

## Does this sound like you?

- You are afraid to disagree with your partner
- Your partner makes decisions for you or tries to influence the decisions you make
- You feel guilty when you spend time with friends or family
- You feel like the problems in your relationship are your fault
- When you are away from your partner, you have to explain what you have been doing
- Your partner becomes jealous easily
- Your partner doesn't take you seriously sometimes
- Others have expressed concerns about your relationship

If you experience some of these concerns, you may need help with dating violence.

## What is dating violence?

Dating violence is usually characterized by a pattern of verbal, mental, and emotional abuse. Physical violence or threats are sometimes involved, but are not necessary for a relationship to be considered violent and unhealthy. Individuals often stay in a violent relationship because they think they can change their partner, because their partner can be very loving at times, or because they are embarrassed or fearful to leave.

## What are some characteristics of dating violence?

- Verbal: Name-calling, mocking, making fun of you, blaming you for things
- Pressure: Making decisions for you, speaking for you, manipulation, guilt-trips, intimidation, telling you what to do
- Disrespect: Interrupting, changing the subject, not listening, put-downs in front of others, saying bad things about your friends and family, ignoring you

- Abuses of trust: Lying, jealousy, cheating, not following through with agreements
- Emotional: Not sharing feelings, not respecting your feelings, not giving you support, not taking your concerns seriously
- Social: Making it hard for you to see friends and family or making you feel guilty for doing so, checking up on you, making unwanted visits or calls

## What are some warning signs?

- Your partner tries to decide what you should do and who you should be with
- Your relationship was serious very quickly
- Your partner wants you to be available all the time
- Your partner thinks you should forgive and forget easily
- Your partner is easily upset
- Your partner asks you to do things that you're uncomfortable doing
- Your partner sulks or is angry until you give in
- Your partner blows things out of proportion
- Your partner tries to hide control by pretending to be concerned

## What are some possible effects of dating violence?

- Physical: headaches, upset stomach, physical harm, death
- Emotional: sadness, fear, anxiety, self-doubt, distrust of others, guilt, worthlessness
- Cognitive: self-questioning, confusion

## What can I do?

If you think that you may be in a violent relationship, talk to someone you can trust, keep yourself safe, and trust in yourself. You don't deserve to be treated that way. Talking to a counselor can help you figure out your options and make decisions.