



Dating Violence

Dating violence is when one person purposely hurts or scares someone they are dating. It happens to people of all races, cultures, incomes, and education levels. It can happen on a first date, or when you are deeply in love. It can happen whether you are young or old, and in heterosexual or same-sex relationships. Dating violence is always wrong, and you can get help.

How to know if you are in an abusive dating relationship – Is your partner:

- Constantly texting or sending instant messages (IMs) to monitor you
- Insisting on getting serious very quickly
- Acting very jealous or bossy
- Pressuring you to do sexual things
- Posting sexual photos of you online without permission
- Threatening to hurt you or themselves if you break up
- Blaming you for the abuse

Suicide self-test: <http://illnessquiz.com/suicidal-test>

If you think you are in an abusive relationship, seek help! Help and resources can be found by calling 1-800-799-SAFE (7233). It is free, confidential, and 24/7. <http://www.thehotline.org/help/>

Resources:

Leaving an abusive dating relationship:

<https://www.womenshealth.gov/violence-against-women/types-of-violence/dating-violence.html>

National Hotline and resources:

https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teen_dating_violence.html

“I praise you because I am fearfully and wonderfully made.” – Psalm 139:14 (NIV)

