



# Warning Signs

- Pushes for quick involvement/commitment
- Jealous and controlling
- Sudden, frequent mood swings
- Blames others for problems
- Cruel to animals, children or others
- Acts macho or cocky
- Acts different when other people are around
- Wants to know where you are all the time
- Pressures you for physical intimacy
- Uses/abuses alcohol or other drugs
- Makes your family or friends uneasy

## If you are a victim...

- Decide that any abuse is too much
- Tell someone you are being abused
- Keep a written record of the abuse
- Document any injuries
- Fill out a personalized safety plan
- Call a hotline for help– 1-888-897-LINK
- Remember it is NOT your fault you are being abused
- To learn more about healthy relationships, visit:

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

[www.chooserrespect.org](http://www.chooserrespect.org)

[www.seeitandstopit.org](http://www.seeitandstopit.org)

[www.loveisrespect.com](http://www.loveisrespect.com)

[www.ucasa.org](http://www.ucasa.org)

[www.utahdatingviolence.org](http://www.utahdatingviolence.org)

Created by the Utah Dating Violence Task Force.

# Dating Violence

## *Guide for Students*



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Utah Domestic Violence Link Line  
1-800-897-LINK (5465) or dial "211"

National Teen Dating Abuse Helpline  
1-866-331-9474

Rape & Sexual Assault Crisis Line  
1-888-412-1100

# What Is Dating Violence?

## Physical Abuse

*Any use of size, presence or objects to hurt or control someone else*

Hitting or slapping  
Biting  
Choking  
Shoving  
Threatening with fist  
Shaking or jerking  
Banging head on floor/wall  
Spitting  
Kicking or kneeling  
Burning  
Restraining  
Chasing  
Forcing physical intimacy  
Uncomfortable touching  
Pulling hair  
Pinning against floor or wall  
Stalking  
Blocking exits  
Throwing things  
Hitting with objects  
Breaking personal items  
Driving recklessly  
Slamming doors  
Tearing clothes  
Damaging partner's car  
Punching or kicking walls, locker, etc.  
Sweeping things off table  
Disconnecting phone  
Taking car keys, phone, or other property

## Verbal Abuse

*Use of words or voice to degrade or control*

Threatening to kill or use violence  
Threatening suicide or to harm self  
Threatening to damage partner's possessions, reputation, etc.  
Harassing phone calls  
Constant accusations of cheating  
Excessive yelling or swearing  
Insulting, especially in public  
Calling partner names  
Being sarcastic or making demeaning jokes  
Mimicking or mocking partner  
Criticizing partner's looks  
Making degrading or negative comments  
Silent treatment  
Calling partner crazy  
Twisting partner's words  
Lying  
Saying, "No one else would have you."

## Emotional Abuse

*Any action (or lack of action) meant to degrade or control*

Using personal information against partner  
Blaming partner and not accepting responsibility for actions  
Playing mind games  
Constant interrogation or questioning about activities  
Controlling partner's activities  
Intense jealousy or rages  
Isolating partner from family and friends  
Keeping partner from working, studying, attending class  
Manipulating partner  
Intimidating into inappropriate behavior  
Use of alcohol or drugs to manipulate partner  
Denying access to a phone  
Imposing rules/strict expectations of partner  
Ignoring feelings/concerns  
Using jealousy to justify actions  
Telling partner how to feel and think  
Focusing only own agenda  
Blaming partner for violence and abuse

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# Dating Bill of Rights and Pledge

## *I have the right:*

- *To always be treated with respect.*
- *To be in a healthy relationship.*
- *To not be hurt physically or emotionally.*
- *To refuse physical affection at anytime.*
- *To have friends and activities apart from my boyfriend or girlfriend.*
- *To end a relationship.*

## *I pledge to:*

- *Always treat my boyfriend or girlfriend with respect.*
- *Never hurt my boyfriend or girlfriend physically, verbally, or emotionally.*
- *Respect my girlfriend's or boyfriend's decisions concerning physical affection.*
- *Not be controlling or manipulative in my relationship.*
- *Accept responsibility for myself and my actions.*

