

It is important to remember that psychological abuse is **not** your fault. Abusers are expert manipulators who want you to believe that the way you are being treated is your fault. An abuser may try to convince you that you do not deserve better treatment but you do.

HOW TO GET HELP

- ❖ If you are in an abusive relationship, do not keep it to yourself. Get help immediately! Talk to someone you trust such as a parent, teacher, counselor, or your medical provider.
- ❖ Be aware that some people are mandatory reporters. They are legally required to report neglect or abuse to authorities such as the police.

HOW TO STAY SAFE

If you are in a violent relationship, your first priority is to get yourself and your children to safety. Statistics show that the most dangerous time for a victim of abuse is when the victim tries to leave the relationship. Seek refuge in an environment where the abuser cannot find you—a home of a friend that the abuser does not know, a hotel, or a shelter. Do not go to your parents' home, a best friend's house, or anywhere that the abuser could possibly look for you.

HOW TO HELP

Volunteer

When you are safe, consider volunteering with Stop Abuse For Everyone™ or the organization that gave you this brochure to help others in similar situations. If you don't have time to volunteer and still want to help, donate to SAFE and help us stop abuse for everyone.

Get Involved

Follow us on Facebook at 'Stop Abuse For Everyone' and visit our website at www.stopabuseforeveryone.org for the latest news, research, and resources available.

Contact Us

(661) 829-6848

info@stopabuseforeveryone.org

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Bakersfield, CA 93311

**LOVE
IS NOT
ABUSE**

Stop Abuse For Everyone is a nonprofit 501(c)(3) charitable organization. Your tax-deductible charitable contribution to SAFE is needed and appreciated!

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DATING VIOLENCE

Approximately 1 in 4 women and 1 in 5 men have experienced physical violence in an intimate relationship.



SAFE

STOP ABUSE FOR EVERYONE
A HUMAN RIGHTS AGENCY

WHAT IS DATING VIOLENCE?

Dating violence is aggressive, controlling, and abusive behavior that can include verbal, emotional, and physical abuse in a dating relationship. Both men and women can be victims of dating violence and can abuse their partners as well. Dating violence can happen in all relationships.

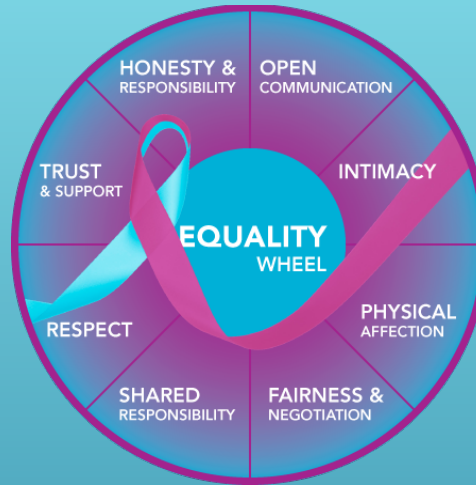
WHAT ARE THE SIGNS OF DATING VIOLENCE?

Examples of controlling behavior:

- ❖ Constant calling or texting to find out where you are and who you are with
- ❖ Isolating you from your friends and family
- ❖ Telling you what you can and cannot wear
- ❖ Limiting outside involvement and activities
- ❖ Telling you what to read
- ❖ Using money to control you

Examples of verbal and emotional abuse:

- ❖ Threatening to hurt you or someone you care about
- ❖ Use of sarcasm or an unpleasant tone of voice
- ❖ Using humiliating or embarrassing behavior
- ❖ Threatening to commit suicide if you leave
- ❖ Hypercriticism or belittling you
- ❖ Making everything your fault
- ❖ Refusing to communicate
- ❖ Ignoring or excluding you
- ❖ Withdrawal of affection
- ❖ Unreasonable jealousy



Examples of physical abuse:

- Shoving
- Punching
- Slapping
- Biting
- Hitting or Kicking

Ask yourself these questions to see if your partner is using controlling behaviors:

- ❖ Does my partner need to know where I am at all times?
- ❖ Does my partner dismiss my opinion?
- ❖ Does my partner tell me what I should think?
- ❖ Does my partner make all of the decisions in our relationship?
- ❖ Is my partner telling me to quit my job or activities so that we can spend more time together?
- ❖ Does my partner question my likes or dislikes?
- ❖ Does my partner pressure me into having sex, drinking, or doing drugs?

DATING VIOLENCE STATISTICS

- ❖ 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse
- ❖ 1 in 10 high school students has been purposefully hit, slapped, or physically hurt by a boyfriend or girlfriend
- ❖ 43% of dating college women report experiencing abusive dating behaviors
- ❖ Half of youth who have been victims of both dating violence and rape attempt suicide compared to 12.5% of non-abused girls and 5.4% of non-abused boys
- ❖ Only 33% of teens who were in a violent relationship ever told anyone about the abuse

Statistics from loveisrespect.org

Break the Cycle

Because Everyone Deserves a Healthy Relationship

FINDING HELP

The Stop Abuse For Everyone™ website has a list of resources available in your area. Listings are frequently updated. We also have additional information on our website:

www.stopabuseforeveryone.org