

## HOW TO HELP A FRIEND WHO IS A VICTIM OF DATING VIOLENCE

If a friend tells you his or her relationship is abusive, these suggestions 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 are no longer capable of seeing their own abilities and gifts.
- Encourage your friend to seek counseling and offer to go with your friend for professional help.
- Find out about laws in your country that may protect your friend from the abuser.
- Never put yourself in a dangerous situation with the victim's partner. Don't try to mediate or otherwise get involved directly.
- Call the police if you witness an assault.

## TAKE ACTION

- ⇒ Educate your community. Start a peer education program on teen dating violence.
- ⇒ Read up on healthy relationships and dating violence.



### **Help & Shelter**

**Homestretch Avenue,  
D'Urban Park  
Georgetown**

**Phone: 225-4731**

**Fax: 227-8353**

**Hotline: 227-3454**

**Email: [hands@networksgy.com](mailto:hands@networksgy.com)**

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# **DATING VIOLENCE**



**Dating violence** or abuse affects one in four teens worldwide. Abuse isn't just hitting. It's yelling, threatening, name calling, saying "I'll kill myself if you leave me," obsessive phone calling or texting and extreme possessiveness.

### Are You Going Out With Someone Who

- ≈ is jealous and possessive, won't let you have friends, checks up on you, or won't accept breaking up?
- ≈ tries to control you by being bossy, giving orders, making all the decisions, or not taking your opinion seriously?
- ≈ puts you down in front of friends or tells you that you would be nothing without him or her? scares you? Makes you worry about reactions to things you say or do? Threatens you? Uses or owns weapons?
- ≈ is violent? Has a history of fighting, loses his or her temper quickly, brags about mistreating others? Grabs, pushes, shoves, or hits you?

- ≈ pressures you for sex or is forceful or scary about sex? Gets too serious about the relationship too fast?
- ≈ abuses alcohol or other drugs and pressures you to use them?
- ≈ has a history of failed relationships and always blames the other person for all of the problems?
- ≈ believes that he or she should be in control of the relationship?
- ≈ makes your family and friends uneasy and concerned for your safety?

**If you answered yes to any of these questions, you could be a victim of dating abuse. Both males and females can be victims of dating violence.**

### What if Your Partner Is Abusing You

DO

- ♣ Know that you are not alone.
- ♣ Understand that you have done nothing wrong. It is not your fault.
- ♣ Know that the longer you stay in the abusive relationship, the more intense the violence will become.
- ♣ Recognize that being drunk is not an excuse for someone to become abusive.

- ♣ Talk with your parents, a friend, a counselor, a faith leader or spiritual leader, or someone else you trust.
- ♣ Recognize, the more isolated you are from friends and family, the more control the abuser has over you.
- ♣ Report the abuse to the police and seek counseling
- ♣ Keep a daily log of the abuse for evidence.
- ♣ Remember that no one is justified in attacking you just because he or she is angry.
- ♣ Always tell someone where you are going and when you plan to be back.
- ♣ Plan and rehearse what you will do if he or she becomes abusive.

DO NOT

- ♣ Do not meet him or her alone. Do not let him or her in your home or car when you are alone.
- ♣ Be alone at school, your job, or on the way to and from places.
- ♣ Do NOT put up with abuse. You deserve better.