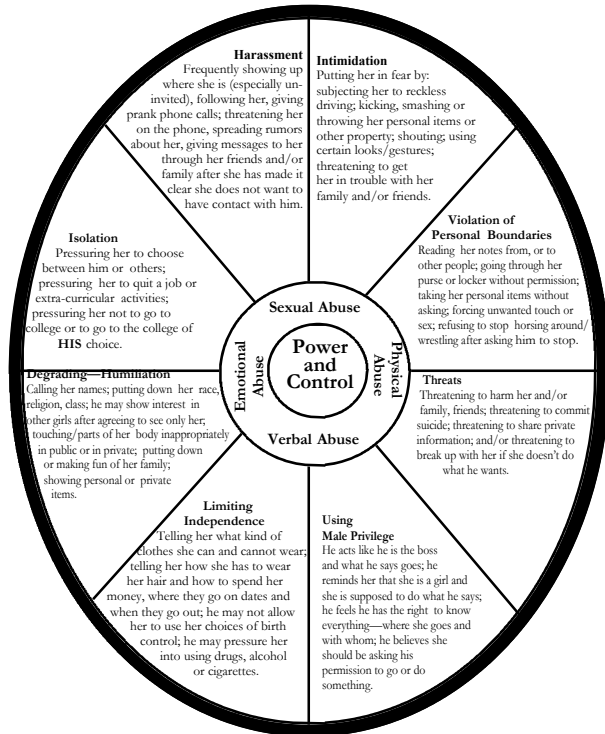


# WHAT IS DATING VIOLENCE?

85% of the victims of dating violence are female.

Therefore, we choose to represent the abuser as "he".

We do recognize that females can be abusive.



Sources  
Domestic Abuse Intervention Project  
Duluth, Minnesota

Violent behavior rarely stops or gets better without intervention, but talking about your concerns with someone you can trust is a good start.

Please call Southern Valley Alliance for Battered Women at 952-873-4214 if you want to talk or need help.

Phones are answered 24/7 and collect calls are accepted.

# DATING BILL OF RIGHTS

I have the right to refuse a date without feeling guilty.

I have the right to be myself without changing to please others.

I have the right not to act macho.

I have the right not to act feminine.

I have the right to start a relationship slowly.

I have the right to say "NO" if I don't want physical closeness.

I have the right to speak my mind and to be heard.

I have the right to spend time with other people without feeling guilty.

I have the right to have a say in where we go and what we do.

I have the right to end a relationship without fear of retaliation.

Southern Valley Alliance  
for Battered Women  
952-873-4214



# LOVE SHOULDN'T HURT!



If someone who says they love you is hurting you, there is help and support

*One in four teens report being a victim of violence in their dating relationship.*

## Are You One Of Them?

We can help if you are.

Southern Valley Alliance  
For Battered Women  
952-873-4214

Phones answered 24/7

## Ten questions to help you decide if your relationship is or could become violent.

1. Is your boyfriend/girlfriend jealous?
2. Is your boyfriend/girlfriend possessive, does he/she allow you to spend time with friends?
3. Are you afraid of being physically hurt or what your boyfriend/girlfriend will do if he/she becomes angry?
4. Have you done things that you didn't want to do to keep him/her from getting angry?
5. Does your boyfriend's/girlfriend's behavior change when he/she drinks or uses drugs?
6. Do you feel it is your responsibility to make the relationship work?
7. Are you uncomfortable with your boyfriend's/girlfriend's "playful" slapping or shoving?
8. Has your boyfriend/girlfriend ever threatened to hurt you?
9. Has your boyfriend/girlfriend ever struck you?
10. Are you afraid to end this relationship?

OR

1. Are you jealous of your girlfriend/boyfriend?
2. Are you possessive of your girlfriend's/boyfriend's time?
3. When you become angry with your boyfriend/girlfriend are you ever afraid you would hurt her/him?
4. Do you notice your girlfriend/boyfriend doing things to keep you from getting angry?
5. Does your behavior change when you drink or use drugs?
6. Do you think it is the other person's responsibility to make the relationship work?
7. Do you think "playful" slapping or shoving is all right?
8. Have you ever threatened to hurt your girlfriend/boyfriend?
9. Have you ever struck your girlfriend/boyfriend?
10. Have you ever threatened your girlfriend/boyfriend in any way or she/he tried to end the relationship?

## DATING VIOLENCE: WHAT YOU SHOULD KNOW!

Abuse is **NEVER** the victim's fault! Abusers often blame the other person for "causing" the abuse. It is the abuser who needs to change his or her behavior.

Abuse often follows a pattern. Abusers often regret their actions and apologize. But before long, they abuse again. The abuse/violence usually gets worse, not better, without intervention.

Jealousy has **NOTHING** to do with love. Many teens equate their partner's jealous and possessive behavior with love. Jealousy is **NOT** love, it is **CONTROL**.

You can reduce the risk of dating violence by...

Communicating clearly and letting your partner know you will not tolerate any abuse.

Set your boundaries and stay in control of what is happening to you. Don't use drugs or alcohol, have your own way home in case you need it and always carry a cell phone or change for a pay phone.

