



# February : Teen Dating Violence Prevention

## DANGER zone

WHAT DO WE MEAN WHEN WE TALK ABOUT DATING VIOLENCE?



Dating violence isn't an argument every once in a while, or a bad mood after a bad day. Dating violence (or relationship abuse) is a **pattern of violent behavior** that someone uses against a girlfriend or boyfriend.

Abuse can cause **injury** and even death, but it doesn't have to be physical. It can include **verbal and emotional abuse** — constant insults, isolation from friends and family, name calling, controlling what someone wears — and it can also include **sexual abuse**.



It can happen to anyone, at any age, no matter what race or religion they are, no matter what their level of education or economic background. Dating violence also occurs in same-sex relationships.



*Love is Not Abuse brought to you by Liz Claiborne Inc.*

## Dating Bill of Rights

I have the right to:

Ask for a date ☞ refuse a date ☞ suggest activities, refuse activities ☞ have my own feelings and be able to express them ☞ tell someone not to interrupt me ☞ have my limits and values respected ☞ tell my partner when I need affection ☞ refuse affection ☞ be heard ☞ refuse to lend money ☞ refuse sex any time, for any reason ☞ have space and friends aside from my partner

I Have the Responsibility to:

Determine my limits and values ☞ respect the limits of others ☞ communicate clearly and honestly ☞ not violate the limits of others ☞ ask for help when I need it ☞ be considerate ☞ check my actions and decisions to determine whether they are good or bad for me ☞ set high goals for myself

From the Domestic Violence Advocacy Program of Family Resources, Inc.

For more information about Teen Dating Violence  
<http://www.loveisnotabuse.com/>