

love is respect, love is acceptance,
abuse is not love, no one deserves abuse.

what does dating abuse look like?

Physical Abuse: Any use of physical force intended to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

Verbal or Emotional Abuse: Non-physical behaviors such as threats, insults, constant monitoring, name-calling, humiliation, intimidation, isolation or stalking.

Sexual Abuse: Forcing or manipulating a person to do something sexual against their will. Sexual abuse includes rape, unwanted "rough sex," coercion or restricting access to birth control.

Digital Abuse: Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner. This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts, blackmail postings, or stalking on Facebook or other social media.

1 in 3 girls in the US is a victim of physical, emotional or verbal abuse from a dating partner.

1 in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

If you or a loved one is in an abusive relationship, please get help.

Visit **loveisrespect** for more info.
Call **866.331.9474** or text "loveis" to **22522**.

Free Danger Assessment App & other resources **joinonelove.org**

You can also call the National Hotline
1-800-799-7233

Does your dating partner...

- Check your cell phone or email without permission?
- Constantly put you down?
- Show extreme jealousy or insecurity?
- Have an explosive temper?
- Keep you from family or friends?
- Make false accusations or lie?
- Have extreme mood swings?
- Physically hurt you in any way?
Even if "just playing?"
- Tell you what to do?
- Repeatedly pressure you to have sex?

10
warning
signs of
potential
violence

