

TEEN DATING SAFETY

**National Teen Dating Abuse Hotline:
1-866-331-9474
(1-866-331-8453 TTY)**



Statistics show that one in three teenagers has experienced violence in a dating relationship. In dating violence, one partner tries to maintain power and control over the other through some kind of abuse. Dating violence crosses economic, racial and social lines. Most victims are young women who are also at higher risk for serious injury.

WARNING SIGNS OF AN ABUSIVE DATING RELATIONSHIP

- Do you feel nervous around your dating partner?
- Do you have to be careful to control your behavior to avoid your partner's anger?
- Do you feel pressure to say yes to sex?
- Does your partner criticize or humiliate you in front of others?
- Are you questioned about what you do or where you go?
- Is your partner jealous of your relationships with other people?
- Do you feel that nothing you do is good enough for your partner?
- Has your partner ever accused you of being unfaithful?
- Does your partner blame his/her abusive behavior on you?
- Has your partner threatened suicide if you break up?
- Have you given up friends and/or school activities because your partner wants to be with you all the time?
- Does your partner tell you what to wear?
- Does your partner get angry quickly and often?

- Physical signs of injury
- Failing grades
- Emotional outbursts
- Truancy, and or dropping out of school
- Changes in mood or personality
- Isolation from friends and family
- Use of drugs/alcohol — where there was no prior use.

COMMON CLUES THAT INDICATE A TEENAGER MAY BE EXPERIENCING DATING VIOLENCE

SAFE DATING STRATEGIES

- Vary your routines.
- Meet only in public places.
- Do not be alone with your partner.
- Do not give out your house keys.
- Always tell someone where you are going.
- Arrange a code word or signal with friends and family to call for help.
- Talk to your parents and/or guidance counselor or trusted adult.
- Let your friends know about your situation.
- If you are being followed go to a public place or a police station.
- Program your cell phone to call 911 and carry it with you at all times.
- Carry a spare set of keys and emergency money.
- Reach out to your local domestic violence agency for support.

- Tell someone you trust what you are going to do.
- Meet in a public place when you are ready to break up.
- Try to avoid situations where you will be alone with the abuser.
- Have a means of accessing help if the situation escalates, i.e. having a cell phone on you at all times.
- Avoid being alone and for the time being always go out with someone.
- Hang with friends who support your decision to get out of the relationship.
- Keep busy and get involved in after school activities.
- Tell a trusted adult about what is happening.
- Keep a record of all the abuse.

HOW CAN I SAFELY END AN ABUSIVE DATING RELATIONSHIP?

Trust your instincts. If a situation makes you feel uncomfortable, try to stay calm and think of a way to remove yourself from the situation.

Thanks to the Resource Center of Somerset, NJ for this information — www.rcwtf.org



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