

CENTER
FOR SEXUAL ASSAULT &
DOMESTIC VIOLENCE
SURVIVORS

2104 13th Street
Columbus, NE

402-564-2155
or
1-800-658-4482

Crisis Services

- 24 hour/day telephone assistance for teens and family members.
- Help with teen dating safety plans.
- Confidential face-to-face crisis counseling.

Risk Reduction Services

- Arrange for a classroom or group presentation by teen peer educators, the Speakers Bureau.



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Dating...



Am I Safe?

Dating -when it works



- Partners show respect for each other.
- Both partners make decisions and choices about the relationship.
- Partners encourage each other to get involved in activities outside of the relationship.
- Partners are able to easily talk to each other about what they each want.
- Partners enjoy each other and have fun together.

Dating -when it doesn't work



- One partner is afraid of the other.
- One partner bullies or controls the other.
- Someone uses threats or intimidation to get his/her way.
- One partner is jealous of the time the other spends with family or friends.
- One person hits or verbally abuses the other.
- Someone intentionally hurts another physically, emotionally &/or sexually.



Early Signs of Dating Violence



IF YOUR PARTNER...

- Is jealous and possessive of you; wants to control what you wear, eat, where you go. Tries to turn you against your parents.
- Expects you to put up with quickly changing moods. Goes rapidly from angry/jealous to sweet/loving.
- Uses threats of violence to control you. Has threatened suicide if you leave.
- Has a history of violence/abuse with others. Blames you for problems in the relationship.
- Abuses drugs and alcohol and pressures you to take them.
- Causes friends and family to worry about your safety.

**You May Be In An
Unhealthy Relationship**

If You Are In A Bad Relationship-



- **Trust your instincts.** You may have doubts about your dating situation. Trust yourself. If someone is hurting you or causing you to be afraid, it is not a healthy relationship. You deserve better.
- **Find someone to tell.** You may have questions about what is OK in relationships and need help in coming up with options in dealing with the situation. Talk with someone – a parent, friend, the school nurse or a trusted adult. Call the Center for Survivors for free, confidential crisis counseling. Call law enforcement if you are afraid you will be hurt.
- **Think of your safety.** Abusive relationships tend to get worse over time, not better. If you are thinking of breaking up, think of your safety. Take a friend with you, use a public location, or tell your partner your concerns over the phone. Tell your family about your need for safety.

What To Do If Your Friend Is Abusing Someone-

- Don't make excuses. Being drunk does not cause violence. "Losing control" is not a reason for abuse. Using violence to get what you want is very controlling.
- Don't ignore it. Typically, it's not going to get better without assistance. Encourage your friend to get help.

What To Do If Your Friend Is Being Abused-

- Believe and support your friend. This is difficult to go through. Listen to him/her.
- Address the abuse. Don't ignore it or make excuses. Let your friend know this hurtful behavior is abuse.
- Be sure to include your friend in social plans.
- Don't blame your friend or tell him/her what to do. Help your friend to identify options. Encourage him/her to seek help and accompany your friend for support.