

If you need help, please call...

National Dating Abuse Helpline

Call or visit website for hours of operation.

1.866.331.9474

1.866.331.8453 (TTY)

www.loveisrespect.org

National Domestic Violence Hotline

1.800.799.SAFE or 1.800.799.7233

1.800.787.3224 (TTY)

www.thehotline.org

Hotlines provide crisis intervention, information, referrals and safety planning.

All hotlines are toll-free, confidential and anonymous and most operate 24 hours a day 365 days a year.

Se habla Español



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The Nevada Network Against Domestic Violence (NNADV)...

...is a statewide organization that was formed in 1980 to work toward the elimination of domestic and sexual violence against all persons and the empowerment of women and children.

NNADV helps Nevada's communities respond creatively and effectively to the needs of domestic violence victims by providing information to service providers in the fields of domestic and sexual violence. In addition, NNADV provides education and advocacy to the general public and actively educates legislators on issues of concern to Nevada families.



Nevada Network Against Domestic Violence

250 South Rock Blvd. Suite 116
Reno Nevada 89502

Phone: 775.828.1115 or

Fax: 775.828.9911

Website: www.nnadv.org

A program in your area:



**Teen Dating Violence:
Know It,
Name It,
Address It!**



"One in three teens experience some kind of abuse in their romantic relationships, including verbal and emotional abuse."

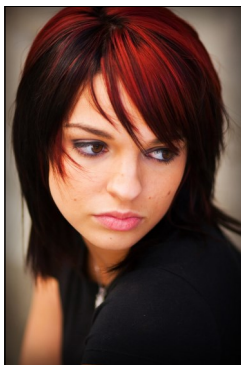
Source: Break the Cycle

Teen Dating Violence: Know It! Name It!

What is dating violence?

Relationship abuse is a pattern of behavior someone uses to get power and control over their dating partner to hurt them or make them feel uncomfortable. It can include the following:

- **Physical abuse:** any intentional use of physical force that creates fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.
- **Emotional abuse:** threats, insults, name calling, checking in on someone constantly, controlling who they see and talk to and where they go and how they dress, stalking, threatening to leave or commit suicide, spreading rumors, telling malicious lies, humiliating or intimidating someone. Shifting blame away from the abuser to the victim, saying they caused the abuse. It's their fault.
- **Sexual abuse:** manipulating or making threats to get sex, getting her pregnant, getting someone drunk or drugged to get sex, rape, any sexual activity that makes them feel uncomfortable or is illegal.
- **Stalking:** the willful, malicious and repeated following or harassment of another person. It includes behaviors that serve no other purpose than to annoy, alarm, or terrorize someone.



What should I look for in a healthy relationship?

- Base your relationship on open, honest and spontaneous communication.
- Strive for a balance of giving and receiving.
- Learn to compromise when disagreements occur and problem solve to mutual benefit. Make decisions together.
- Respect each other's personal identity and encourage growth and freedom.
- Respect each other's right to have individual life goals, feelings, friends, activities and opinions.
- Be emotionally affirming and understanding.
- An abuser should accept responsibility for any past use of abusive behavior and admit it when they are wrong.
- Talk and act so both of you feel safe and comfortable when expressing feelings, thoughts and actions.

Source: Equality Wheel for Teens
National Center on Domestic & Sexual Violence



Teen Dating Violence: Address It!

Where can I go for help?

Remember, no one deserves to be abused. It is not your fault and you are not alone. There are people in your community that can offer support and assistance.

Call the National Dating Abuse Helpline or the National Domestic Violence Hotline and speak confidentially with a trained advocate. If you would like to personally speak with an advocate, contact a domestic violence program in your community. For a list of programs, visit the NNADV website.

*For more information, visit these websites:

- *Break the Cycle*
- *Facebook Safety Center*
- *Futures Without Violence*
- *GLBT National Help Center*
- *Love is Not Abuse*
- *Love is Respect*
- *National Network to End Domestic Violence*
- *National Sexual Assault Hotline*
- *Safety Planning Tips*
- *Tech Savvy Teens*
- *Teen Dating Rights*
- *Teen Power and Control Wheel*