

More facts

Abuse is never the victim's fault.

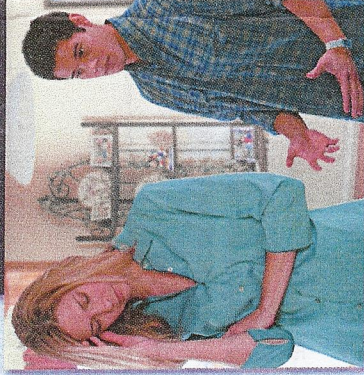
Abusers often blame the other person for "causing" the abuse. But the only person responsible for the abuse is the abuser!

You always have the right to say no to sex.

This is true even if you've had sex before. And remember, you never "owe" anyone sex.

Abuse often follows a pattern.

After the abuse, the abuser may make excuses or apologize. He or she may promise to stop and be extra nice. But abuse usually happens again and gets worse over time.



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You can reduce the risk of dating violence.



Be direct.

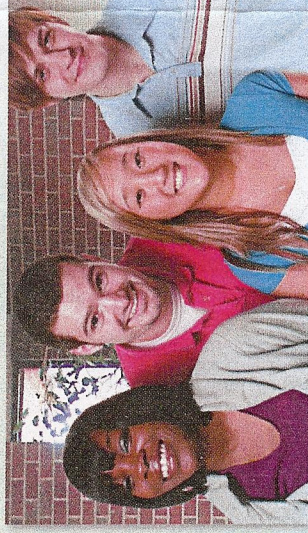
Let your partner know that you won't tolerate abuse. Share your sexual limits early and clearly.

Stay in control.

Don't use alcohol or other drugs. Have your own way home and a cell phone, just in case.

Trust your instincts.

Get to know someone before going out alone with him or her. Or, go out with a group.



Be careful of dating people who:

- put down others often
- are aggressive, physically or verbally
- abuse alcohol or use other drugs
- want to always be in control
- get very angry or jealous.

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You can end an unhealthy relationship.

Get help.

- If you've been physically hurt, get medical help. If you fear you're in danger, call 9-1-1 right away.
- Talk with a friend, family member or health-care provider.
- Call the National Domestic Violence Hotline at:
— 1-800-799-SAFE (1-800-799-7233)
— 1-800-787-3224 (TTY).

Get out.

- Make a plan to end things safely. Contact the sources above.
- Resist the temptation to give the person one more chance.

If you know a victim of dating violence:

- Believe and support the person. Listen without judging.
- Encourage the victim to get help.

You deserve to have a happy, healthy relationship!

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