

Help is Available...

If you are in an unhealthy or abusive relationship...

- ◆ It is not your fault! No one deserves to be mistreated.
- ◆ You don't have to face this alone...Talk to friends, family, counselors, teachers or call our 24 hour hotline in Washington County at 724-223-9190, in Greene County at 724-852-2463, or in Fayette County at 724-439-9500.
- ◆ Schedule an appointment with one of DVSSP's counselors to talk about what is going on. All services are free and confidential.
- ◆ Access information by going to our website at peacefromdv.org.
- ◆ Visit loveisrespect.org to take interactive quizzes and learn more about dating violence.

If you are abusive...

- ◆ Take responsibility for your own actions. No one can make you hurt someone.
- ◆ Seek counseling and learn how to solve problems without hurting, while learning how to heal yourself as well.
- ◆ If your partner does not want to be endangered by waiting for you to change, respect that choice.

If you know someone...

- ◆ Ask how you can help. Be there for them when they are ready to reach out for help and be supportive and non-judgmental.
- ◆ Avoid giving advice or telling your friend what to do. They must be the one who decides to leave the relationship.
- ◆ Offer referrals to counselors and other professionals, including DVSSP.
- ◆ Even if you feel like there is nothing you can do, do not forget that by being supportive and caring, you are already doing a lot.

**ALL SERVICES ARE FREE
AND CONFIDENTIAL!**

For Adults

Parents

- ◆ Tell your child you are concerned for their safety. Point out that what's happening is not "normal."
- ◆ Be supportive and understanding. Stress that you are on their side. Provide information and non-judgmental support. Make it clear that you do not blame them and you respect their choices.
- ◆ Believe them and take them seriously. Your child may be reluctant to share their experiences in fear of no one believing what they say. Be careful not to minimize your child's situation due to age, inexperience, or the length of their relationship.
- ◆ Remember that ultimately your child must be the one who decides to leave the relationship. There are many complex reasons why people stay in unhealthy relationships. Your support can make a critical difference in helping your son or daughter find their own way to end their unhealthy relationship.
- ◆ Connect them with DVSSP for individual counseling, help with safety planning, and referrals.

*Information from www.loveisrespect.org

School Personnel

- ◆ Contact DVSSP for classroom presentations. Topics include, but are not limited to:
 - ◆ Dating Violence 101
 - ◆ Recognizing Warning Signs of Abuse
 - ◆ How to Help a Friend
 - ◆ Why Someone Stays
- ◆ Develop a policy that addresses teen dating violence with the help of DVSSP.
- ◆ Schedule an in service training for your staff so that they are well informed on teen dating violence and how to make proper referrals.

Contact the Education and Training Department for more information about scheduling presentations and trainings.

Washington County 724-223-5477
Greene County 724-852-2373
Fayette County 724-437-2530
edutrain@peacefromdv.org

Know the Facts

- ◆ Nearly 80% of girls who have been physically abused by their boyfriends continue to date them.
- ◆ 40% of teenage girls ages 14 to 17 report knowing someone their own age who has been hit or beaten by a boyfriend.
- ◆ Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.
- ◆ 1 in 3 high school students experience some form of dating violence in their relationships.
- ◆ Nearly 21% of female high school students and 13% of male high school students report being physically or sexually abused by a dating partner.

References:

American Bar Association, 2006. Teen Abuse Guide.
Break the Cycle, 2006. The Safe Place: About Teen Dating Violence.
Liz Claiborne Inc., 2007. Love is Not Abuse.
National Coalition Against Domestic Violence, 2013. Teen Dating Abuse and Facts About Teen Dating Abuse.

Get Involved!

- ♥ February is Teen Dating Violence Awareness Month! Contact DVSSP to find out how you can get involved with raising awareness at your school!
- ♥ Volunteer with DVSSP. Volunteer opportunities vary from small projects to those that require a long term commitment.
- ♥ Organize an event at your school to raise awareness about teen dating violence. Contact DVSSP for assistance and ideas.

Contact the Education and Training Department for more information on getting involved with raising awareness about teen dating violence.

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Dating Violence

DVSSP

Domestic Violence Services
of Southwestern PA

EDUCATING COMMUNITIES • EMPOWERING SURVIVORS
ELIMINATING RELATIONSHIP VIOLENCE

24/7 hotline

Washington County 724-223-9190

Greene County 724-852-2463

Fayette County 724-439-9500

or

800-791-4000

peacefromdv.org



NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

Are You Seeing Warning Signs?

You may be seeing some warning signs of an abusive relationship if you are dating someone who:

- ✓ Puts you down; blames you for anything that goes wrong; never takes responsibility;
- ✓ Is excessively jealous and possessive toward you; won't let you have friends; spies on you; won't accept breaking up;
- ✓ Harms you physically in any way; is violent; has a quick temper;
- ✓ Tells you what to wear or asks you to change your appearance;
- ✓ Forces sex on you; threatens to break up if you say "NO" to sex;
- ✓ Tracks your whereabouts; texts excessively; demands passwords to social media; goes through your phone;
- ✓ Does not allow you to, or makes you afraid to, make your own decisions;
- ✓ Makes you feel like you need to change your behavior to keep them from getting upset;
- ✓ Threatens self harm if you break up with them.



SUPPORTED BY THE UNITED WAY

Take the Healthy Relationship Quiz!

Answer the following questions by checking either "yes" or "no" next to each statement.				# of Points
The person I'm with...				
1.	Is very supportive of things that I do.	Yes	No	
2.	Encourages me to try new things.	Yes	No	
3.	Likes to listen when I have things on my mind.	Yes	No	
4.	Understands that I have my own life too.	Yes	No	
5.	Is not liked very well by my friends.	Yes	No	
6.	Says I am too involved in different activities.	Yes	No	
7.	Texts me or calls me all the time.	Yes	No	
8.	Thinks I spend too much time trying to look nice.	Yes	No	
9.	Gets extremely jealous or possessive.	Yes	No	
10.	Accuses me of flirting or cheating.	Yes	No	
11.	Constantly checks up on me or makes me check in.	Yes	No	
12.	Controls what I wear or how I look.	Yes	No	
13.	Tries to control what I do or who I see.	Yes	No	
14.	Tries to keep me from seeing or talking to my family or friends.	Yes	No	
15.	Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.	Yes	No	
16.	Makes me feel nervous or like I'm "walking on eggshells."	Yes	No	
17.	Puts me down, calls me names, or criticizes me.	Yes	No	
18.	Makes me feel like I can't do anything right or blames me for problems.	Yes	No	
19.	Makes me feel like no one else would want me.	Yes	No	
20.	Threatens to hurt me, my friends, or family.	Yes	No	
21.	Threatens to hurt him or herself because of me.	Yes	No	
22.	Threatens to destroy my things.	Yes	No	
23.	Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things, or hurts me in some way.	Yes	No	
24.	Breaks or throws things to intimidate me.	Yes	No	
25.	Yells, screams, or humiliates me in front of other people.	Yes	No	
26.	Pressures or forces me into having sex or going farther than I want to.	Yes	No	
*Quiz and answers developed by Love Is Respect				Total Points _____

Everyone deserves to feel safe and respected in their relationships.

Scoring

Give yourself one point for every "no" response to statements 1-4, one point for every "yes" response to numbers 5-8, and five points for every "yes" response to numbers 9-26.

Now that you've finished and have a total score, the next step is to find out what it means. Simply take the total score and learn more about what it means below.

Score: 0 Points

You got a score of zero? Don't worry—it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work—keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org.

Score: 1-2 Points

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing.

The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

Score: 3-4 Points

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect—it takes work! But in a healthy relationship, you won't find abusive behaviors.

Score: 5 or More Points

If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember, the most important thing is your safety—consider making a safety plan.

You don't have to deal with this alone. We can help. Chat with a DVSSP Counselor Advocate to learn about your different options. All calls are free and confidential.