

Is This Relationship Okay?

Read through the following scenarios and, using your understanding of dating abuse and the descriptions on page 2, identify any red flags (warning signs) and decide whether or not this relationship is okay, and what type of dating abuse might be present in the relationship.

1. Ana and Michael have been going out for 6 months and having sex together for about a month. Ana usually enjoys sex, but sometimes she doesn't feel like having it. At those times Michael often says things like, "If you really loved me, you would want it," or "If you don't have sex with me, maybe I'll have to find someone else who will." She doesn't want to lose him, so often she gives in. Is this okay? **NO**; *Michael does not respect Ana's decision when she says that she does not want to have sex. He is being emotionally abusive by threatening to break up with her, and physically abusive by pressuring her into sexual acts.*

2. Kai and Taylor are 18, have been dating for a year. Over the last few months, Kai has been asking to spend more time with Taylor, sometimes showing up at their after school clubs and sports practices. Kai also texts Taylor hundreds of times each day, and gets angry when they don't respond immediately. Last week, Taylor went to visit their cousin, and Kai texted, "Why are you in that neighborhood? Are you cheating on me?" Later, Kai posted a photo of Taylor on Instagram with the caption "TRASH." Is this okay? **NO**; *technological, emotional, verbal; possibly monitoring location with tracking app.*

3. Eve is 14; Edo is 18 and is friends with Eve's brother. Sometimes Edo gives Eve presents; he told her to stop babysitting so they could spend more time together, and now gives her money if she needs it. He often tells her how much he loves her and says that he can't live without her. Eve tried to break up with him a few weeks ago, but he came to her house and refused to leave until she changed her mind. Is this okay? **NO**; *emotional, financial.*

4. Jordan and Jaden have been talking to each other and hanging out for a few weeks. Jaden acts distant when other people are around, and sometimes makes fun of Jordan in front of friends. Jordan has also seen Jaden flirting with girls in their classes. When they're alone, Jaden tells Jordan he's just imagining things. Jordan wants to ask his friends what they think, but Jaden has told him that he doesn't want anyone to know they're together. Is this okay?

Verbal Abuse

Calling someone names, insulting them and putting them down
Telling someone what to wear, what to do
Calling, texting or emailing constantly
Always demanding to know who you're with and where you are
Threatening to hurt you

Emotional Abuse

Going through your things behind your back
Acting extremely jealous
Not letting you hang out with friends and family
Blaming you for everything
Accusing you of cheating

Physical Abuse

Shaking, grabbing
Pulling hair
Slapping, punching, kicking
Using objects to hurt you
Choking, strangling
Sexual Abuse
Touching or kissing you when you don't want to
Pressuring or forcing you to have sex or do other sexual things
Preventing you from using birth control

Financial Abuse

Forbidding you to work
Refusing to work or contribute
Sabotaging work or employment opportunities
Controlling how all of the money is spent
Not allowing you access to bank accounts
Not including you in investment or banking decisions
Forcing you to write bad checks or file fraudulent tax returns
Running up large amounts of debt on joint accounts, taking bad credit loans
Withholding funds to obtain basic needs such as food and medicine

Hiding assets

Stealing your identity, property or inheritance

Technological Abuse

Tells you who you can or can't be friends with on Facebook and other sites

Sends you negative, insulting or threatening emails, Facebook messages, tweets, DMs or other messages online

Uses sites like Facebook, Twitter, foursquare and others to keep constant tabs on you

Puts you down in their status updates

Sends you unwanted, explicit pictures and/or demands you send some in return

Pressures you to send explicit video or sexts

Steals or insists on being given your passwords

Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished

Looks through your phone frequently, checks up on your pictures, texts and outgoing calls

Tags you unkindly in pictures on Instagram, Tumblr, etc

Uses any kind of technology (such as spyware or GPS in a car or on a phone) to monitor you