

Did you know:

One in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked or physically hurt by a dating partner.

One in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.

Nearly 1 in 5 teens in a relationship say their partner has used a cell phone or the internet to spread rumors about them.

In a study of gay, lesbian and bisexual adolescents, youth involved in same sex dating are just as likely to experience dating violence as youth involved in opposite sex dating.

Community Resources and Additional Information

Alexandra House

24-Hour Domestic and Sexual Violence

Help Line: 763-780-2330

Web: alexandrahouse.org

Websites:

breakthecycle.org

seeitandstopit.org

futureswithoutviolence.org

Chat online at loveisrespect.org

or text "loveis" to 22522

Additional Resources:

National Teen Dating Abuse Hotline

Toll-free: 1-866-331-9474

Crisis Connection: 612-379-6363

Safety App:



Contact an Alexandra House Youth Services Advocate:

Alexandra House

Dating Relationships

What's Healthy, What's Not?



Alexandra House
Working to end domestic and sexual violence.

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Hour Help Line and Shelter

763-780-2330

Examples Healthy Relationships

Honesty and Accountability

Both partners accept responsibility for their own actions and admit when they have made a mistake.

Connecting with Others

Both partners continue to connect with friends and family and enjoy different activities outside of their relationship.

Trust, Support and Respect

Both partners value each other's life experiences and are comfortable expressing opinions and decisions.

Financial Independence

Both partners are responsible for their own money and do not expect gifts or presents from one another.

Sexual Boundaries

Both partners are able to say "no" to any type of sexual behavior and know that their partner will respect their decision.

Feeling Safe

Both partners feel safe spending time together and with the activities they choose to do together.

Equality

Both partners have equal decision-making power and are willing to compromise.

"I learned that you don't have to take abuse from anyone."

Examples Unhealthy Relationships

Controlling Behavior

One partner makes all the decisions in the relationship and their mood often guides how the day will go. They may try to control things like what their partner wears or try to pressure their partner into giving them all their passwords.

Sexual Abuse

One partner often criticizes the other's body and manipulates situations so that they are afraid to say no. They may send or pressure the other person to send explicit pictures or videos.

Intimidation and Threats

One partner uses certain looks, actions, gestures, or voices to get what they want. In severe cases, they may threaten to commit suicide if the other person breaks up with them.

Isolation

One partner controls who the other partner is friends with or where they go. They may tell their partner who they can and can't be friends with in-person or online.

Denying, Minimizing, and Blaming

One partner denies that their behavior is harmful or acts like what they are doing is not that serious.

Financial Abuse

One partner expects the other to always pay for dates or to buy things for them.

Emotional/Verbal Abuse

One partner constantly criticizes, name calls, puts downs or embarrasses the other privately or in front of friends. They may put them down in status updates or spread rumors on social media.

Stalking

One partner calls, texts or uses social media numerous times a day to "check in" on what the other is doing and who they are with.

Physical Abuse

One partner hits, slaps, pushes, chokes, or grabs the other to intimidate or hurt them.

Extreme Jealousy

One partner constantly accuses the other of cheating when they want to hang out independently, or be with other friends.

Examples How to Help a Friend or Yourself

How to Help a Friend

Encourage them to seek help by connecting them with a trusted adult - a parent, school counselor, teacher, or family friend.

Listen and believe without judgment.

Ask respectful questions to let your friend know you are concerned and that it is not their fault.

Recognize that your friend may minimize what is happening or deny they are being abused.

Be patient - it is not easy to end a relationship.

Support your friend, even if they go back. It takes an average of six times to successfully leave an abusive relationship.

Support your friend's strengths and courage in the decisions they are making to be safe.

"My advocate helped me realize that I deserve a respectful relationship."

How to Help Yourself

Recognize that your partner's actions and behaviors are not your fault.

Trust your instincts - if you feel uncomfortable or unsafe, seek help immediately.

Use caution, as violence could increase when ending an abusive relationship. Consider meeting with an advocate to create a safety plan.

Connect with resources at home, in your school or in the community - a counselor, teacher, parent, advocate or a crisis line (see the back of this brochure for specific resources).

Remember that abuse can take many forms. Verbal and emotional abuse can be just as hurtful as physical or sexual abuse. You deserve to be treated with respect and dignity.

