

Dating Safety Planning Considerations

Before a first date with a new partner ...

- ☞ Know as much as you can about the person who asked you out before you say “yes.”
- ☞ If your friends express concern about you going out with this person, take their warnings seriously.
- ☞ If you have any concerns about going out with the person, DON'T GO.

On the first date ...

- ☞ Stay with or near other people: go to public places, double-date, or hang out as a group.
- ☞ Avoid being in an isolated areas—especially if you are alone with someone you are just getting to know.
- ☞ Have a safety plan: be aware of exits, have a friend on-call in case you need to leave, let someone know where you are going and who with.

If you want to end an unhealthy/abusive relationship:

- ☞ Do not break up with them alone: bring a friend, do it in a public place—you can even do it over the phone!
- ☞ Avoid meeting up with them (especially alone) after a break up. If you have to, bring a friend & go to a public place.
- ☞ If you are alone at home, do not let your ex inside, no matter what they say.
- ☞ Take any threats of violence by a partner or former partner seriously!

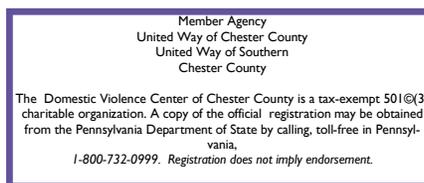
Remember,

- ☞ ANYONE can be a victim of dating violence. Victims (and abusers) come from all age groups, races, classes and backgrounds.
- ☞ Abuse gets worse over time. It may begin with verbal abuse and eventually escalate to physical or sexual assault or other violence.
- ☞ YOU cannot change your partner. For any change to take place, they must take responsibility for their own behavior.

**Your safety is important.
If you are in immediate danger
CALL 9-1-1**

For information, help, or just someone to talk to, call our **toll-free 24-hour hotline:**

1-888-711-6270



**STANDARDS FOR
EXCELLENCE**

**Domestic Violence
Center of Chester
County**

P.O. Box 832
West Chester, PA 19381-0832

Phone: 610-431-3546 (Office)
Fax: 610-431-2462

Teens & Dating Abuse

**What is Dating Abuse?
Warning Signs, Safety Planning and
DVCCC Services**



DVCCC

DOMESTIC VIOLENCE CENTER OF CHESTER COUNTY

Freedom Through Empowerment

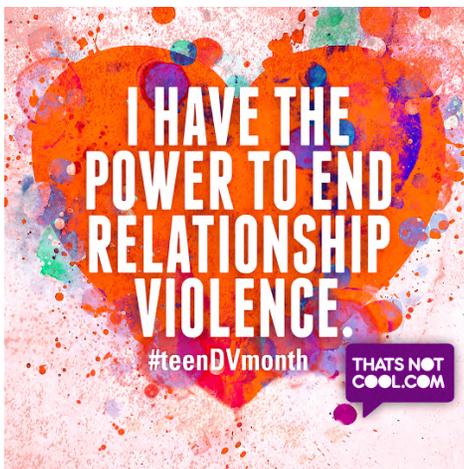
24-hour hotlines:

(610)431-1430

1-888-711-6270

**www.DVCCCPA.org/
healthy-dating-resources**





WHAT IS DATING ABUSE?

Dating abuse is a pattern of violence, threats, and manipulative tactics used to coerce and control one's dating partner. This pattern can take many forms, sometimes subtle.

Here are some examples:

Verbal Abuse: yelling, name-calling, put-downs, unfair accusations, excessive criticism, making fun of you, embarrassing you, telling your secrets, etc.

Physical Abuse: punching, kicking, pushing, choking, pinching/squeezing, hair-pulling, slapping, bending/twisting of arms/fingers, sexual abuse, rape, breaking your belongings, etc.

Emotional Abuse: patterns of behavior that are threatening, isolating, controlling—manipulation, mind games, victim-blaming, cheating, lying, neglecting or ignoring you, etc.

Technological Abuse: taking your phone and going through it (reading messages, call logs, etc.), controlling & monitoring your posts on social media, keeping tabs on you through excessive texts/calls, pressuring you for nude photos/explicit texts (sexting), etc.

Warning Signs

Are you unsure if your relationship is healthy? Take this quick quiz:

Does your partner ...

- ☞ Act jealous or possessive?
- ☞ Insist on making all the decisions?
- ☞ Treat you with disrespect (insult me, call you names, boss you around)?
- ☞ Blame me (or others) for his/her feelings or actions?
- ☞ Pressure me to do things I am uncomfortable with?
- ☞ Use physical force (hit me, restrain me, throw things) to get his/her way?
- ☞ Beg for another chance, especially after an outburst?
- ☞ Constantly check-in with you, wondering where you are, who you're with, and what you're doing?
- ☞ Blame drugs/alcohol or other outside factors for his/her violence?

If you answered yes to any of these, you could potentially find yourself in an unhealthy or abusive relationship.

**Remember:
You are not alone.
Abuse is never your fault.**

Ways to Find Help

☞ There are people in your school, community and family who can help you: talk to someone you trust about what you're going through.

☞ **Call us at the Domestic Violence Center of Chester County.**

**Our toll-free 24-hour
hotline number is
1-888-711-6270**

☞ **Our services are 100% free & 100% confidential:** You can call and receive hotline counseling and assistance at any time without having to identify yourself (until you want to move forward with services).

☞ DVCCC provides in-school & community youth presentations to enhance Chester County's youth knowledge on healthy relationships. If you are interested in bringing this program to your school, let us know!

**The National Teen Hotline
1-866-331-9474**

