

How to Help a Friend



Here are some suggestions on how you can help a friend who tells you that he or she is being abused.

- If you notice that a friend is in an abusive relationship, talk to them about it. Tell them that you are worried, but do not judge them.
- Encourage them to confide in a trusted adult.
- Point out your friend's positive qualities and strengths. Many people who are in abusive relationships are no longer capable of seeing the qualities that they possess.
- Never put yourself in a dangerous situation by confronting the abuser.
- Call the police if you witness an act of abuse.

Are You Abusive?

Most abusive people don't view themselves as abusive.

They believe that they are normal people who are occasionally forced to show their partner exactly who is in charge.

If you find yourself being abusive, it is important to take some time to think about your actions and their affects on the people for whom you care. Look at the ways in which you deal with jealousy, anger, rejection, and stress and the ways that you can better cope with these emotions. Think about how you would like to be treated. And remember, domestic violence IS a crime that CAN land YOU in jail!

Relationship Rights

You have the right to:

- Refuse a date
- Change your mind
- Express your feelings
- Be respected as a person
- Break up with someone who makes you feel bad
- Not be physically, emotionally, or sexually abused
- Have friends and "space" aside from your partner



TEEN DATING VIOLENCE

You
Can
Hide
The
Bruises



But
You
Can't
Hide
The
Pain

La Casa, Inc.

505-526-9513

Toll Free 1-800-376-2272

Services are Free and Confidential

What is Teen Dating Violence?

Before teens have even figured out how to deal with sex and romance, many face the daily challenge of physical and emotional assault by members of the opposite sex. Many often enter the world of dating and relationships without a clear idea or understanding as to how they should be treated or what a “normal” relationship is. They mistakenly base their actions on what others around them seem to be doing.

Most people think that relationship violence only happens between married persons and growing up, you may receive many messages about who you are and what roles you are expected to play. Images of violence and sex pervade our lives and when you do enter into relationships, jealousy, alcohol, drug abuse, early sexual activity, or a turbulent home life can contribute to acts of physical or emotional violence. When these acts occur, they are often brushed aside as “romantic” or acts of “love”. These warning signs can help reveal the loveless “love” for what it really is.

Warning Signs



You may be at risk if the person you are dating:

- Threatens you
- Is violent or loses temper quickly
- Pressures you or forces you into sex
- Blames you “pushing his buttons”
- Gets serious about a relationship too fast
 - Isolates you from your friends and family
 - Ridicules you and insults you
 - Keeps “tabs” and wants you to “check in”
 - Constantly accuses you of flirting with others
- Tries to control you by giving by making your decisions
- Brags about the mistreatment or abuse toward other partners
- Threatens to harm self if you choose to end the relationship
- Uses drugs or alcohol as an excuse for a violent temper
- Becomes extremely jealous if you talk to other people or go to places on your own

“Who are you trying to impress!?”

A violent relationship means more than being hit by the person who claims to love or care about you. Violence is about power and control.

How to Make it Stop!



If you are being abused by someone whom you are dating, it is not your fault and you are not alone. **It is important that you get help.** An abusive relationship can be extremely dangerous and will not end simply because your boyfriend or girlfriend says that they are going to stop. The abuse will likely worsen over time.

Plan for Your Safety

- Trust your instincts. If you feel that you are in danger, get help immediately.
- If the abuse is just starting, tell the abuser that his/her behavior will not be tolerated. If you fear that he/she will become more violent, confront them in the safe presence of others.
- Let parents, teachers, counselors, or other trusted adults know what is occurring.; always let someone know where you are.
- Call a confidential crisis line, which can be found in the phone-book under “domestic violence.”
- Consider changing your daily routine and route to and from school; let security officers know what is happening.
- Try not to be alone while going to and from school. Decide who you can call for help in case of emergencies.
- Keep spare change, calling cards, numbers to local DV agencies, and the number of someone who can help you.
- Do not spend time alone with the abuser.
- When ending an abusive relationship, do it over the phone. Let other people know what you intend to do.



REMEMBER: Dating Violence isn't just about “being mad” or a “broken heart”; Even if you are not being hurt physically, verbal and emotional abuse are just as painful and more than often lead to physical violence.