



Understanding Dating Violence



WHAT IS DATING VIOLENCE?

Dating violence can take many different forms. There are six common types of dating violence. These include:

PHYSICAL

This is the most visible form of dating violence. It may include hitting, strangling, punching, slapping, biting or doing anything meant to physically harm you.

MENTAL

When someone constantly puts you down. This can include name-calling, making threats or consistently accusing you of cheating.

EMOTIONAL

When your partner controls and/or bullies you. This happens when they try to dictate your behavior, relationships, personality and life.

SEXUAL

This includes unwanted touching or pressuring you to have sex. Feeling like you can't say "No". Even if you are in a dating relationship, unwanted sexual activity is rape.

DIGITAL

The use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner.

FINANCIAL

If your partner is telling you what you can or cannot buy, using your finances (such as your debit or credit card) without your permission or making you pay for all of the expenses within the relationship.

SPIRITUAL/CULTURAL

This is the abuse of your faith, beliefs or cultural customs. It can include a partner preventing you from, or forcing you to participate in certain spiritual, religious, or cultural customs.



WHAT IS A HEALTHY RELATIONSHIP?

Healthy relationships are based on mutual respect. A healthy relationship involves honest and open communication and is not controlling or manipulative. You should have the opportunity to have friends and do things for yourself outside of your relationship. Either partner in a relationship should be able to say "No" to any sexual activity for any reason, and should be able to end the relationship at any time without being harassed, threatened or being made to feel guilty or fearful.

Doing things like:

- Having fun
- Respecting each other
- Appreciating differences
- Being honest with each other
- Communicating
- Having a friendship
- Sharing strong feelings
- Spending time apart

Saying things like:

- "It's your turn to decide what we do."
- "Have fun with your friends this weekend."
- "I know you were busy and didn't see my text."
- "It's okay if you don't want to do that."

WHAT IS AN UNHEALTHY RELATIONSHIP?

The more you know about dating violence, the more equipped you will be to help yourself and others. There are many signs of an unhealthy relationship. If any or all of these things are present in your relationship, talk to someone to get help.

Doing things like:

- Looking through your phone to see who you have been texting or talking to
- Threatening to share private photos
- Constant texting
- Making comments about you or your body
- Forced diets
- Making threats
- Yelling and swearing
- Physically hurting
- Controlling
- Being possessive
- Starting rumors
- Being disrespectful
- Feeling like you have to report what you are doing and who you are with

Saying things like:

- "If you really loved me..."
- "I'll just find someone else instead."
- "I told you that you couldn't do that."
- "Your friends are just jealous."



10 THINGS YOU CAN DO IF SOMEONE YOU KNOW IS IN AN ABUSIVE RELATIONSHIP

The majority of people who experience dating violence will tell a close friend rather than a family member or a teacher. So, it is important for you to know what to do if you suspect that someone you know is in an abusive relationship or they tell you about abuse in their relationship. Here are 10 things you can do:

- 1.** Do not be afraid to reach out to a friend you think may be in an abusive relationship.
- 2.** Tell them that you are concerned for their safety and you want to help them.
- 3.** If they tell you about abuse in their relationship, believe them. Remind them that you are there to support them.
- 4.** Listen and be supportive. Do not judge them or give advice.
- 5.** Acknowledge their feelings and be respectful of their decisions.
- 6.** Avoid asking questions. Let them share whatever they are comfortable sharing with you.
- 7.** Help your friend recognize that abuse is not normal and that it is not their fault. Everyone deserves to have a healthy relationship.
- 8.** Focus on your friend, not on their abusive partner. Do not attempt to confront the abusive partner or tell the victim that you will confront them.
- 9.** Encourage them to seek further help. Be prepared with information about community resources that could give them information and guidance. Offer to go with them if they would like.
- 10.** Do not make promises. Avoid telling them, "Everything will be okay." This statement minimizes the incidents and are things you have no control over.

TECH SAFETY

Technology is a great tool. But, be aware of the information you share online. Once the information is out there, it can be difficult to control. Know how to protect yourself. Here are some general safety tips:

Never share your password to any account with anyone else.

Make sure location settings are off on your phone and your computer. Certain apps can make you easy to find.

Spend some time away from technology.

Know the privacy policy of sites you use. Check them often, most social media sites change their privacy policies frequently.

For online tips, check out loveisrespect.org or nedv.org/resources/safetynetdocs.html.

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DRUG-FACILITATED SEXUAL ASSAULT

Drug-facilitated sexual assault is when drugs and/or alcohol are used to compromise an individual's ability to consent to sexual activity. Drugs and alcohol create diminished capacity to consent and can impact the victim's memory.

Many people assume that drug-facilitated sexual assault is when drugs are disguised in a drink. But, the drug in drug-facilitated sexual assault can also be alcohol.

Alcohol is the most commonly used substance in drug-facilitated sexual assault, but other drugs can be added to any beverage to make them untraceable.

GET CONNECTED



love is respect org

To speak with a peer advocate about education, advocacy or get support call 24/7, 1-866-331-9474



To visit CAWS North Dakota on Facebook, just scan the code with your smartphone.

Like our page for news, links to articles, resources, and what's happening in the state!

WHERE TO GET HELP?

If you are a victim of dating violence, know that it is not your fault. Emotional support is extremely important—make sure you have someone to talk to. There are many resources available to you. If you have experienced dating violence, reach out to your local crisis intervention center program. To find a program near you, scan the QR code below, or go to ndcaws.org.

You can also reach out in these ways:

Text **loveis** to **22522**. You will receive a response from a peer advocate prompting you for your question. Go ahead and text any question or comment you may have.

Call Love is Respect at **866-331-9474**. You will be connected to a peer advocate who is trained to offer support for those involved in abusive dating relationships and concerned friends or family. All peer advocates can connect you to additional resources in your area.

Visit **loveisrespect.org** for more information on dating violence and where to find help.

Additional Resources

thatsnotcool.com

dosomething.org

breakthecycle.org

datingabusestopshere.com

Love is Not Abuse download: LINA app

FOR MORE INFORMATION



525 N. 4th St.
Bismarck, N.D. 58501
PH: 888.255.6240
TTY: 800.366.6888

Statewide program
directory available
at cawsnorthdakota.org



For a directory of state crisis intervention centers, scan this code with a smartphone.