

# HEALTHY/UNHEALTHY RELATIONSHIPS

## HEALTHY RELATIONSHIPS

Eye that her boyfriend looks into lovingly ▶

Smile that he loves to see ▶

His favorite place to kiss ▶

The cell phone he uses to tell her he loves her

The hand ▶ her boyfriend holds when they go for a walk

## UNHEALTHY RELATIONSHIPS

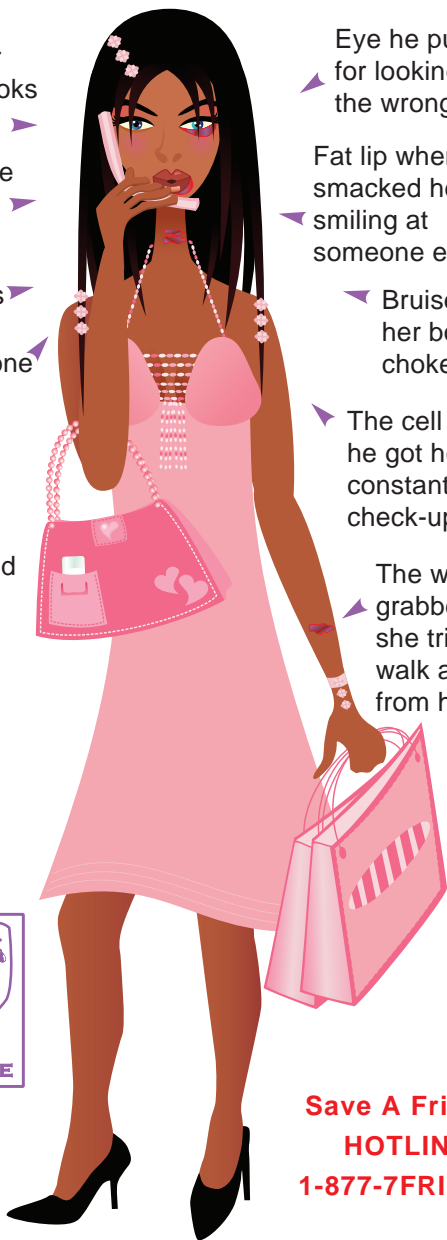
▶ Eye he punched for looking at him the wrong way

▶ Fat lip when he smacked her for smiling at someone else

▶ Bruise where her boyfriend choked her

▶ The cell phone he got her to constantly check-up on her

▶ The wrist he grabbed when she tried to walk away from him



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1-877-7FRIEND**

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

# The Facts

## DATING VIOLENCE:

- ▶ Is always about Power and Control

## TYPES OF ABUSE

- ▶ Social
- ▶ Sexual
- ▶ Physical
- ▶ Financial
- ▶ Verbal/Emotional/Mental
- ▶ Stalking or Cyberstalking

## STATISTICS

- ▶ 1 in 4 teenagers will experience violence in dating relationships between the ages of 12 and 21.
- ▶ If violence occurs once in a dating relationship, it is likely to occur again.
- ▶ Young women, ages 16 to 24 years, experience the highest rates of relationship violence.
- ▶ Dating Violence usually takes place in the home of one of the partners.

## RED FLAGS

- ▶ Jealousy
- ▶ Isolation
- ▶ Threats of Violence
- ▶ Quick Involvement
- ▶ Controlling Behavior
- ▶ Dr. Jekyll and Mr. Hyde
- ▶ Blames Others for Problems
- ▶ Cruelty to Animals or Children

## DATING SAFETY

- ▶ Double-date the first few dates
- ▶ Get to know the person you're dating
- ▶ Determine how you want to be treated
- ▶ Insist that "power" be shared equally



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