

## 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) 698-0555**

1DSubstation: **(202) 698-0068**

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

3rd District: **(202) 673-6815**

4th District: **(202) 715-7400**

4DSubstation: **(202) 576-8222**

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

**DC Superior Court**

500 Indiana Avenue, NW, Room 4550

Washington, DC

NW: **(202) 879-0152**

2041 Martin Luther King, Jr., Avenue, SE, Room 400

Washington, DC 20020

**(202) 879-1500**

Online: <https://www.probono.net/dccourts/>

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001** x 217

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

Financial Assistance

Crime Victims Compensation Program:

**(202) 879-4216**

Legal Assistance

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

Legan Aid Society: **(202) 628-1161**

[www.legalaiddc.org](http://www.legalaiddc.org)

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

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/victimassistance>

## What Happens When Love Turns Into Abuse?

A practical guide about dating  
violence for teens and parents



A guide to getting educated and getting help.



## WHAT IS DATING VIOLENCE?

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

### TAKE THIS QUIZ!

#### Does your Boyfriend/Girlfriend

- Call you names, criticize you and put you down?
- Withhold affection to manipulate you?
- Try to control your time, actions and friendships?
- Act extremely jealous and possessive?
- Punch, kick, slap or grab you?
- Force you to have sex with him/her or make unwanted sexual advances toward you?
- Mistreat you one day and apologize and act sweetly towards you the next day?

**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.

