

DATING VIOLENCE

A RESOURCE & INFORMATION
GUIDE FOR TEENS



Domestic Violence Intervention Unit
401 – 4th Avenue North, Rm 1B
Kent, WA 98032-4429
(206) 296-4157

Resources for Teens

In an emergency, call 9-1-1.

**Youth Eastside Services
Teen Dating Violence Program**
(425) 747-4937

Eastside Domestic Violence Program
(425) 746-1940
(Serves Northeast King County)

YWCA
South King County (425) 226-1266
East Cherry, Seattle (206) 568-7845

Domestic Abuse Women's Network
(425) 656-7867
(Serves South King County)

New Beginnings
(206) 522-9472
(Serves Seattle & Shoreline)

**King County Prosecuting Attorney
Protection Order Advocacy Program**
Seattle
(206) 296-9547
Kent
(206) 205-7406
Redmond
(206) 205-7012

**Domestic Violence Recorded
Information Line**
(206) 205-5555

**Washington State
Domestic Violence Hotline**
1-800-562-6025

Crisis Clinic
<http://www.crisisclinic.org/>
Teen Link
(206) 461-4922
24-hour Crisis Line
(206) 461-3222
Community Information
& Referral Line
(206)-461-3200

**Consejo Counseling
& Referral Services**
(206) 461-4880

**King County Juvenile Court
Prosecutor's Office
Victim Assistance Unit**
(206) 296-8871

Child Protective Services
1-800-609-8764

**King County Sexual Assault
Resource Center (24 hour)**
1-888-99-VOICE (1-888-998-6423)

King County Web Information Pages
<http://www.metrokc.gov/dvinfo/>

Information for this booklet obtained from *Tools for Law Enforcement* by Youth Eastside Services, King County Sexual Assault Resource Center and Renton Area Youth Services.

**This information is available in alternative
formats upon request.
TTY Relay: 711**

What is Dating Violence?

Dating violence is when physical, emotional and/or sexual force is used by one person in a relationship to control or dominate the other.



Violence in a relationship is not just an adult problem. By the age of 20, one third of all young women will experience dating violence.



Misconceptions vs. Reality



Misconception: *“Guys yell and hit to show how much they care about their partners.”*

Reality: People yell and hit because they are using violence to try and control another person and/or are unable to control their own behavior.

Misconception: *“Alcohol and/or drugs are what cause people to become violent or abusive.”*

Reality: Chemical substances are not the cause of violence but may act as enablers to violence by lowering inhibitions.

Misconception: *“Guys who batter are psycho-crazies.”*

Reality: Batterers are “normal” people that we encounter in everyday life. They can be the smartest, quietest, coolest or best athlete on campus. What they have in common is coercive, controlling behavior towards their partners.



**IF YOU ARE BEING ABUSED
TALK TO SOMEONE AND GET HELP
REMEMBER - YOU ARE NOT ALONE**



WARNING SIGNS OF AN ABUSIVE PERSON

- **Jealousy:** Accuses you of cheating, follows you around, calls or pages you frequently to check up on you.
- **Controlling Behavior:** Makes you ask permission to do certain things, constantly questions who you are spending your time with, what you did, where you went, and/or talks for you when others ask you something.
- **Isolation:** Tries to cut you off from all your friends, puts down everyone important to you (friends, family, employers, teachers, etc.), doesn't "let" you talk on the phone or go out with your friends, comes up with excuses so that you can't be with other people.
- **Overly Sensitive:** Looks for fights, sees everything as a personal attack toward them, blows little things out of proportion.
- **Disrespectful or Cruel to Others:** Doesn't treat others with respect, insensitive to the pain or suffering of others, doesn't care about hurting other people's feelings.
- **Rigid Sex Roles:** Believes that men are superior to women, believes that people can't be complete without a partner, and believes that one person in a relationship makes all the decisions.
- **Doesn't Respect your Privacy or Property:** Reads your diary, destroys pictures of ex-partners, breaks items that are special to you, and takes items of yours without asking.
- **"Playful" Use of Force in Sex:** Makes sexually degrading jokes or remarks about you, isn't concerned about whether you want sex or not, sulks to manipulate you into having sex when you don't want to.
- **Past Abusive Behavior Toward a Partner:** You hear rumors that they've been abusive to a partner in the past, they deny the abuse and blame the victim for trying to make them look bad or "get back at them" for something.
- **Early Abusive Behaviors:** Throws object at you, or near you, threatens you with violence, physically restrains you from leaving a room, pushes or shoves you, verbally abuses you, calls you names.



HOW TO ASSIST A FRIEND WHO IS BEING ABUSED

- Let them know that it is not their fault and they don't deserve it.
- Know your own limits and keep yourself safe.
- Know resources where they can go for help.
- Offer to go with them to get help.
- Believe them. Be supportive of their decisions.
- Ensure confidentiality and don't tell anyone unless you let your friend know first.
- Don't encourage them to stay in the relationship; avoid blaming them for staying.
- Encourage them to stay involved in activities that they enjoy and care about.
- Respect their privacy; don't spread rumors or gossip since it could put them in danger.
- If they refuse your help, don't take it personally. This is a common reaction.
- Take the situation seriously, even if some of what's happening doesn't seem like a big deal.



Order for Protection



An Order for Protection is a special type of civil order that restrains the person who has been committing acts of violence from further acts of assault or threat.

An Order for Protection can:

- Restrain the abuser from committing acts of domestic violence.
 - Exclude the abuser from the victim's residence.
- Prohibit the abuser from harassing and/or contacting the victim (on the street, by mail, by phone, at school or work).
 - Order the abuser to participate in treatment or counseling.

If you are 16 years of age or older and currently have or previously had a dating relationship with the abuser, you can apply for an order for protection.



16150 NE 8th
Bellevue, WA 98008-2937
(425) 747-4937

**Protection Order
Advocacy Program**
Seattle: (206)296-9547
Kent: (206)205-7406
Redmond: (206) 205-7012

SAFETY PLANNING

General Safety

- Stay in touch with your friends and make it a point to spend time with people other than your partner.
- Stay involved in activities that you enjoy.
- Make new friends. Increase your support network.
- Consider looking into resources at your school or in the community.
- Think about joining a support group or calling a crisis line.



Safety at School

- Try not to be alone. Let your friends know what is happening and have them walk to classes and spend time during lunch with you.
- Tell teachers, counselors, coaches or security guards about what is happening. Have them help you be safe.
- Change your routine. Don't always come to school the same way or arrive at the same time.
- Consider rearranging your class schedule.
- Always keep extra change with you to make phone calls. It is free to call 911 from a pay phone.
- Consider applying for an Order for Protection.



Safety at Home

- Try not to be alone.
- Consider telling your parents or other family members about what is happening. They can help screen your phone calls or visitors.
- Make a list of important phone numbers. Include supportive friends, crisis lines and family members.
- If you are home alone, make sure the doors are locked and the windows are secure.



Safety with Your Partner

- Try not to be alone with your partner or in an isolated/deserted location. Go to public places.
- Try to double date or go out with a group of people.
- Let other people know your plans and where you will be.
- Try not to be dependent on your partner for a ride.
- Trust your instincts. If you feel in danger, call 911. Get help immediately. Do not minimize your fears.

Safety When Breaking Up with Your Partner

- Break up with your partner in a public place.
- Tell other people that you plan to break up with your partner. Let them know where you will be.
- Arrange to call a friend or a counselor after you talk with your partner.

