

WHERE TO GO FOR MORE INFORMATION

Caring Unlimited
York County's Domestic Violence Program
24-Hour Confidential Hotline
1-800-239-7298
www.caring-unlimited.org

Sexual Assault Response Services
of Southern Maine (SARSSM)
24-Hour Confidential Hotline
1-800-313-9900

National Teen Dating Abuse Helpline
For and by teens
1-866-331-9474

Crisis Response Services
1-888-568-1112

Family Crisis Services Youth Website
www.yaapp.org

Love Is Not Abuse
www.loveisnotabuse.org

Choose Respect
www.chooserespect.org

Do Something
www.dosomething.org/abuse

Family Violence Prevention Fund
www.thatnotcool.com

Men Stopping Violence
www.menstoppingviolence.org

thatnotcool.com

CaringUnlimited
SCHOOL-BASED PROGRAMS

CONTACT

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CaringUnlimited
York County's Domestic Violence Program

UNDERSTANDING DATING VIOLENCE



24 Hour Hotline
1-800-239-7298

POB 590, Sanford, Maine 04073
Phone (207) 490-3227
Fax (207) 490-2186
www.caring-unlimited.org

Teen Dating Violence

What is relationship violence?

Dating or domestic abuse occurs when one partner uses different types of abusive behavior to gain **POWER** and **CONTROL** over the other partner.

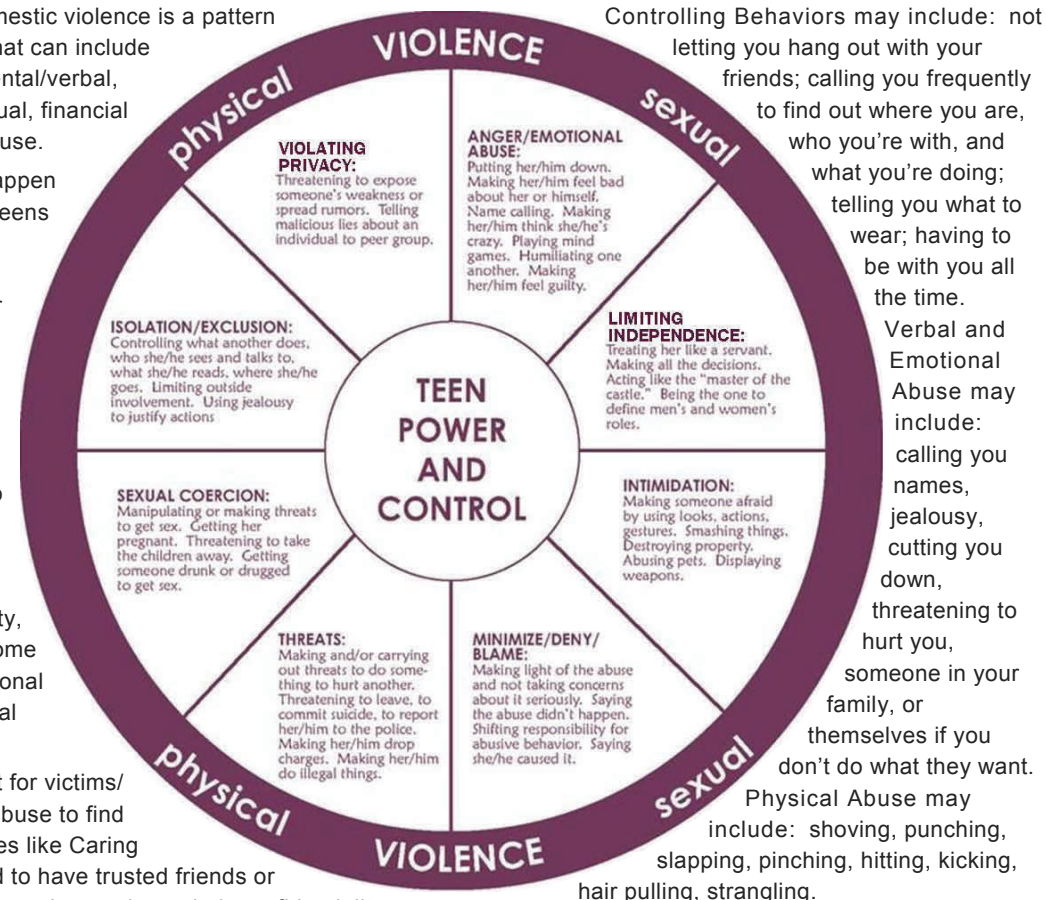
Leaving an abusive relationship can be dangerous, so if you or anyone you know is being abused, please contact a local domestic violence agency to help plan for safety.

Dating or domestic violence is a pattern of behavior that can include emotional/mental/verbal, physical, sexual, financial and social abuse.

Abuse can happen to anyone! Teens and adults experience abuse in their relationships at the exact same rate. Dating abuse can happen to anyone, no matter their sexual orientation, gender identity, ethnicity, income level, educational and/or national background.

It is important for victims/survivors of abuse to find local resources like Caring Unlimited and to have trusted friends or family members who can keep their confidentiality and give them nonjudgmental support.

When a victim/survivor of abuse is thinking about leaving their abusive relationship, it is best to ask for help.



Sexual Abuse may include: unwanted touching and kissing, forcing you to have sex, not letting you use birth control, forcing you to do other sexual things.

TEEN DATING VIOLENCE

Are you dating someone who...

- Calls you names, makes you feel stupid, or tells you that you can't do anything right?
- Is jealous and possessive, wants to pick your friends, checks up on you, accuses you of cheating?
- Tries to control you by being very bossy, giving orders, making all the decisions, not taking your opinions seriously, tells you where to go and who you can and can't talk to?
- Tells you that no one else will ever go out with you or that you would be nothing without him/her?
- Tries to cut you off from your friends?
- Uses guilt trips. ("If you really loved me, you would...")
- Threatens you or makes you feel afraid.
- Blames you for the abuse?
- Has ever shoved, grabbed, hit, pinched, held you down, kicked or choked you?
- Threatens to hurt you or him/herself, "If you leave me, I'll...".
- Is *really* nice sometimes and *really* mean at other times (almost like they have two different personalities?)
- Makes promises to change or says they will never hurt you again and then it happens again?
If you can answer "yes" to *any* of these questions, then this is an abusive relationship. Keep reading!

YOU ARE NOT ALONE OR TO BLAME.

YOU DO NOT HAVE THE POWER TO CHANGE YOUR ABUSER.

YOU DO HAVE THE POWER TO CHANGE YOUR LIFE!

HELP IS AVAILABLE!

24 HOUR CONFIDENTIAL HOTLINE

1-800-239-7298

You are not alone...

Anyone can be a victim of dating violence. Both young women and young men are victims, but women and men abuse their partners in different ways. Women are more likely to yell, threaten to hurt themselves, pinch, slap, scratch, or kick. Men injure women more and are more likely to punch their partner and force them to participate in unwanted sexual activity. Some teen victims experience violence occasionally. Others are abused more often, sometimes daily.

- One in three high schools students will experience some form of dating abuse before leaving high school.¹
- One in three teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked or physically hurt by their partner.²
- 38 per cent of date rape victims are young women between age 14 and 17.³
- 70 per cent of pregnant teenagers are abused by their partners.³
- 20 per cent of teenage girls who have been in a relationship said a boyfriend has threatened violence or self harm when presented with a breakup.²
- Dating abuse occurs at the same rate in homosexual relationships as it does in heterosexual relationships.⁴
- Girls ages 16 to 24 experience the highest rate of intimate partner violence.¹
- 85% of reported domestic/dating violence is male violence against women.¹
- 33% of women killed in this country are killed by their current or former boyfriend or husband.¹
- 50% of all Maine's homicides are a result of domestic/dating violence.⁵

SOURCES

¹ USDOJ Bureau of Justice Crime Statistics, www.usdoj.gov

² Liz Claiborne Inc Teen Dating Abuse Study, February 2005

³ National Sexual Violence Resource Center

⁴ National Coalition of Anti-Violence Programs, Annual Report on LGBT Domestic Violence (1998)

⁵ Maine Department of Public Safety, Public Information Office

What to do if your partner is abusive and you want out...



Remember...leaving an abusive relationship can be dangerous! Plan for your safety!

- Tell a friend, parent, teacher, counselor or someone else you trust and who can help.
- Call a domestic violence hotline like Caring Unlimited's 24 Hour Hotline to get support and information about what you can do. You can call without giving your name.
- Educate yourself using information found on the Internet.
- Use the resource list in this brochure.
- Plan for your safety—whether you are still in the relationship, are making plans to end it or have already ended it.
- Do not meet the abuser alone. Do not let the abuser in your home or car when you are alone. Avoid being alone at school, your job, or on the way to and from places.
- Always tell someone where you are going and when you plan to be back.
- Give yourself some space, take a break from dating for awhile.

You deserve a healthy relationship!

YOU HAVE THE RIGHT...

- To be treated with respect always;
- To your own body, thoughts, opinions, and property;
- To choose and keep your own friends;
- To change your mind—at any time;
- To not be abused—physically, emotionally or sexually;
- To leave a relationship;
- To say no;
- To be treated as an equal;
- To disagree with your partner;
- To live without fear of threats and intimidation from your partner.

How to Help a Friend

Most teens talk to other teens about their problems. If a friend tells you things that sound like his or her relationship is abusive, here are some suggestions on ways you can help.

- Don't ignore signs of abuse. Talk to your friend.
- Express your concerns. Tell your friend you're worried. Support, don't judge.
- Point out your friend's strengths—many people in abusive relationships no longer believe in their own abilities and gifts.
- Encourage your friend to confide in a trusted adult. Offer to go with your friend for professional help.
- Never put yourself in a dangerous situation with the victim's partner. Don't try to mediate or otherwise get involved directly!
- Call 911 if you witness an assault. Tell a trusted adult—school principal, teacher, parent, physician, guidance counselor if you suspect abuse but don't witness it directly.