

## What to Do if You Feel Unsafe in Your Relationship:

**Don't** blame yourself, it is **not** your fault and you **don't** deserve it.

**Don't** get isolated. **Reach out** for help from your friends, family, and other adults you trust.

**Call** your local domestic violence or youth crisis hotline for help with safety planning.

Join a support group.

Know your rights and options.

## What to Do if You're Hurting Your Partner and Want to Stop:

Take responsibility for your own words and actions.

**Don't** blame your partner. Choose **not** to be abusive.

**Reach out** for help from friends, family and other adults you trust.

**Call** your local domestic violence or youth crisis hotline for referrals to a batterers' treatment group.

## You Have The Right:

- To be treated with respect.
- To say no.
- To make your own decisions.
- To have your own opinions.
- To be by yourself when you want to be.
- To ask for help and support when you need it.
- To take care of yourself.
- To live free from fear and abuse.

## Hotlines and Referrals for Help with Relationship Violence:

**The Safe Homes Project**  
(718) 499-2151

**National Teen Dating Abuse Hotline**  
(800) 331-9474 (24 hours)

**New York City Domestic Violence Hotline (24 Hours)**  
(800) 621-4673

**Youthline (24 Hours)**  
(800) 246-4646

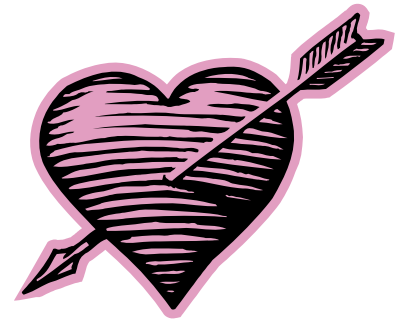
**[www.loveisrespect.org](http://www.loveisrespect.org)**

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*The Safe Homes Project is a program of Good Shepherd Services*

# Is It Love?



## About Relationship Violence

**The Safe Homes Project**

## What is Relationship Violence?

It is when one person uses physical, emotional, or sexual abuse to gain power and control over the other person.

### It Isn't Love!

## Warning Signs

- Extreme Jealousy and Possessiveness: doesn't want you to have friends, spies on you, isolates you.
- Controlling attitude: decides who you will talk to, what you can wear, where you can go.
- Mood Swings: loses temper quickly, and then becomes sad, depressed, apologetic, or romantic.
- Forces sex on you, makes you afraid to say no.
- Uses alcohol and drugs, wants you to use too.
- Violence in Other Relationships: brags about hurting people, thinks that settling things with violence is okay, blames others for everything that goes wrong.
- Believes that you should be passive and submissive, believes that he/she should dominate and be in control.

## Facts:

- As many as one out of every three teens will experience an abusive relationship.
- While both boys and girls can perpetrate violence, it is usually girls who are injured during violence.
- Over 90% of the victims of relationship violence are female.
- Relationship violence happens in same-sex relationships at about the same rate as it happens in straight relationships.
- Violence and abuse occur across all socioeconomic, racial, religious and ethnic groups.
- Only one of every 25 victims of relationship violence will seek help from a teacher, counselor, police officer, religious leader or other adult.
- Ending an abusive relationship is hard. Only about 4 out of 10 relationships end after the onset of violence and abuse. People stay due to fear, confusion, loss of self esteem, or belief that the abuser needs their help or will change.

## How You Can Tell if You're in an Abusive Relationship:

Are you afraid of your partner?

Does your partner call you names, put you down, humiliate you?

Does your partner push, slap, punch you or hold you down so you can't leave?

Does your partner threaten or intimidate you?

Does your partner pressure or force you to have sex?

Does your partner say it's your fault when he/she hurts you?

If you answered yes to any of these questions, your partner is being abusive to you and the abuse is likely to get worse and happen more often over time.