

## DV/SA Victim Advocacy Centers

**Belcourt - Turtle Mountain Band of Chippewa  
Hearts of Hope**  
Crisis Line: 701.477.0002  
Office: 701.477.0002  
E-mail: [gourneau@utma.com](mailto:gourneau@utma.com)

**Beulah  
Women's Action & Resource Center**  
Crisis Line: 701.873.2274  
Office: 701.873.2274  
[mercerwar.com](http://mercerwar.com)

**Bismarck  
Abused Adult Resource Center**  
Crisis Line: 866.341.7009  
Office: 701.222.8370  
[abusedadultresourcecenter.com](http://abusedadultresourcecenter.com)

**Bottineau  
Family Crisis Center**  
Crisis Line: 800.398.1098  
Office: 701.228.2028  
[famcrisiscenter.org](http://famcrisiscenter.org)

**Devils Lake  
Safe Alternatives for Abused Families**  
Crisis Line: 701.409.0665  
Office: 701.662.7378  
[saafnd.org](http://saafnd.org)

**Dickinson  
Domestic Violence & Rape Crisis Center**  
Crisis Line: 888.225.4506  
Office: 701.225.4506  
[dvrcnd.com](http://dvrcnd.com)

**Ellendale  
Kedish House**  
Crisis Line: 877.349.4729  
Office: 701.349.4729  
[kedish-house.com](http://kedish-house.com)

**Fargo  
Rape & Abuse Crisis Center**  
Crisis Line: 800.344.7273  
Office: 701.293.7273  
[raccfm.com](http://raccfm.com)

**Fort Totten - Spirit Lake Nation  
Spirit Lake Victim Assistance**  
Crisis Line: 701.766.1816  
Office: 701.766.1816  
[spirittakenation.com/programs/spirit-lake-victim-assistance/](http://spirittakenation.com/programs/spirit-lake-victim-assistance/)

**Grafton  
Domestic Violence & Abuse Center Inc.**  
Crisis Line: 866.435.7490  
Office: 701.331.0466  
[dvacnd.org](http://dvacnd.org)

**Grand Forks  
Community Violence Intervention Center**  
Crisis Line: 866.746.8900  
Office: 701.746.0405  
[cviconline.org](http://cviconline.org)

**Jamestown  
Safe Shelter**  
Crisis Line: 888.353.7233  
Office: 701.251.2300  
[safeshelterjamestown.org](http://safeshelterjamestown.org)

**Lisbon  
Abuse Resource Network**  
Crisis Line: 701.683.5061  
Office: 701.683.5061  
[abuseresourcenetwork.org](http://abuseresourcenetwork.org)

**Minot  
Domestic Violence Crisis Center**  
Crisis Line: 701.852.2258  
Office: 701.852.2258  
[courage4change.org](http://courage4change.org)

**Stanley  
Domestic Violence Program NW ND**  
Crisis Line: 800.273.8232  
Office: 701.628.3233  
[dvprnwnd.weebly.com](http://dvprnwnd.weebly.com)

**Valley City  
Abused Persons Outreach Center**  
Crisis Line: 701.845.0072  
Office: 701.845.0078  
[apocnd.org](http://apocnd.org)

**Wahpeton  
Three Rivers Crisis Center**  
Crisis Line: 701.642.2115  
Office: 701.642.2115  
[threeriverscrisiscenter.com](http://threeriverscrisiscenter.com)

**Washburn  
McLean Family Resource Center**  
Crisis Line: 701.462.8643  
Office: 701.462.8643  
[mcleanfrc.weebly.com](http://mcleanfrc.weebly.com)

**Williston  
Family Crisis Shelter**  
Crisis Line: 701.770.5180  
Office: 701.572.0757  
[familycrisisshelter.com](http://familycrisisshelter.com)

## Technology Safety Tips

**Protect your privacy and personal information.** Don't share your passwords or online account information with others.

**Protect your location.** Turn off location sharing in your device's settings and within the apps you use.

**Limit the information you give out about yourself.** Once information or photos are shared online, they are no longer in your control. Posts on social media are never truly private, even if you're using strict privacy settings. Before you post online or share information through email, text, or DM, be sure that you're OK with that information being out in the world.

**Spend time away from technology.** Technology is a great tool for learning, connection, and creativity, but it's also good to take breaks from your devices.

**Document any abusive behavior.** If possible, save emails, text messages, or screenshots that contain evidence of abuse. Admissions of abuse, threats of violence, or pictures you didn't consent to are all important things to document. If you believe your phone or computer is being monitored, share that documentation with a trusted friend or family member.

### Contact Us:

521 E Main Avenue, Suite 320  
Bismarck, ND 58501

Phone: 701.255.6240  
Toll Free: 888.255.6240

[nddsvc.org](http://nddsvc.org)  
[contact@nddsvc.org](mailto:contact@nddsvc.org)



*NDD SVC does not provide direct services to victims and survivors. Contact a DV/SA advocacy center near you if you are looking for support. If you are in immediate danger, call 911.*

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**North Dakota  
Domestic & Sexual  
Violence Coalition**

# Understanding Dating Violence



## What is Dating Violence?

Dating violence or “dating abuse” is a pattern of behaviors and abusive tactics used to gain power and control over a dating partner. You can experience dating violence from a current partner, an ex-partner, or someone you’re in a casual relationship with.

Dating violence is very similar to domestic violence. We typically use the term “dating violence” to refer to teen or youth relationships and “domestic violence” when referring to adult relationships.

## The Relationship Spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.

### Healthy

Healthy relationships are based on equality and respect. In a healthy relationship, you make decisions together and can openly discuss whatever you’re dealing with, like relationship problems and sexual choices. You enjoy spending time together, but you can be happy apart.

### Unhealthy

Unhealthy relationships are based on attempts to control the other person. In an unhealthy relationship, one person tries to make most of the decisions. They may pressure you about sex or refuse to see how their actions hurt you. In an unhealthy relationship, you may feel like you should only spend time with your partner.

### Abusive

Abusive relationships are based on an imbalance of power and control. In an abusive relationship, one person is making all the decisions—about sexual choices, friend groups, boundaries, even what’s true and what’s not. You spend all your time together and feel like you can’t talk to other people, especially about what’s really happening in your relationship.

## Forms of Dating Violence

**Physical abuse:** Hitting, kicking, shoving, biting, strangling, or doing anything meant to physically harm you.

**Sexual abuse:** Forcing, manipulating, pressuring, or coercing you to participate in unwanted sexual activity. Using drugs or alcohol to compromise your ability to consent to sexual activity.

**Emotional abuse:** Putting you down, name calling, or humiliating you. Controlling what you do, who you talk to, or what you wear. Intimidating you with words, looks, actions, gestures, or a loud voice. Threatening you. Minimizing, denying, or blaming you for the abusive behaviors. Gaslighting you, or making you question your memory, sanity, or perception of events.

**Financial/economic abuse:** Using money or finances to have power and control over you. Giving you presents or paying for things with the expectation of something in return. Preventing you from getting a job or getting you fired. Giving you an “allowance” or closely monitoring how you spend money.

**Digital/technology abuse:** Using technology, like texting or social media, to bully, harass, stalk, or intimidate you. Telling you who you can or can’t follow or be friends with on social media. Using social media to track your activities. Looking through your phone or checking up on your pictures, texts, and phone records. Constantly messaging you or making you feel like you can’t be separated from your phone or computer. Pressuring you to send intimate photos, videos, or sexts. Sharing or posting intimate images of you without your consent. Sending you unwanted intimate images of themselves.

**Stalking:** Following you, watching you, or repeatedly showing up at your home, school, or workplace unannounced or uninvited. Monitoring your activities through a hidden camera, GPS tracker, or spyware. Leaving you unwanted items or gifts. Communicating with you in ways that seem obsessive or make you concerned for your safety. Trying to initiate unwanted contact with you through third parties, such as an employer, a professor, or a loved one. Invading your property, such as letting themselves into your home or vehicle. Damaging your reputation or relationship with a loved one, employer, or someone at your school.

## 9 Ways to Support a Friend in an Unhealthy or Abusive Relationship

- 1 Believe them.** People in abusive relationships often fear that no one will believe them if they talk about the abuse.
- 2 Listen without judgment.** This lets them know that you’re there for them.
- 3 Remain calm.** Remember that your friend is coming to you for support, and the situation is not about you. Responding with extreme anger, despair, disgust, or pity can make them feel worse.
- 4 Remind them that the abuse is not their fault.** The only person at fault for the abuse is the abuser.
- 5 Tell them you’re concerned for their safety and want to help them.**
- 6 Encourage your friend to talk to a professional about the abuse.** You’re a strong supporter, but you might not feel prepared to provide all the support your friend may need. Provide the contact information for the nearest domestic violence/sexual assault (DV/SA) advocacy center. Advocacy centers are staffed with professionals who work with people in abusive relationships. These professionals can help your friend navigate their situation, find mental health support, and more. All services provided by DV/SA advocacy centers are free and confidential. A list of North Dakota advocacy centers can be found on the back of this page.
- 7 Respect their decisions and boundaries.** Give your friend the opportunity to share their experience with you, but avoid pressing for information. They may not feel comfortable sharing certain details, and it’s important to respect their privacy.
- 8 Be there for them.** This may look like listening to them when they want to talk or helping them contact professional help. Keep in mind that healing from an abusive relationship doesn’t happen within a specific time frame. Be there for your friend throughout the entire healing process, however long that may be.
- 9 Don’t attempt to confront the abuser** or say you’re going to “get revenge.” Doing or saying things like this can cause your friend additional stress. It could also put you or your friend in danger.