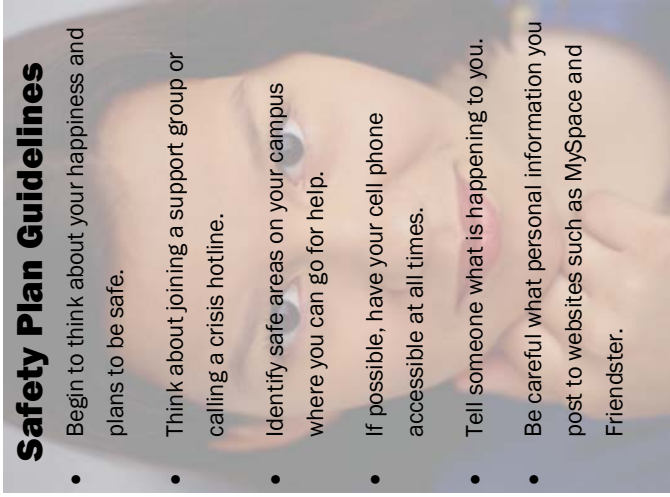


## RELATIONSHIP and DATING SAFETY:

Leaving an unhealthy relationship can be scary and dangerous. If you are considering leaving, talk to someone you trust and plan ahead for your safety.

### Safety Plan Guidelines

- Begin to think about your happiness and plans to be safe.
- Think about joining a support group or calling a crisis hotline.
- Identify safe areas on your campus where you can go for help.
- If possible, have your cell phone accessible at all times.
- Tell someone what is happening to you.
- Be careful what personal information you post to websites such as MySpace and Friendster.



### After Leaving the Relationship

- Talk to trusted people about the relationship and how you are feeling.
- Change locks, phone numbers, and email addresses.
- Change the route taken to work or school.
- Avoid contact with the abuser, including blocking emails.

**Following these guidelines is not a guarantee of safety but could help improve the situation.**

## POSSIBLE WARNING SIGNS OF AN ABUSER

Watch for these signs when getting to know someone:

- Extreme jealousy
- Controlling behavior
- Quick involvement
- Pressure to have sex
- Public embarrassment
- Withholding money
- Intimidation, bullying, or threats
- Criticism or verbal “put-downs”
- Isolation from family and friends
- Logging into your email and reading it
- Checking sent/received calls on your cell phone



# DATING VIOLENCE:

If you experience **ANY** of these warning signs in your relationship, you may be at risk of dating violence. Usually the abusive behavior gets worse and can start as emotional or verbal and become physically or sexually violent or it can go in cycles. Talk to someone you trust or go to your college's health center or women's center for information and resources.



# WHAT EVERYONE NEEDS TO KNOW

FOR MORE INFORMATION OR TO GET HELP:

NATIONAL DOMESTIC VIOLENCE HOTLINE  
1.800.799.SAFE (7233)  
1.800.787.3224 TTY

NATIONAL SEXUAL ASSAULT HOTLINE  
1.800.656.HOPE (4673)

<http://www.rainn.org>  
<http://endabuse.org>  
<http://www.nmedv.org>  
<http://www.seeitandstopit.org>

This brochure is brought to you in honor of

Marcy L. Gross

by

The National Research Center for Women & Families  
1701 K Street NW, Suite 700  
Washington, DC 20006  
202.223.4000

<http://www.center4research.org>



## What is Dating Violence?

Dating violence involves abusive or aggressive behavior in a relationship in an attempt to gain power or control. It can include verbal/emotional, physical, or sexual abuse, stalking, or any combination of these. Young women ages 20-24 have the highest rates of abuse by an intimate partner and nearly one-third of all college students have experienced dating violence.

## What is Verbal/Emotional Abuse?

This type of abuse includes teasing or making fun of you, purposely embarrassing you, insulting you, destroying your property, threats to reveal private information about you, threats of physical force, name calling, isolation, etc.

### Ask yourself these questions:

- Does the person you're with often criticize you, humiliate you, or make you feel bad about yourself?
- Do you sometimes feel trapped in the relationship?
- Have you ever felt obligated or pressured to have sex with the person you're with?
- Has the person you're with ever intentionally thrown away or destroyed something that belonged to you?
- Do you spend less time with friends or family because of the person you're with?

## What is Sexual Abuse?

This is any type of sexual activity to which you have not consented. It may involve pressure to consent, the use of force, threats, violence, or bodily injuries. Being under the influence of alcohol or drugs and not being able to truly consent to sexual activity is considered sexual assault as well.

## What is Physical Abuse?

This includes hitting, slapping, choking, biting, pinching, kicking, punching, shoving, hair pulling, or any other type of physical force to cause pain, with or without the use of a weapon. It also includes being prevented from seeking medical attention.

## What is Stalking?

This includes someone showing up where you are or tracking your schedule, watching or spying on you, giving you unwanted gifts, making persistent phone calls, sending threatening letters or text messages or emails, repeatedly "dropping by" uninvited, or following you.

**If you think you are in an abusive or unhealthy relationship, get help right away. Talk to someone you trust or go to the health center on your college campus.**

### Dating Safety Tips:

- Try to go out on group dates when you're with someone new.
- Know that constant calling and checking in on you can be a sign of controlling behavior.
- If you feel uncomfortable in a situation, like on a date, leave the situation if possible or call/text a friend.

## If you think a friend is in an abusive relationship:

- Offer your friendship and support.
- Let them know that it is NOT their fault.
- Identify unhealthy actions and behaviors.
- Encourage them to build a support network.
- Don't force them to do something.
- Refer them to a crisis hotline.
- Let them know that you are available to listen and not judge. Be understanding.
- You can also call a crisis hotline, like the National Domestic Violence Hotline, to talk to someone about ways to help your friend.

• Verbal/emotional abuse can be just as destructive as physical abuse. Sometimes it's just not as easy to see it when it's happening.

• Women are at a greater risk of being sexually assaulted by someone they know rather than a stranger.

• All relationships experience disagreement and conflict. It's healthy as long as the problems are dealt with in a fair and non-violent way.

• One in 12 women are stalked in their life.