

**HOW IS YOUR RELATIONSHIP?
TAKE THIS QUICK QUIZ.**

Does your partner:

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do, whom you see or talk to, or where you go?
- Stop you from seeing friends and family?
- Take your money, make you ask for money, or refuse to give you money?
- Make all the decisions?
- Tell you you're a bad parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you said "yes" to even one, you may be in an abusive relationship.

Call the DDSP Family Advocacy Program at 717-770-7066. Or you can call the National Domestic Violence Hotline at 1-800-787-3224 for free, anonymous, and confidential options, connections, and support 24 hours a day.

WHAT IS DATING VIOLENCE?

Being abused by someone you love means being mistreated by them. This may be emotional or physical or sexual, or all three.

Dating violence occurs everywhere and to all kinds of people. There is no particular culture or community in which it occurs and others where it does not. This means that it happens in big cities and in small farming towns. It happens in gay as well as straight relationships. It happens to teens who have babies and those who do not. Although it is more likely to happen to couples who live together, it often happens to those who do not.

It is most common for young women to be the victims and for the violent partner to be male. However, young women are also violent and young men are also victimized by dating violence.

The majority of dating violence occurs when the relationship is serious or steady. In several studies, young men were more violent as they began to see themselves as part of a couple. Some abusers become more violent when they think the relationship is going to end, or after their girlfriend or boyfriend does break up with them.

RATE YOUR DATE/MATE

Print this page and circle all that apply.

OR

On a piece of paper, write down the numbers of the questions to which you replied "yes."

1. Are you frightened of your boyfriend's or girlfriend's temper?
2. Are you extremely jealous and possessive?
3. Are you afraid to disagree with him or her?
4. Do you have an explosive temper?
5. Do you find yourself apologizing to yourself or others for your boyfriend's or girlfriend's behavior when you are treated badly?
6. Do you consistently ridicule, criticize or insult your girlfriend or boyfriend?
7. Have you been frightened by your girlfriend's or boyfriend's violence towards others?
8. Do you become violent when you drink and/or use drugs?
9. Have you been wrongly and repeatedly accused of flirting or having sex with others?
10. Have you hit, pushed, kicked or otherwise injured your girlfriend or boyfriend when you were angry?
11. Have you been forced to have sex?
12. Have you threatened to hurt or kill your girlfriend or boyfriend or someone close to them?
13. Are you forced to justify everything you do, every place you go and every person you see to avoid his or her temper?
14. Have you forced your girlfriend or boyfriend to have sex, or intimidated them so they are afraid to say no?
15. Have you been afraid to say no to sex?
16. Have you threatened to kill yourself if your boyfriend or girlfriend leaves?
17. Have you become secretive, ashamed or hostile to your parents because of this relationship?
18. Do you spy on your boyfriend or girlfriend or call them constantly to check up on them?
19. Are you unable to go out, get a job or go to school without his or her permission?
20. Do you accuse your boyfriend or girlfriend of seeing other guys or girls?
21. Do you not see friends or family because of his or her jealousy?
22. Do you make your boyfriend or girlfriend account to you for every moment that they are away from you?
23. Have you been hit, kicked, shoved or had things thrown at you?
24. Have you broken your boyfriend's or girlfriend's things or thrown things at them?
25. Do you believe that having a baby will improve your relationship?
26. Did you ever hit your girlfriend when she was pregnant?

Number of odd _____

Number of even _____

*If you have more **Odd**
You are being abused:*

- *Take it seriously*
- *Tell your abuser the violence must stop*
- *Say it clearly if you don't want sex*
- *Plan for your safety*
- *Tell your parents or a trusted adult*
- *Call the police or other authorities*
- *Call the Family Advocacy Program at 717-770-7066 or call a hotline like ACCESS-York at 1-800-262-8444*
- *Find a counselor or support group*
- *Talk to friends*
- *Do things for yourself that make you feel stronger*

*If you had more **Even**
You are being abusive:*

- *Say to yourself, "I have a problem. I am abusive."*
- *Make a commitment to yourself: "I will NOT rape or hit."*
- *Call the Family Advocacy Program at 717-770-7066 or ADVANCE at 717-852-9706*
- *Find a counselor or support group*
- *Talk to parents, friends, other adults about your problem*
- *Learn as much as you can about abusive relationships*
- *Go to Alcoholics Anonymous or a drug program*
- *Respect your partner as an equal*
- *Respect yourself: You CAN choose not to abuse*

Information taken from In Love and Danger: A Teen's Guide to Breaking Free Of Abusive Relationships by Barry Levy, Seal Press, 1993.