Does your boyfriend/girlfriend…

◊ Get jealous and possessive about the time you spend with friends or family?
◊ Boss you around, make all the decisions, or not take your opinion seriously?
◊ Text or call constantly, asking where you are and what you are doing?
◊ Scare or threaten you?
◊ Grab, push, shove, or hit you?
◊ Pressure you to have sex or move the relationship too fast?
◊ Pressure you to use drugs or alcohol?
◊ Make your family and friends concerned for your safety?
◊ Say that he or she would die if you ever broke up?

If you answered yes to any of these questions, you could be at risk for becoming a victim of dating violence.

What can I do to stop it?

◊ Realize that you deserve to be in a safe, healthy relationship.
◊ Know that you have done nothing wrong. It is not your fault.
◊ Understand that there is no excuse for abuse.
◊ Talk to a trusted adult. Call 800-FYI-CALL, an anonymous helpline, for support.
◊ Work with an adult to develop a plan to stay safe as you leave the relationship.
◊ Know that you are not alone. Teens across the country are involved in violent relationships.

How do I help a friend in a violent relationship?

◊ Don’t ignore the signs of abuse. Talk to your friend.
◊ Express concern for your friend’s safety and happiness.
◊ Don’t be surprised if your friend denies there is a problem.
◊ Encourage your friend to confide in a trusted adult.

If you believe your friend is being physically or sexually abused, tell an adult you trust or call 800-FYI-CALL for help.