

What Is Teen Dating Violence?

- Hitting, grabbing, pushing or shoving
- Pulling hair, slapping, punching or strangling
- Intimidation (blocking doors, hitting things or throwing objects at or near partner)
- Any offensive touching
- Using or threatening to use weapons
- Abuse does not have to leave a mark to be abuse



Do You Have A Safety Plan?

- Which adults can you tell about the abuse?
- Which people at school can you tell in order to be safe – teachers, principal, counselors, security?
- Consider changing your route to/from school.
- Use a buddy system for going to school, classes and after school activities.
- If stranded, who could you call for a ride home?
- Keep a journal describing the abuse.
- Get rid of or change the number to a cell phone the abuser gave you.
- Keep phone numbers of people who could help you, calling cards, number of the local shelter, (just in case abuser takes your cell phone) and restraining orders with you at all times.
- Where could you go quickly to get away from an abusive person?
- Keep money or a credit card hidden for your use.
- Create a “signal phrase” and tell family and friends if you call and say the “signal phrase” that they need to call 911.
- Customize your privacy settings on your social network pages so they can’t track you.

Does This Describe You?

DOES YOUR PARTNER:

- Call you names or put you down?
- Take your cellphone to check your incoming and outgoing calls/texts?
- Tell you what kind of clothes/makeup you can or can't wear?
- Get jealous or angry if you want to spend time with your family or friends?
- Always have to know where you are, and who you are with?
- Scare you, threaten you, or make you feel afraid?
- Force you to do things you don't want to do? Alcohol? Drugs? Sex?

DO YOU:

- Feel jealous or angry if your partner spends time with anyone other than you?
- Tell your partner they are making a big deal out of nothing when you hurt them? “I only shoved you.”, “I was just joking.”, “I was just messing around.”
- Grab, push, slap, or hit your partner when you are angry?
- Blame your partner when you abuse them? “You're the one that made me hit you.”
- Threaten to break up with them if they don't do what you want?
- Say things like, “I'll kill myself if you don't get back together with me.”?

The Dating Bill of Rights

I HAVE THE RIGHT TO:

- Refuse a date
- Have my own feelings and be able to express them
- Have my limits and values respected
- Refuse affection
- Be heard
- Refuse to lend money
- Refuse sex any time, for any reason
- Have friends and space separate from my partner

I HAVE THE RESPONSIBILITY TO:

- Determine my limits and values
- Respect the limits of others
- Communicate clearly and honestly
- Ask for help when I need it
- Be considerate
- Check my actions and decisions to determine whether they are good or bad for me
- Set high goals for myself

Stepping In to Help a Friend

■ : SPEAK UP.

If you hear a friend say something mean or unkind about someone else, or if he or she talks about doing something violent, speak up for what is right.

■ STEP IN.

When one person is mistreating another verbally (insults, name calling), physically (pushing or hitting), or emotionally (criticizing or embarrassing the other person), step in politely to stop the situation if it is safe to do so.

■ TALK IT OUT LATER.

Sometimes it is better to wait and talk to your friend later, in private. He or she may be willing to talk more openly if it is just the two of you.

■ TALK TO AN ADULT.

If your friend won't listen to you, it may be best to go to an adult—a teacher, coach, youth leader, or family member for help.

■ GO FOR HELP.

If someone is in real danger, go for help right away and call 911. Do not get involved if anyone has a weapon or if a fight is out of control.



Who We Are

The San Joaquin County Domestic Violence Task Force is an inter-agency unit designed to combat Domestic Violence by educating and providing resources to end the cycle of violence.

Where to Go for HELP

TALK


- Parent, friend or trusted adult
- School probation officer
- Teacher or school counselor
- Law enforcement

SURF

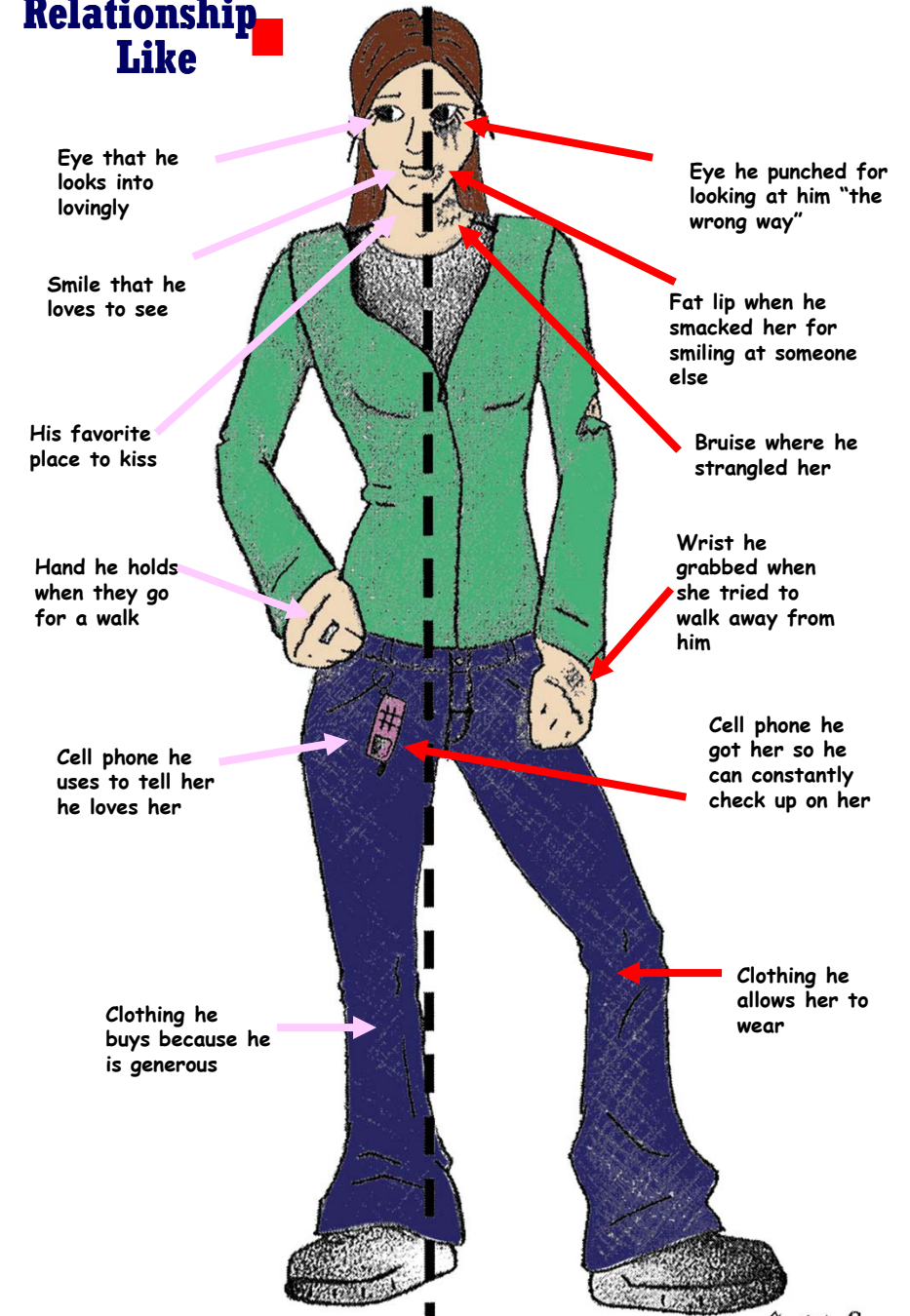
- www.thatshotcool.com
- www.breakthecycle.org
- www.loveisrespect.org
- www.seeitandstopit.org
- www.loveisnotabuse.com
- www.thesafespace.org

CALL

- 209-937-8377
Stockton Police Department
- 209-333-6727
Lodi Police Department
- 209-239-8425
Manteca Police Department
- 209-831-4550
Tracy Police Department
- 209-599-2102
Ripon Police Department
- 209-838-7093
Escalon Police Department
- 209 858-5551
Lathrop Police Department
- 209-468-4400
Sheriff's Office
- 209-468-2500
Victim Witness Unit
- 209-468-2400
District Attorney's Office
- 209-941-2611
Women's Center
- 1-800-799-7233
Nat'l Domestic Violence Hotline
- 1-866-SAFEYOUTH
Nat'l Youth Violence Prevention

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What's YOUR Relationship Like?



Christopher Pearce

The
CHOICE
is **YOURS**

