

## Thinking of Breaking Up...

- ◆ Let a trusted adult know about what has been happening and that you are planning on ending the relationship.
- ◆ Break up with your partner over the phone or in a public space. Never do it alone!
- ◆ Just in case: change your passwords to all social media accounts, change your cell phone number and give the new number to only trusted friends and family.

### When telling your parents about your abusive relationship:

- ◆ Invite a friend along for support.
- ◆ Provide them with specific examples of the abuse: it may be hard for them to hear so let them vent their initial reactions.
- ◆ Share information with them that you may have acquired about dating abuse.
- ◆ Remember, Hope Center can provide counseling to you and your family to help them cope with the abuse that you are experiencing.



## Safety Planning

- ◆ A safety plan is a practical guide that helps to lower your risk of being hurt by an abuser.
- ◆ It includes information specific to you and your life that will keep you safe.
- ◆ A good safety plan helps you think through lifestyle changes that will keep you as safe as possible at school, home, and any other place that you go to on a daily basis.
- ◆ Your safety plan should be kept in a secure location. You may want to consider giving a copy to a person you trust.

Schuylkill Hope Center

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Schuylkill

**HOPE  
CENTER**

for Victims of Domestic Violence

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# Love is

# RESPECT



## Am I being abused?

Know the warning signs of  
**TEEN DATING  
VIOLENCE**



### What is teen dating violence?

Dating violence is the intentional use of destructive behaviors by one person to exert power and control over their dating partner. Dating abuse usually involves a pattern of abusive behaviors over a course of time. Common types of abuse include:

**Physical:** pushing, shoving, slapping, punching, kicking, strangulation

**Emotional:** name calling, degrading comments, isolation, ignoring, lack of trust, threatening to harm the victim or self

**Sexual:** forcing unwanted sexual acts, condom manipulation, threatening to post personal pictures

### Who can teen dating violence happen to?

Teen dating violence does NOT discriminate!

It affects all:

- ◆ Races
- ◆ Religions
- ◆ Sexual orientations
- ◆ Cultures
- ◆ Genders

*About 1 in 3 high school students have been or will be involved in an abusive relationship.*

## Love Shouldn't Hurt

### Warning Signs

You may be in an abusive relationship if your partner...

- ◆ Checks your phone without your permission.
- ◆ Constantly puts you down.
- ◆ Shows extreme jealousy or insecurity.
- ◆ Demonstrates an explosive temper.
- ◆ Isolates you from your family and friends.
- ◆ Makes false accusations (of cheating, etc.).
- ◆ Experiences mood swings.
- ◆ Physically hurts you in any way.
- ◆ Demonstrates possessiveness.
- ◆ Tells you what to do, how to dress.
- ◆ Pressures you or forces you into having sex.



### Healthy Relationship Signs

You're likely in a healthy relationship if your partner...

- ◆ Asks/gives consent in sexual activities.
- ◆ Respects your chosen gender, pronouns, or names.
- ◆ Never threatens to out you to others.
- ◆ Talks and acts so that both of you feel safe and comfortable to express yourselves.
- ◆ Listens to you without judgement and values your opinions.
- ◆ Trusts and supports you.
- ◆ Takes mutual responsibility and makes decisions together.
- ◆ Shows willingness to have open dialogue and compromises.

## Digital World

You may be experiencing abuse if...

**Your significant other is:**

- ◆ Constantly texting, messaging, or calling you.
- ◆ Checking your phone or social media.
- ◆ Pressuring you to take/send embarrassing or nude photos.
- ◆ Insisting that you answer your cellphone right away.

**You find yourself:**

- ◆ Sleeping with your cellphone so that you don't miss a call or text.
- ◆ Spending more time than usual texting, talking, or on social media.
- ◆ Taking unnecessary risk: using your phone during class or while at work.
- ◆ Uncomfortable with the text that you are receiving.

### Setting Digital Boundaries

**Passwords are Private:** Even if you trust your partner, sharing passwords isn't always the best idea. You are entitled to your own digital privacy. Giving your partner access to your social media accounts allows them to post without getting your permission first. They can also see everyone that you talk to, which can cause unwarranted jealousy. Just to be safe, your passwords should be only something you know so that you always have control over your information.

**Photos and Sexting:** It's important to have digital boundaries about what you're comfortable with sending via text messages. Once you hit send on a photo or text, you lose control over who will see it. If your partner sexts you, and demands that you send back, you should be able to tell them you're not comfortable with doing that, and they shouldn't get angry or threaten you.

