

# Dating VIOLENCE QUIZ

## YOUR RIGHTS

### ARE YOU BEING ABUSED?

1. Are you frightened by your partner's temper?
2. Are you afraid to disagree with your partner?
3. Are you constantly apologizing for your partner's behavior, especially when he or she has treated you badly?
4. Do you have to justify every place you go, everything you do?
5. Does your partner constantly put you down and then say he or she loves you?
6. Have you ever been hit, kicked, shoved, or had things thrown at you?
7. Do you not see family or friends or do things just because of your partner's jealousy?
8. Have you been forced into having sex when you didn't want to?
9. Are you afraid to break up because your partner has threatened to hurt you himself/herself?
10. Do you feel less confident about yourself when you're with him or her?
11. Do you feel scared or worried about doing or saying "the wrong thing"?
12. Do you find yourself changing your behavior out of fear or to avoid a fight?

If one or more of the above questions applies to your relationship, you are being abused and you can make choices. You can:

1. End the relationship and choose not to see your partner.
2. Get help from someone you trust, preferably an adult.
3. Go to your counseling center at school.
4. Call your local domestic violence program.

You have the right to:

- Express your opinions and have them be respected.
- Have your needs be as important as your partner's needs.
- Grow as an individual in your own way.
- Change your mind.
- Not take responsibility for your partner's behavior.
- Not be physically, sexually, or emotionally abused.
- Break up with someone you are afraid of.
- Be happy and healthy.

Talk to your parents or another adult family member, a school counselor or teacher, or call the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or the National Teen Dating Abuse Hotline at 1-866-331-9474.

**REMEMBER, YOU'RE NOT ALONE.  
TALKING TO SOMEONE CAN HELP.  
WITHOUT HELP, THE VIOLENCE WILL  
MOST LIKELY GET WORSE.**

FOR MORE INFORMATION  
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# RELATIONSHIP AND DATING VIOLENCE



**THERE'S  
NO EXCUSE  
FOR ABUSE**

**enditnow**<sup>®</sup>  
Adventists Say No to Violence

## Warning Signs CHECKLIST

- ( ) **JEALOUSY.** Intense envy and almost paranoia can lead to isolation of the victim. Example: Girlfriend cannot notice, look at, or speak to another male; cannot go out alone or with friends.
- ( ) **HOME LIFE.** Has experienced violence or witnessed abusive situations in the home as a child. Example: Father abuses mother; brother abuses wife or girlfriend; abused as child by parent or siblings.
- ( ) **HATES MOTHER.** Strong negative feelings toward mother; talks harshly or degrades mother or women in general.
- ( ) **QUICK TEMPER, LOW IMPULSE CONTROL.** Will strike out using violence quickly; easily provoked to anger; uses a lot of physical aggression to solve problems.
- ( ) **SUBSTANCE ABUSE.** Uses alcohol and / or drugs regularly. Example: Abusing person claims, "I wouldn't have done it if I hadn't been drunk." Victim excuses behavior, "He only hits me when he's been drinking."
- ( ) **RIGID ROLE EXPECTATIONS.** Fantasy approach to life, women fit into only one role: dependent, submissive, compliant; men fit only one role: boss, decision maker, dominant, macho.
- ( ) **CONTROLLING.** Completely rules the relationship; other person's point of view not important; his opinions, attitudes, beliefs must always prevail.
- ( ) **DICTATORIAL.** Wants absolute control. Example: Dictates victim's dress, makeup, hairstyle, choice of friends, etc.
- ( ) **DISPLACED AGGRESSION.** Consciously or unconsciously finds fault with something that is not related to the problem at hand. Example: Abuser feels angry because of something that happens at school, work or home, then hits his girlfriend.
- ( ) **HITTING WALLS, THROWING OBJECTS, NAME CALLING.** Gestures that usually lead to physical violence.
- ( ) **JEKYLL—HYDE (DUAL) PERSONALITY.** Extreme mood swings.
- ( ) **LOW SELF-ESTEEM.** Poor self-image; putting others down helps him/her feel better about himself/herself.

## Definition and CHARACTERISTICS

Teen dating abuse is a pattern of abusive behavior used to have power and control over another person. It can be:

- Any kind of physical violence or threat of physical violence to gain control.
- Emotional or mental abuse, such as playing mind games, making you feel crazy, constantly texting you, or constantly putting you down or criticizing you.
- Destroying your homework.
- Deciding what school activities in which you can participate.
- Sexual abuse, including making you do something you don't want to do, or making you feel badly about yourself sexually. Threatening to rape you.

### SOME EFFECTS OF RELATIONSHIP AND DATING VIOLENCE

Abusing self (cutting)  
Difficulty in making decisions  
Inability to concentrate  
Poor communication skills  
Loss of self-confidence  
Nightmares  
Scared  
Guilt  
Insomnia  
Withdrawal  
Anger  
Promiscuity  
Paranoia  
Insomnia  
Shame  
Depression  
Anxiety  
Aggression  
Eating disorders



## STATISTICS

Teens who abuse their girlfriends or boyfriends do the same things as adults who abuse their partners. Teen dating violence is just as serious as adult domestic violence. And it's common.

- Approximately 1 in 5 female high school students report being physically and/or sexually abused by a dating partner. —Jay G. Silverman, PhD; Anita Raj, PhD; Lorelei A. Mucci, MPH; and Jeanne E. Hathaway, MD, MPH, "Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidal-ity," *Journal of the American Medical Association*, Vol. 286, No. 5 (2001), pp. 572-579.
- Teen dating violence runs across race, gender, and socioeconomic lines. Both males and females are victims, but boys and girls are abusive in different ways:
  - Girls are more likely to yell, threaten to hurt themselves, pinch, slap, scratch, or kick.
  - Boys injure girls more severely and frequently.
  - Some teen victims experience violence occasionally.
  - Others are abused more often... sometimes daily. —"Teen Victim Project," National Center for Victims of Crime, <http://www.ncvc.org>.
- Young people, ages 12 to 19, experience the highest rates of rape and sexual assault. Teenagers, ages 18 and 19, experience the highest rates of stalking. Approximately 1 in 3 adolescent girls in the U.S. is a victim of physical, emotional or verbal abuse from a dating partner. —[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org).
- Intimate partner violence among adolescents is associated with increased risk of substance use, unhealthy weight control behaviors, sexual risk behaviors, pregnancy, and suicide. —Molidor, Tolman, & Kober (2000).

Abusive relationships have good times and bad times. What makes dating violence so confusing is that love is mixed with the abuse. This can make it hard to tell if you are being abused. If you're not sure, see the warning signs checklist. You deserve to be treated in a loving, respectful way all the time by your boyfriend or girlfriend.

## Myths and ATTITUDES

### THE ABUSER

"A guy needs to be in control of the relationship."

"Some girls ask for it, that's why they stay."

"The girl is to blame when the guy hits her."

"When a guy gets angry, he can't help it."

"It's understandable to hit her; maybe next time she'll learn not to make me angry."

### THE VICTIM

"I love him. I'm the only one who can help him."

"I shouldn't have nagged him."

"It was my fault he got angry."

"If I change, he'll change."



## Dating VIOLENCE QUIZ

### ARE YOU ABUSIVE?

1. Do you constantly check on your partner and accuse her or him of being with other people?
2. Are you extremely jealous or possessive?
3. Have you hit, kicked, shoved, or thrown things at your partner?
4. Have you threatened your partner or broken things in your partner's presence?
5. Have you forced your partner to have sex with you or intimidated your partner so that he or she is afraid to say no?
6. Have you threatened to hurt your partner?
7. Have you threatened to hurt yourself if your partner breaks up with you?

If one or more of the above questions applies to your behavior, realize that you are inflicting physical, emotional, verbal, or sexual abuse on your partner. If you can recognize that what you are doing is wrong, then:

1. You do have to take responsibility for your actions.
2. You can't blame your behavior on your partner or others.
3. You can change the way you act if you get supportive counseling.
4. You can go to the nearest counseling center.
5. You need to do something about it as soon as possible. If not, it's going to get worse, and your violence will increase.
6. You might be breaking the law with your abusive behavior.