

# DATING ABUSE

Which superpower  
would you choose?

<https://www.menti.com/dxgatmgr1d>

1. Fly



2. Control weather



3. Swim



4. Invisible



5. Super human everything



6. Read minds



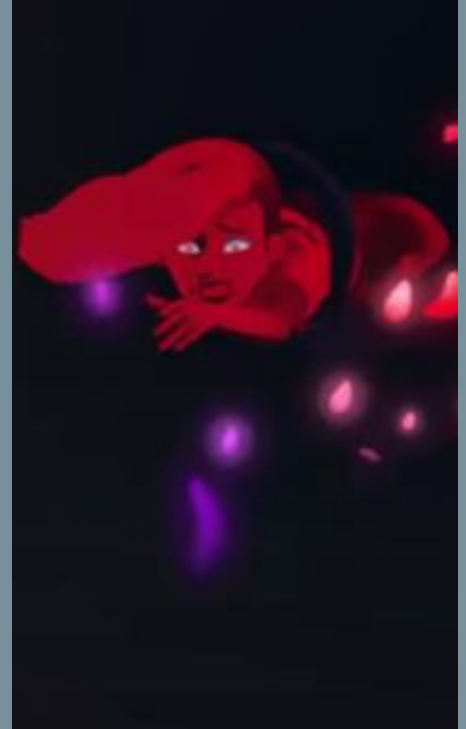
# Dating Abuse:

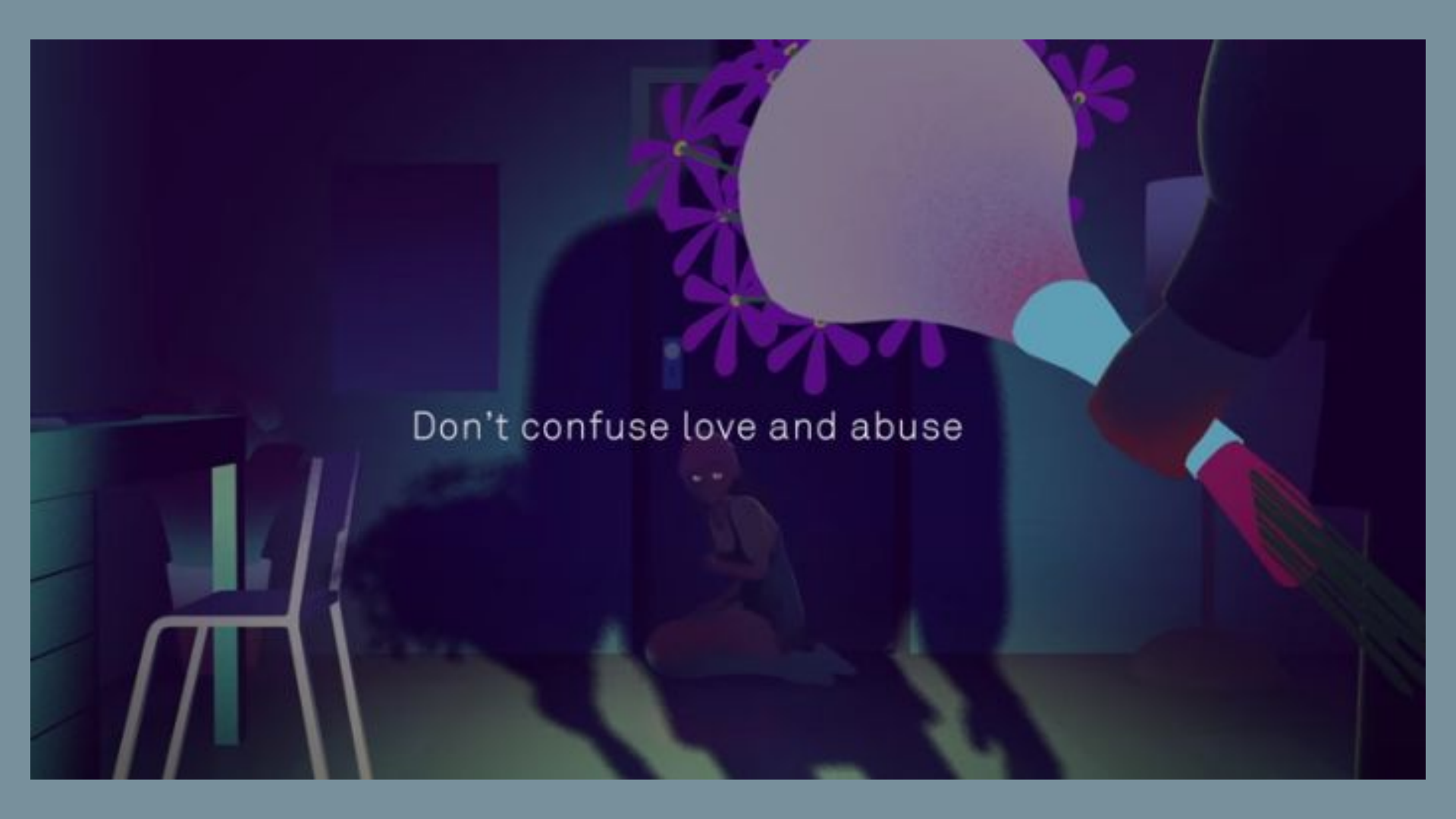
- is a pattern of abusive behavior in an intimate or romantic relationship
- is a type of domestic (intimate partner) violence
- abusive behavior is controlling and sometimes violent
- affects people regardless of race, class, gender, or sexual orientation
- happens repeatedly and may get worse over time

# Types of Dating Abuse

- Verbal
  - Name-calling, threats, demands, telling someone what to do
- Emotional
  - Extreme jealousy; blame; accusing you of cheating; not letting you see friends/family
- Physical
  - Shaking; grabbing; sexual abuse; slapping; pulling hair; sexual pressure
- Financial
  - Controlling how money is spent; forbidding you to work
- Technological
  - Tells you who to friend/what to post; threats through text or DM; location tracking; pressures you to sext; demands immediate response to text or calls

# “Sunshine”



A dark, stylized illustration. In the foreground, a large, light-colored, rounded shape is being held by a hand with a red sleeve. The shape is surrounded by a ring of purple flowers. In the background, a small, dark figure is crouching on the floor. The overall scene is dimly lit with a blue and purple color palette.

Don't confuse love and abuse



PLAN FOR YOUR

**>> SAFETY**

**Think about all the things that you are already doing to increase your safety**

**TELL SOMEONE YOU TRUST** about what's happening and check in regularly to say you're okay. Tell that person what to do if you do not check in as agreed.

**BEGIN TO DOCUMENT THE HISTORY** of abusive behavior in a way that is not accessible to your partner.

**HAVE AN EXCUSE PREPARED**

so you can leave quickly if you feel uncomfortable or scared.

**PLAN AN ESCAPE ROUTE** and make sure you know where you are and how to get somewhere safe on your own if you have to leave.

**PACK AN EMERGENCY BAG** and keep it somewhere near you if you need to leave fast.

**CALL 1.800.621.HOPE (4673)** in New York City 24 hours a day, 7 days a week if you need to talk to someone or request shelter (shelter might be available if you are 16 years or older).



**TELL...DOCUMENT...PREPARE...PLAN...PACK...CALL**



# HELPING A FRIEND WHO IS BEING MISTREATED IN A RELATIONSHIP

HOW CAN I  
HELP?

**REMEMBER YOU CANNOT RESCUE YOUR FRIEND.** Even though it's hard to see someone you care about get hurt, the final decision to end an abusive relationship has to be made by them. Just listening can make a huge difference.

**DON'T BE AFRAID TO SHARE YOUR CONCERNS.** Help your friend recognize the abuse and be honest about what you see happening.

Try taking the **Healthy Relationship Quiz** with your friend.

**LET YOUR FRIEND KNOW THAT IT IS NOT THEIR FAULT.** The person being abusive is the only one who is RESPONSIBLE for the abuse. Acknowledge that abusive relationships are complicated, but that nobody deserves to be hurt.

**BE PATIENT AND DON'T JUDGE.** People stay in abusive relationships for a lot of reasons. They may break up and go back to the abuser many times. Don't criticize or make your friend feel bad for any choices, even if you disagree.

➔ **DON'T CRITICIZE OR MAKE YOUR FRIEND  
FEEL BAD FOR ANY CHOICES, EVEN IF YOU DISAGREE.**

## WHERE CAN MY FRIEND GET HELP?

**YOUR FRIEND CAN CALL 911** IF THEY ARE IN IMMEDIATE DANGER.

**REMEMBER:** We often isolate people when they don't listen to us or take our advice. Be careful not to do that to anyone in an abusive relationship. This is when they need you most.

⇒ **DAY ONE** provides free and confidential legal and social services to survivors of intimate partner abuse aged 24 and under. We can help with individual counseling, support groups and even help with legal issues like getting an order of protection, custody and immigration. Call us at 800.214.4150 or text us at 646.535.Day1 (3291).

### ⇒ **THE CHILDREN'S AID SOCIETY**

works with abusive partners who want to stop unhealthy behaviors. Call their Family Wellness Program at 212.503.6842.

⇒ **CALL 311** TO GET INFORMATION ABOUT DATING ABUSE RESOURCES THROUGHOUT NEW YORK CITY.

### ⇒ **YOU CAN ASK A TRUSTED TEACHER OR A GUIDANCE COUNSELOR FOR HELP.**

Be aware that school professionals are "mandated reporters." That means they have to report to child protective services if they suspect that a child is being neglected or abused by a parent or caregiver. Dating abuse is not usually something that should be reported, but school officials sometimes think it is. You might want to talk with your friend's parents or your own parents to ask for help.

**DIFFERENT PARENTS WILL REACT IN DIFFERENT WAYS, AND YOU SHOULD NOT TALK TO ANYONE WITHOUT DISCUSSING IT WITH YOUR FRIEND FIRST.**

# Love Is.../Love Is Not...



Love is...

Love is not...

angry

insulting



Love is...



silly

kind



warm

sad

painful

respectful

happy

trusting

Love is not...



scary

# Resources

Day One NY: <https://www.dayoneny.org/>

Break the Cycle: <https://www.breakthecycle.org/>

Whether you are in a relationship or have just broken up, there are things you can do to protect yourself. If you are aged 24 or under, call Day One at 800.214.4150 or text 646.535.DAY1 (3291) to **SPEAK CONFIDENTIALLY** with a counselor or lawyer about your options.



## MY DATING RIGHTS:

To MAKE CHOICES WITHOUT FEELING GUILTY OR THREATENED.

To ASK FOR &/OR REFUSE A DATE.

To EXPRESS OPINIONS & HAVE THEM RESPECTED.

To END THE RELATIONSHIP.

To SAY NO.

# SAFETY IN RELATIONSHIPS

## I HAVE THE RESPONSIBILITY TO:

- Listen and be considerate.
- Respect my partner's boundaries and identities.
- Communicate clearly, honestly and respectfully.
- Support my partner's activities, goals and friendships.
- Ask for help if I need it.
- Not abuse my partner.

# Thank you!

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