

## Love Shouldn't Hurt

Dating and being in a romantic relationship can be fun and exciting. Unfortunately, too many teens are hurt by the people they date. Dating or relationship violence is a pattern of violence someone uses against their boyfriend, girlfriend, or date and it includes emotional, verbal, physical, and sexual abuse.

### Quiz: Are you In an ABusive Relationship?

1. Are you afraid of your partner or afraid of what your partner will do if you end your relationship?
2. Does your partner call you names, make you feel stupid, or tell you that you can't do anything right?
3. Is your partner extremely jealous?
4. Does your partner try to limit where you go or who you talk to?
5. Do you feel cut off from your friends or family because of your partner?
6. Do you feel threatened by your partner if you say no to touching or sex?
7. Has your partner ever blamed you for his/her violent actions?
8. Has your partner ever shoved, hit, kicked, held you down, or physically hurt you on purpose?
9. Is your partner really nice sometimes and really mean other times as if she/he has 2 different personalities?
10. Does your partner make frequent promises to change and never hurt you again?

*If you answered "YES" to any of the above questions, your partner is being abusive towards you. It is very important for you to be safe and reach out for help.*

### Safety Tips:

- ⇒ Do not meet or hang out with the abusive person by yourself. Go to a public place or a location where your family or friends are nearby.
- ⇒ Avoid being alone at school, at work, or on the way to and from places.
- ⇒ Always tell someone you trust where you are going and when you will be back.
- ⇒ Make sure you can get home or get to a safe place on your own. Bring your own car, money for the bus or taxi, or go to a public place and call friends/family for a ride.
- ⇒ Memorize the addresses and phone numbers of people you trust. Go to these people for help if your date or partner becomes violent or abusive. Call 911 if you are in an emergency situation.

### You Deserve healthy relationships!

### Where to Go for Help:

- ⇒ Educate yourself about dating/relationship violence. Search for information on the internet or at your local public library.
- ⇒ Talk with your parent, family member, teacher, counselor, doctor/nurse, clergy member, or other trusted adult. The less isolated you are, the less opportunity the abusive person has to hurt you.
- ⇒ Seek help from professionals. Go to places such as school health centers or counseling offices, clinics, youth or faith-based organizations, community centers and/or call a hotline.

### Resources:

- ◆ National Teen Dating Abuse Helpline: 1-866-331-9474
- ◆ Rape Abuse Incest National Network: 1-800-656-HOPE
- ◆ Love is Not Abuse: [www.loveisnotabuse.com](http://www.loveisnotabuse.com)

Source:

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