

Dating Abuse is a pattern of controlling behaviors someone uses over their partner. It is a cycle for power and control.



Warning Signs

- Excessive jealousy
- Possessiveness
- Controlling behaviors
- Intimidation
- Blames others for problems
- Verbally abusive
- ALWAYS HAS TO BE IN CONTROL



GOLDEN HOUSE

Help and Healing for
Domestic Abuse

Helpline: 920.432.4244

www.goldenhousegb.com



WHAT IS
DATING ABUSE?





Is My Partner Abusive?

Does your partner:

- Limit your time with friends or family?
- Call you names?
- Constantly check up on you?
- Slap, push or hit during an argument?
- Make you feel guilty?
- Threaten to break up if you don't do what they want?
- Get jealous if you talk to the opposite sex?
- Isolate you?
- Say they do these things in the name of "love?"
- Use drugs or alcohol?

If you answered YES to one or more of these questions, you may be in an ABUSIVE relationship. It is recommended you speak with a trusted adult, like a parent or school counselor, about your relationship. Or if you want to remain anonymous call Golden House, 920-432-4244, 24/7.

Does your partner show Digital Disrespect?

1. Constant messaging / threatening text messages
2. Demands to read messages/reads messages without consent
3. Online Stalking
4. Threatening to share pictures/other personal info
5. Checks your contacts/ deletes contacts
6. Asks for nude photos/sexting



One in 5 teenagers has experienced violence in a dating relationship. - ncv.org

Girls & women ages 16 to 24 are most likely to be abused in a dating relationship. -ncvc.org

1 in 5 teens in a serious relationship reports having been hit, slapped, or pushed by a partner. -Liz Claiborne Inc., "Study on Teen Dating

Helping a Friend

Here's how you can help:

Listen and do NOT judge

Be supportive

Tell your friend:

- It's NOT your fault
- I'm sorry this happened to you
- You don't deserve to be abused, AND

Encourage them to seek help, with an advocate from Golden House

Helping Ourselves

Expect respect with:

Honesty
Communication