

If You're Being Abused

- Take it seriously
- Call 911 if you're in immediate danger
- Call a hotline
- Avoid situations that trigger abuse
- Plan for your safety
- Tell someone you trust
- Stay in touch with friends

How to Help a Friend

- Help them recognize the abuse. Tell them that what is happening is not normal.
- Be specific about what concerns you in their relationship
- Empower your friend. Tell them that they deserve a healthy, happy relationship. Point out their good qualities.
- Be non-judgmental. If they break-up and go back, continue to be there for them. Tell them the abuse is not their fault.
- Help your friend find someone to talk to. Offer to go to a support group with them.

Dating violence happens between two people in a close relationship. It can be physical, emotional, verbal, sexual, and financial. It usually starts with teasing or name calling and then it escalates. Because these behaviors are often thought to be a "normal" part of a relationship, people often ignore potential warning signs or make excuses.

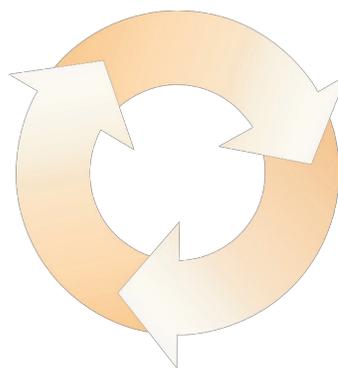
Are You Being Abused?

- Are you frightened of your partner's temper?
- Are you afraid to disagree with him or her?
- Do you avoid being with your friends because of his or her jealousy?
- Does he or she want you to be with them all the time?
- Does he or she excessively call, text, or email you?
- Have you been hit, kicked, shoved, or physically hurt?
- Does he or she call you names or put you down?

The Cycle of Violence

Tension Building

Things start to get tense between you and the person you're with



Honeymoon

The abuser will apologize, try to make up with you, and try to shift the blame for the explosion to someone or something else

Explosion

There is an outburst of violence that can include intense emotional, verbal, sexual, and/or physical abuse

CALL US—WE CAN HELP
24-Hour Hotline: (877) 854-3594