

What is Dating Violence?

Dating violence is a **PATTERN** of behaviors used to exert **POWER** and **CONTROL** over a partner. Physical violence, such as pushing, slapping, pinching, and hitting, often occurs in abusive relationships, but violence is not just physical. Dating violence may include:

- Verbal Abuse: "You're so stupid and lazy, you're never going to get anywhere in life."
- Emotional Abuse: "No one else would ever want to be with you. I'm all you've got."
- Sexual Abuse: "I don't care what you want, you're mine!"
- Economic Abuse: "I make the money, so I make all the decisions."
- Peer Pressure: "That's what everyone else does."
- Minimizing, and/or Denying: "That bruise is no big deal, you can't even see it!"
- Blaming: "If you hadn't gone out with your friends, I wouldn't have acted like that!"
- Intimidation & Threats: "If you break up with me, I'll post your secrets online."
- Isolation & Extreme Jealousy: "Where are you? Who are you with? What are you doing?"



Resources

Emergencies

911

Information and Services

311

NYC Domestic Violence Hotline

1-800-621-HOPE

NYC Domestic Violence Hotline TTY

1-866-604-5350

NYPD Sex Crimes Report Hotline

212-267-7273

NYC Rape and Sexual Assault Hotline

212-227-3000

National Suicide Prevention Hotline

1-800-273-TALK

Quiz Answers:

TRUE. Abusers are often very charming and sweet at the beginning of a relationship, and can win over not just their partner, but also the partner's friends and family.

TRUE. Constantly checking up on a partner may be a way of controlling them.

TRUE. An abuser can use other tactics such as emotional abuse or isolation to gain power and control over a partner without using physical violence.

TRUE. All threats should be taken seriously, especially threats of violence.

TRUE. There are lots of reasons why someone might stay with an abuser, and it is important to help your friend by spending time with them, being supportive and providing them with resources.

NYC

**Mayor's Office to
Combat Domestic
Violence**

Healthy Relationship
Training Academy



Printed on paper containing 30% post-consumer material

How Healthy is YOUR Relationship?



Dating violence can happen to anyone, and it is often difficult to know if a relationship is abusive.

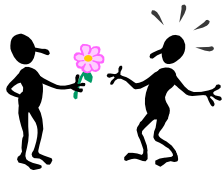
It is important to think carefully about how you are being treated, and how you are treating your partner.

What is a HEALTHY Relationship?

A healthy relationship is based on **RESPECT** and **EQUALITY**, in which neither partner tries to control the other. Key components of a healthy relationship include:

- ★ Trust & Support
- ★ Loyalty & Commitment
- ★ Communication & Honesty
- ★ Negotiation & Compromise
- ★ Affection & Comfort
- ★ Feeling Safe & Having Fun

Healthy relationships are not that easy. They take hard work and dedication to make sure that both partners are treated equally and with respect.



5 Signs of a Healthy Relationship

Your Partner...

- ☺ Treats you as an equal and respects you.
- ☺ Asks for your opinion and is comfortable with you having different opinions.
- ☺ Apologizes when he/she is wrong and accepts your apology when you are wrong.
- ☺ Does not feel threatened by your friendships with people of either sex.
- ☺ Encourages you in your goals and dreams.



Break-ups can be dangerous!

When ending an abusive relationship, be sure to...

Create a Safety Plan, which will help make a break-up as safe as possible.

Talk to a counselor about what steps to take beforehand. You can call the NYC Domestic Violence Hotline at 1-800-621-HOPE or 311 to find out more about Safety Planning and to be connected to a counselor.

Decide ahead of time what you will say, and when and where you will tell your partner. Pick a place with some privacy, but where others are nearby.

Be clear and honest with your partner during the break-up, but also gentle. Being cruel and/or putting your partner down may make the situation worse.

Prepare for your partner's reaction. Know how you will respond if your partner becomes violent.

Keep a Safety Plan in place after the break-up too.

5 Signs of an Unhealthy Relationship

Your Partner...

- ☹ Calls/texts/IMs you constantly and/or checks your email.
- ☹ Embarrasses or insults you in front of others.
- ☹ Acts jealously and does not want you to spend time with others.
- ☹ Consistently criticizes your friends, clothes, or interests.
- ☹ Threatens to commit suicide and/or hurt you if you break-up.

How to Help a Friend...

DO:

- Be there for them and listen without giving specific advice.
- Encourage your friend to get help.
- Acknowledge your friend's feelings, and recognize that it's possible to think you love someone even if they hurt you.
- Allow friends to make their own decisions.
- Spend time with them.
- Talk to someone about the best way to help out. You can call the hotline too. (1-800-621-HOPE or 311)

DO NOT:

- Pressure your friend to break up.
- Make blaming statements like "You're stupid for staying."
- Tell your friend they cannot love someone who is abusive.
- Place conditions on support, such as "I'll only be your friend if you end it."
- Tell your friend how they *should* be feeling.



Quiz: True or False?

T/F? You can not always tell if someone is going to be abusive.

T/F? Calling or texting a partner frequently and always wanting to know where they are is a clue that a relationship may not be healthy.

T/F? A relationship can be abusive even if there is no physical violence.

T/F? Even if someone makes a threat just to get what they want, it should still raise concern.

T/F? It is not very helpful to pressure a friend or family member to leave an abusive relationship immediately.

See answers on the back.