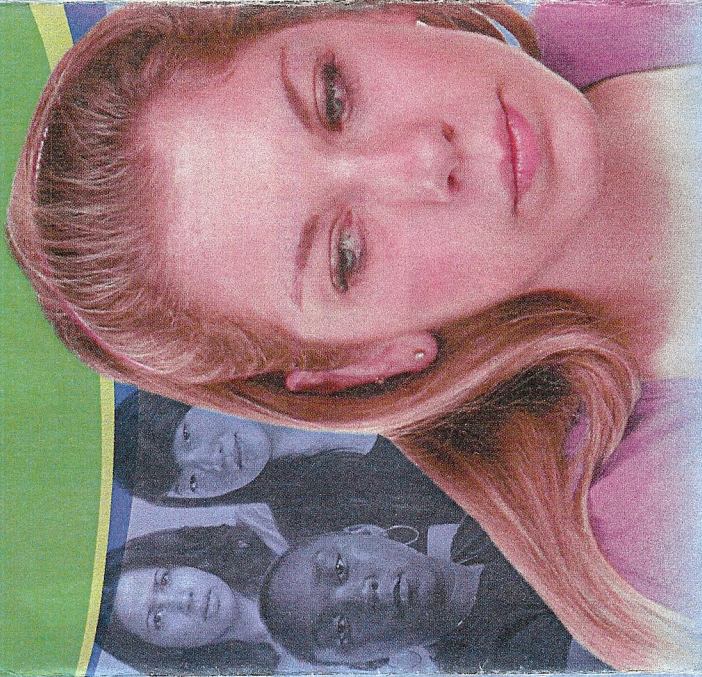




Dating Violence

Facts you should know



Dating violence

happens when one partner in a relationship abuses the other.

Dating violence is about power.

Whether through words or actions, the abuse is meant to control or hurt another person.

It's very common.

Chances are, someone you know has been a victim of dating violence. Most (but not all) victims are women.

The effects can be serious.

They can be:

- physical (bruises, broken bones)
- emotional (depression, low self-esteem)
- deadly.

Victims may come to view abuse as a normal part of relationships. But abuse is never normal!



Warning:

If you are in an abusive relationship, do not take this folder home or leave it anywhere your abuser may find it. If your abuser sees it, that may lead to more abuse.

Talk to a professional! This folder is not a substitute for the advice of a qualified expert.

The photos in this folder are of models. The models have no relation to the issues presented.

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Dating can be a positive part of your life.

Good dating experiences

can help you learn about:

- yourself—who you are and who you want to be
- others—and the qualities that are most important to you.

In a healthy relationship,

both people:

- trust and respect each other
- are fair, open and honest
- feel free to share thoughts and ideas
- accept that even healthy relationships don't always work out.

But when dating involves abuse, there's no chance for a healthy relationship to develop.