

# DATING DANGERS

Hurting someone is never a sign of love!!! When a relationship is violent or abusive, the people involved need to either seek professional help to make the relationship work without abuse/violence or get out of it. You don't have to settle for an abusive relationship, and you don't have to continue to behave in abusive ways. Both of you deserve better.

Type of Abuse/Violence	What It Means	How It Works	Early Warning Signs
<b>Physical Abuse</b>	<ul style="list-style-type: none"> <li>Any intentional unwanted contact with the other person's body.</li> <li>Physical abuse does not have to leave a mark or a bruise.</li> </ul>	<ul style="list-style-type: none"> <li>Slapping; Hitting</li> <li>Scratching; Pinching</li> <li>Choking; Strangling</li> <li>Pushing; Shoving</li> <li>Grabbing</li> <li>Kicking</li> <li>Pinching</li> <li>Hair pulling</li> <li>Biting</li> <li>Throwing objects at a person</li> <li>Using weapons</li> </ul>	<ul style="list-style-type: none"> <li>Explosive temper</li> <li>Going into a rage when disappointed or frustrated</li> <li>History of violence</li> <li>Severe mood swings</li> <li>Teasing, tripping, or pushing</li> <li>Threatening to injure</li> <li>Intimidating physical behavior (getting in your face)</li> </ul>
<b>Verbal, Psychological and Emotional Abuse</b>	<ul style="list-style-type: none"> <li>Saying or doing something to the other person that causes the person to be afraid, have lower self-esteem, or cause psychological or emotional distress</li> <li>Manipulating or controlling the person's feelings or behaviors.</li> <li>Behavior that causes harm with words or actions</li> </ul>	<ul style="list-style-type: none"> <li>Insults, Put-downs, Name-calling</li> <li>Embarrassing or humiliating you in front of your friends or family</li> <li>Threats, intimidation</li> <li>Telling the person what to do (how to dress, act, behave)</li> <li>Telling a person's secrets; spreading rumors</li> <li>Jealousy, possessiveness</li> <li>Isolating a person from friends, family</li> <li>Destroying gifts, clothing, letters</li> <li>Damaging a car, home, or other prized possessions</li> <li>Hurting or threatening to hurt pets or loved ones</li> <li>Following, tracking, calling often to see where you are</li> <li>Having to be with you all the time</li> </ul>	<ul style="list-style-type: none"> <li>Extreme jealousy or possessiveness</li> <li>Teasing that includes insults</li> <li>Pouting when you spend time with your friends</li> <li>Threatening to leave you in an unsafe location</li> <li>Trying to control what you do</li> <li>Not letting you hang out with your friends</li> <li>Calling or texting you frequently to find out where you are, who you're with, and what you're doing</li> </ul>
<b>Sexual Abuse</b>	<ul style="list-style-type: none"> <li>Any sexual behavior that is unwanted or interferes with the other person's right to say "no" to sexual advances.</li> <li>Any sexual behaviors that make a person feel uncomfortable</li> <li>Any sexual behavior that is manipulative or coercive</li> </ul>	<ul style="list-style-type: none"> <li>Unwanted kissing to touching</li> <li>Unwanted rough or violent sexual activity</li> <li>Forcing or manipulating someone to go further sexually than he or she wants to</li> <li>Insisting (physically or verbally) that you have sex, even when you have said no</li> <li>Using coercion, guilt and manipulation to have sex</li> <li>Taking advantage of you while you are intoxicated (drink or high) and not able to say no</li> <li>Forced sex</li> <li>Not using or not letting you use birth control for pregnancy and STD protection (condoms, birth control pills)</li> </ul>	<ul style="list-style-type: none"> <li>Using emotional blackmail to talk you into having sex ("If you loved me, you would...")</li> <li>"Everyone else is doing it, come on, what's wrong with you?"</li> <li>"I won't use condoms" (forcing you not to use them)</li> </ul>
<b>Abuse of Privilege/Gender Roles:</b>	<ul style="list-style-type: none"> <li>Behavior that assumes that boys have more power than girls and that boys have special privileges in relationships with girls</li> </ul>	<ul style="list-style-type: none"> <li>The guy makes all decisions for the couple</li> <li>The guy expects his girlfriend to wait on and pamper him</li> <li>The guy treats his girlfriend as if she is property he owns</li> </ul>	<ul style="list-style-type: none"> <li>Expecting you to be available to them at all times; while they may only be available to you when they feel like it</li> <li>Acting overly macho with friend</li> </ul>