



## What can you do?

You should be aware of signs that you may be in a relationship that could have the potential to become violent.

- Your boyfriend or girlfriend pressures you, soon after you begin dating, to promise to make the relationship long term and serious, or pressures you to have sex.
- Your boyfriend or girlfriend becomes extremely possessive and jealous and explains that these displays of emotion are signs of love.
- Your boyfriend or girlfriend tries to control you and to make all decisions where the two of you are concerned, without asking you what you feel or want to do.
- He/she may try to keep you from spending time with your close friends or family.
- Your boyfriend or girlfriend verbally and emotionally abuses you by doing such things as yelling at you, cursing you, spreading false and degrading rumors about you, and trying to make you feel guilty.
- Your boyfriend or girlfriend drinks too much or uses drugs and then later blames the alcohol and drugs for his/her behavior.
- Your boyfriend or girlfriend threatens physical violence.
- Your boyfriend or girlfriend has abused a previous boyfriend or girlfriend.

## If you are already in a violent relationship:

Ask for help. Talk with someone you trust - a teacher, a guidance counselor, a doctor, a friend or parent. You can call the **Crisis Centre on 328-0922**

If you want to stay in the relationship, realize that the violence will not just stop or go away. You cannot change your boyfriend or girlfriend's behavior by changing **your** behavior, nor are you in any way responsible for the abuse.

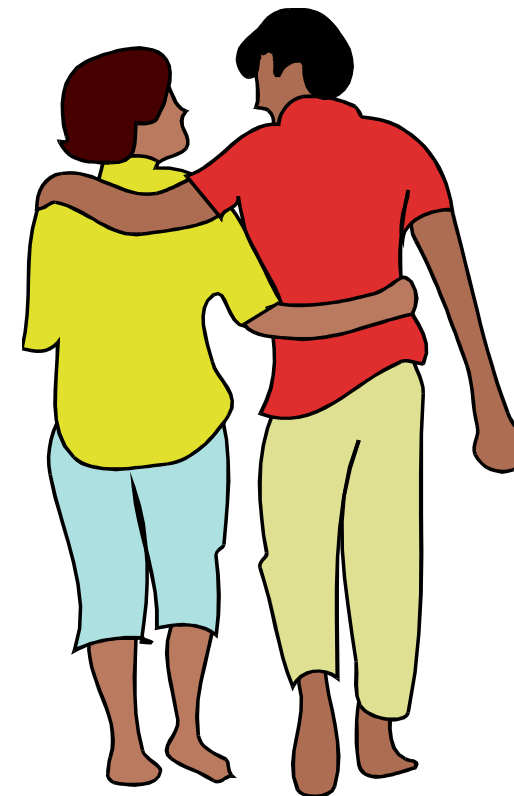
Watch out for friends who may be in violent dating relationships. If you suspect a friend is in a violent relationship, talk to him/her and try to encourage him/her to get help.

Friends in abusive relationships may also:

- Stop spending time with you and other friends
- Begin to receive failing grades or quit school activities
- Turn to using alcohol or drugs
- Seem to lose confidence in themselves and begin to have difficulty making decisions

If you believe your friend is in serious danger, talk with an adult you trust immediately about your friend's situation so that he/she can get help. Do not try to intervene by yourself...you could get seriously hurt.

## TEEN DATING VIOLENCE



### The Crisis Centre

P.O.Box EE-17910

Nassau, Bahamas

**24-Hour Hotline**

**(242) 328-9022**

Family Violence Unit:

(242) 322-4999

Fax: (242) 328-7824

Email: bahamascrisiscentre@yahoo.com

www.bahamascrisiscentre.org

## Teen Dating Violence

Dating violence can take many forms, including psychological and emotional abuse, physical abuse, and sexual abuse. It can occur in casual dating or long-term relationships. It is important to recognize the signs of dating violence

### Physical Abuse

Physical abuse includes hitting, slapping, punching, shoving, kicking, biting, and hair-pulling. It also includes the use of a weapon, such as a knife, or gun, against a boyfriend or girlfriend.

### Emotional Abuse

If a boyfriend or girlfriend humiliates, insults, or curses you, you are experiencing emotional abuse. Other examples include trying to control a boyfriend or girlfriend's activities, trying to destroy his or her self-confidence and self-esteem, and isolating the person from other friends and family. Threats of violence should always be taken seriously.

Teenage girls suffer more often from relationship violence, emotionally and physically. They are much more likely than teenage boys to have serious injuries.

Teenage boys are, however, victims of violence too, though it is more often psychological than physical.

## Sexual Abuse

Sexual abuse, refers to forced or unwanted sexual activity or rape. It is also considered sexual abuse to pressure someone to engage in sexual activity against their will.

**If you're in a dating relationship that in any way feels uncomfortable, or even frightening, trust your feelings and get out of it. It could become, or may already be, abusive.**

**Always remember:  
You have every right to say no.  
No boyfriend or girlfriend has the right to tell you what you can or should do, what you can or should wear, or what kind of friends you should have.**

**IF YOU ARE IN AN ABUSIVE  
RELATIONSHIP, CALL THE CRISIS  
CENTRE ON  
328-0922  
OR THE  
FAMILY VIOLENCE UNIT ON  
322-4999**

**IF YOU ARE IN IMMEDIATE  
DANGER, CALL THE POLICE ON  
919  
OR  
322-4444**

## If you are hurting someone else, get help

Remember, it is **never** okay to harm someone else, however much they may be provoking you.

Physical and sexual violence are illegal acts and can result in serious consequences.

If you feel, or know, you are acting in a violent manner, talk to someone and ask for help.

Counselling can help you control your anger and teach you how to deal with conflicts in a more appropriate manner.

Encourage your school and church to provide information for teens so that they are aware of the dangers of violent teen relationships and the signs they should look out for in their own relationships or dating situations.

