

## 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 and that 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 IS 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 mutually 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



## HOW DO I GET 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 Love Is Respect, text the Crisis Text Line or call the National Sexual Assault Hotline if you would like to personally speak with an advocate. For a list of programs that can help with domestic violence or sexual assault, visit NCEDSV.org.

### To learn more, visit the websites listed below:

- [BreaktheCycle.org](http://BreaktheCycle.org)
- [Meta.com/actions/safety/topics/bullying-harassment/ncii](http://Meta.com/actions/safety/topics/bullying-harassment/ncii)
- [FuturesWithoutViolence.org](http://FuturesWithoutViolence.org)
- [Lgbthotline.org](http://Lgbthotline.org)
- [LoveIsRespect.org](http://LoveIsRespect.org)
- [NNEDV.org](http://NNEDV.org) (National Network to End Domestic Violence)
- [RAINN.org](http://RAINN.org)

## IF YOU NEED HELP, PLEASE CALL:

### LovelsRespect

Call: (866) 331-9474;

TTY (866) 331-8453

Text: "Lovels" to 22522

Chat: [Loveisrespect.org](https://www.loveisrespect.org)

### Crisis Text Line

Text "HOME" to 741741

### National Sexual Assault Hotline

Call: (800) 656-4673

Chat: [Rainn.org](https://www.rainn.org)

Hotlines provide crisis intervention, information, referrals and safety planning. Hotlines are toll-free, confidential, anonymous and operate 24 hours a day, 365 days a year.

Se habla Español

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**Nevada Coalition to End Domestic and Sexual Violence (NCEDSV)** 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.

NCEDSV helps Nevada's communities respond creatively and effectively to the needs of domestic and sexual violence survivors through advocating for change in our laws and systems; educating communities about the complex issues surrounding violence and the potential solutions; and, supporting the life-saving work of community based organizations providing services.



### Northern Nevada

250 South Rock Blvd., Suite 116  
Reno, NV 89502

775.828.1115 [NCEDSV.ORG](https://www.ncedsv.org)



## 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.**