

HOW TO HELP FRIEND IN AN *Abusive Relationship*

Do...

- Listen and believe their story
- Help them make a plan to BE SAFE (where to go, who to call, pack an extra bag of clothes, identification, cash)
- Respect their confidentiality
- Let them make their own choices and decisions
- Give your friend information
- Get support for yourself, talk to a counselor, teacher or friend
- Call the police if you witness an assault or know they have been threatened

Don't...

- Attempt to take revenge on the perpetrator
- Try to take control
- Assume you understand how our friend feels
- Blame them (how could you let this happen?)
- Force your friend to talk
- Get angry if your friend is not ready to leave the relationship

Help for Teens in Elbert County

In emergency, call 911

**Women's Crisis and Family
Outreach Center/Shelter:
303-688-8484**

**Eastern Plains Violence
Coalition: 1-888-247-7472**

**National Youth Crisis Hotline
1-800-448-4663**

**Elbert County Sheriff's Office:
303-621-2027**

**Elbert County Sheriff's Victim
Assistance: 303-805-6126**

Dating Abuse

Information For Teens

Respect yourself...

Protect yourself...!

ARE YOU A VICTIM OF ABUSE?

- ◆ Does your partner put you down, insult you, call you names, lie?
- ◆ Are you afraid of your partner's temper?
- ◆ Does your partner treat you as if you are their property, make decisions for you, tell you what to wear and/or who you can spend time with?
- ◆ Does your partner use violence with you or others? (this includes hitting, pinching, shoving, restraining, etc)
- ◆ Does your partner treat you in a way that you don't want your friends or family to know about?

ARE YOU ABUSIVE?

- ◆ Do you put your partner down, even as a joke?
- ◆ Have you ever been violent with or threatened your partner?
- ◆ Do you have a hard time controlling your temper?
- ◆ Do you treat your partner in ways that you regret afterward?
- ◆ Do you often get jealous of your partner's friends, family, job, activities, etc.?

Facts About Dating Abuse

- ◆ Dating abuse happens when one partner uses VERBAL, Emotional, PHYSICAL &/or SEXUAL violence to get and maintain power and control over the other partner. It doesn't have to be physical to be abusive.
- ◆ About thirty percent of teens report having experienced some type of abuse in their dating relationships.
- ◆ Jealousy is ALWAYS a significant factor in dating abuse.
- ◆ Forty percent of pregnant teens said the abuse began or got worse when boyfriend found out about the pregnancy.
- ◆ More than half of teens who witnessed or were victims of abuse at home had also been involved in an abusive dating relationship.

**Violence grows...
Don't raise it at home!**

If You Have Been Abused by Your Partner:

- ⇒ **CALL 911 in emergency**
- ⇒ ***If you are hurt, seek medical attention a.s.a.p.***
- ⇒ ***Remember: you do not cause the abuse***
- ⇒ ***Work out a plan to BE SAFE***
- ⇒ ***Get support from counselors, school counselors, family, and/or friends***
- ⇒ ***Find out about support services especially for teens***
- ⇒ ***Get Help: Women's Crisis and Family Outreach Center 303-688-8484***

If You Are Abusing Your Partner:

- ⇒ ***Only you can stop the abuse. You can change if you take responsibility***
- ⇒ ***Remember: no one deserves abuse***
- ⇒ ***Get help: Eastern Plains Violence Coalition: 1-888-247-7472***