

## Being in love feels great!

But what happens when your dreamy romance turns into a nightmare of abuse? **Get help!**

### Bill of Dating Rights I have the right to:

- Trust myself above all others.
- Receive decent treatment from anyone I date.
- Refuse to date anyone.
- Be safe on a date.
- Stop blaming myself for dating abuse.
- Be assertive on a date.
- Pay my own way on a date.
- Have mutually consenting and pleasurable sex.
- Refuse to have sex.
- Be respected as a person.
- Disagree with my date.
- Say "No."
- Get angry and express my anger appropriately.
- Fulfill myself with or without a partner in my life.
- Know who I am.
- Know who I am dating.
- Determine the criteria concerning who I will date.
- Use my own transportation on a date.
- Leave any dating situation my instincts tell me to.
- Prosecute an abuser for battery and sexual assault.
- Get emotional support and understanding from others.
- Have a healthy dating relationship.
- Be loved and cared about.
- Have high self-esteem.



## WHERE TO TURN FOR HELP

### Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**  
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**  
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**  
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**



### National

National Domestic Violence Hotline  
**(800) 799-SAFE (7233)**

### Local

#### Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

#### 24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001**

My Sister's Place: **(202) 529-5991**

#### Financial Assistance

Crime Victims Compensation Program:  
**(202) 879-4216**

#### Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

WEAVE: **(202) 452-9550** ext. 103

SAFE: **(202) 879-7857**



#### Domestic Violence Unit

300 Indiana Ave, N.W., Room 3156  
Washington, D.C. 20001  
Office: 202-727-7137 | Fax: 202-727-6491  
<http://www.mpdc.dc.gov/DVU>

## What Happens When Love Turns into Abuse

A practical guide about dating violence for GLBT teens and their parents and friends.



A guide to getting educated and getting help.



# WHAT IS DATING VIOLENCE?

Dating violence is physical, emotional, or sexual abused between two people. Dating violence occurs in all races, genders and nationalities.

## TAKE THIS QUIZ!

### Does your Boyfriend/Girlfriend

1. Call you names, criticize you and put you down?
2. Withhold affection to manipulate you?
3. Try to control your time, actions and friendships?
4. Act extremely jealous and possessive?
5. Punch, kick, slap or grab you?
6. Force you to have sex with him/her or make unwanted sexual advances toward you?
7. Mistreat you one day and apologize and act sweetly towards you the next day?
8. Blame you for things and tell you no one else will ever love you?
9. Threaten to "out" you to your family and friends?

**If you answered 'yes' to any of these, you may be in an abusive relationship!**

## How Do I Build a Safe Relationship?

- **Use clear communication.** Make it clear to your partner how you expect to be treated and that you don't tolerate abuse!
- **Avoid dangerous situations.** This is especially important with people you don't know well. Have your own way home, double-date and go to public places on early dates.
- **Be in control.** Try not to be helpless or "indebted" to a dating partner
- **Be selective.** Don't chose dates who tend to be controlling and violent in other areas
- **Trust your instincts.** If you feel unsafe in a situation, get out.
- If you often feel uncomfortable when you are with someone, **GET OUT** of the relationship!

## Myths

- When a date says "no" she/he doesn't really mean it.
- It must be something I did to make him/her mad.
- If I try harder, the relationship will get better.
- No one I tell will believe me.
- No one else will ever love me if I leave.
- My date bought me dinner, so now I owe him/her sex.

## Facts

- Domestic violence service organizations are bound by confidentiality agreements.
- You can get help!

## What to Do If You're In an Unhealthy Relationship

**Trust yourself.** It is easy to convince yourself that it is "not that bad." Remember that it is NOT acceptable to be abused physically, mentally, or emotionally. You should get out!

**Tell your parents,** a teacher or principal, a pastor or clergy member, a close friend, or someone else you trust that you want out of the relationship.

**Keep a log** of the abuse and reasons for leaving to look back on.

**Avoid meeting** with your boyfriend/girlfriend alone.

**Plan ahead** and alert someone to when you will be breaking up so they can make sure you are safely home.

**Never go places alone** shortly after the breakup—your partner may become persistent and try to hurt you.

**Let the school officials and security know** so they can monitor what is happening.

## "I'm worried about my friend!"

If you have a friend who you think is being abused:

- Learn the warning signs and watch for them.
- Tell your friend you are concerned.
- Believe your friend when he/she talks to you.
- Support your friend and help him/her get help
- Be prepared to make suggestions—have resource numbers and emergency plans ready.

