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# Dating Violence

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# How to Spot Dating Violence From a Distance

If a friend or a loved one is in an abusive relationship, you might notice these signs:

1. Their partner doesn't like it when they spend time with you
2. They start dressing drastically different
3. They are noticeably unhappy majority of the time
4. You feel uncomfortable around your partner
5. You notice frequent cuts or bruises
6. They often use rough language around you
7. They are clearly afraid to admit there is a problem

# How to Realize That You Are a Victim of Abuse

Some signs of an abusive partner are:

- They show jealousy when you are spending time with anyone else
- They keep you or discourage you from seeing friends or family
- They insult or shame you
- They take control of your money
- They prevent you from making your own decisions
- They threaten you verbally or with any weapon
- They pressure you into sex
- They pressure you to use drugs or alcohol

# Cycle of Dating Violence

The cycle of dating violence is a very real thing. It consists of 4 stages

Stage 1: The Honeymoon Stage: This is when the two are very happy with each other. Which includes of making jokes, being flirty and being sweet to one another

Stage 2: Tension Building: This part is when there are some arguments, but nothing very major. One person may seem to get easily angered.

Stage 3: Outburst: This is when the abuser flips on the victim. Either physically, mentally or emotionally.

Stage 4: The Apology

-This is when the abuser manipulates the victim into staying. The abuser may even flip the switch and make the victim believe it was their fault.

# What Is a Healthy Relationship?

- Communication: Talk openly and respect each others opinions.
- Respect: You value each other as you are.
- Trust: You believe what the other has to say.
- Honesty: You can be honest and not skip around the truth.
- Equal: You make decisions together and hold each other accountable.
- Personal Time: You respect the need for yourself.
- Economic: Equal say in finances, open to resources you may need.
- Mutual Sex Agreement: You talk about comfort levels so you feel safe.

# What Is an Unhealthy Relationship?

- Not Communicating: When a problem arises you fight or ignore it.
- Disrespect: A partner is not considerate of the other.
- No Trust: A partner does not believe what the other partner says.
- Dishonesty: A partner tells lies.
- Taking Control: A partner feels their desires are more important than the others.
- Unequal Economics: One partner is in control of finances.
- Time: Only have time for your partner instead of friends or family.
- Pressured Sex: Partner uses pressure or guilt to do anything sexual.

# What Is an Abusive Relationship?

- Communication: In a way that is hurtful, threatening or insulting
- Mistreatments: A partner does not respect the feelings, thoughts, decisions or opinions of the other.
- No Trust: Accusing other of cheating/hurting partner physically or verbally
- Controlling: One partner makes all decisions in relationship
- Isolates: A partner chooses who the other sees or talks to
- Economic Control: One person controls the money
- Sex: A partner forces sexual activity

# How to Get Help With Dating Violence

There are many resources to get help, some we have found are:

- National Domestic Violence Hotline

Here they have three different options on the website. First would be to call the hotline number at 1-800-799-7233. The second option they have is through a live chat with someone on the other end. The third option to click is information for you, everything is confidential and it shows ways to keep you safe. The link is [help](#).

- Safe Place

This website has a lot of good resources. They have help for teens and adults, you can take a poll or donate to the community to help others. Along with all of that they have a tab for resources to get help. They also have full definitions for all types of violence or problems that may occur so you can find out which term best fits the situation you are in so you can get help. The link is [teen-dating-violence](#).



# Citations

<https://www.nationalsafeplace.org/teen-dating-violence>

<https://www.thehotline.org/help>

<https://www.safehorizon.org/safe-horizon-in-the-news/abusive-relationship-signs/>