Being in an abusive relationship can be a confusing time. If you have any questions about your relationship, or about dating violence, please call us. Help is free and confidential.

24-Hour Hotline: 214.946.HELP (4357)
www.genesisshelter.org

3X
BETWEEN AGES OF 16-24 girls and women experience intimate partner violence at almost 3 TIMES THE NATIONAL AVERAGE

1 IN 10 HIGH SCHOOL STUDENTS has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend

1 IN 3 GIRLS IN THE U.S. is a victim of physical, emotional or verbal abuse from a dating partner

TYPES OF ABUSE

PHYSICAL
VERBAL/EMOTIONAL
DIGITAL
SEXUAL
SPIRITUAL

HOW TO LEAVE AN ABUSIVE RELATIONSHIP SAFELY

1. Block partner’s phone number
   Change social media passwords and block partner’s ability to post to your pages

2. Minimize time spent alone following the break up

3. If you go to the same school, have a trusted friend or adult walk you to your car/classes, or ride to school with a friend or family member

4. Look at you or act in a way that scares you?
   Control what you do, tell you who you see/talk to, or where you go?
   Call and/or text you excessively?
   Check your social media/phone without your permission?

TEST YOUR RELATIONSHIP

Does your partner...

- Call you bad names and use words to put you down?
- Look at you or act in a way that scares you?
- Control what you do, tell you who you see/talk to, or where you go?
- Call and/or text you excessively?
- Check your social media/phone without your permission?
- Have an explosive temper or mood swings?
- Act extremely jealous or possessive?
- Make all the decisions?
- Act like the abuse is no big deal, it’s your fault, or deny doing it?
- Destroy your property or threaten to hurt your pets?
- Physically hurt you in any way?
- Force or coerce you to have sex?

WHAT TO DO AS A...

PARENT
- Talk to your children and create an open line of communication
- Teach your children about healthy relationships, and make sure they know that abuse is NEVER okay

FRIEND
- If you think your friend is in an abusive relationship, talk to them about it and let them know you support them
- Know what resources are available to refer them to get help

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