

50 THINGS EVERYONE SHOULD KNOW ABOUT DATING VIOLENCE

1. **Dating and being in a relationship are supposed to be fun.**
2. Some relationships can become violent or abusive.
3. **Violence is a way for one person to have power over the other.**
4. Abuse can be mental or verbal, such as one person making fun of the other, putting them down, or embarrassing them in front of others.
5. Abuse can be physical, such as grabbing, hitting or kicking.
6. Abuse can be sexual, such as forcing someone to have sex.
7. **Both women and men can be abused.**
8. Both women and men can be abusers.
9. Young people are especially vulnerable to dating violence. Studies say that 30 percent of all high school relationships involve physical or sexual abuse.
10. Dating violence is serious.
11. **Abuse can happen to anyone – including people who are smart, strong and popular.**
12. Gay, lesbian, bisexual and transgender people are also at risk of dating violence.
13. You can care about someone who is abusing you.
14. Your relationship can be abusive even if you have good times together.
15. People don't always recognize the early signs of an abusive relationship.
16. Abusive relationships don't always start out that way. They can become abusive over time.
17. **If you feel like something is wrong in your relationship, take it seriously.**
18. Calling someone names or physically hurting them is obvious abuse. Some abuse isn't as obvious.
19. Trying to control a person by saying what he or she can do is a kind of abuse.
20. Keeping someone from seeing friends is a kind of abuse.
21. **If you are afraid of your partner, your relationship may be abusive.**
22. If your friends say they are worried about your safety, your relationship may be abusive.
23. **Most couples argue. But it's not healthy if your conflicts turn violent.**
24. A little jealousy is OK. But too much jealousy may be a warning sign of abuse.
25. Jealousy is not a sign of love. It's a sign of insecurity.
26. **Abuse is never the victim's fault.**
27. Nobody deserves to be abused.
28. **Some people stay in abusive relationships because they think the person will change. But without help, the violence usually gets worse.**
29. Being in an abusive relationship hurts more than just you. If you have children – or want to – your children may also be abused.
30. Some people stay in an abusive relationship because they are afraid to leave.
31. You can love someone and still leave the relationship because of abuse.
32. **Everyone deserves a healthy relationship.**
33. People in healthy relationships value their differences.
34. Each person in a healthy relationship gets his or her way some of the time and compromises some of the time.
35. **In a healthy relationship, you feel like you can be yourself.**
36. Dating someone who has a history of violent relationships may put you at risk for abuse.
37. If someone says their ex "made" them act violently, he or she has not taken responsibility and is more likely to be violent in the future.
38. **Don't keep abuse a secret. Talk to a friend, family member, religious leader or counselor.**
39. If your partner has said or done something that scares you, get help right away.
40. If you are being hurt or are afraid you may be hurt, don't stay in the relationship!
41. **If you are in immediate danger, call 911 or your local emergency number.**



42. If you want to break up but are afraid your partner may react violently, consider telling him or her over the phone or when other people are around.
43. If you need help to be safe, call your local domestic violence hotline or shelter. This is usually confidential.
44. **If you think a friend is being abused, offer your support. Ask how you can help.**
45. Don't take it personally if your friend gets angry. Feeling afraid or ashamed may make it harder to accept help.
46. **If you are hurting someone, get help to stop. Talk to a relative or doctor. Ask them to help you find counseling.**
47. If you become violent when you use alcohol and other drugs, you may need help for substance abuse, too.
48. Violence or abuse may seem normal, but it's not.
49. Violence is something you learn – and you can change.
50. **Expect to be treated with respect. Everyone deserves to be loved and cared about without having to deal with abuse or violence.**

