

I Am Being Abused. How Can I Get Help?

The first step is to leave. It can be scary, but know that you're not alone and there is help. On average, a woman will leave her abusive partner 7 times before leaving for good. If you're scared of getting hurt when trying to end the relationship, don't go anywhere alone with them. If you're scared for your life, call the police and get a restraining order. This is a court document that forbids your abuser from harassing/hurting you.

Once you have left, it's best to stay occupied and surrounded with people you can trust. If you feel comfortable, tell your parents what's going on. They may understand and be able to help more than you think! Find positive ways to spend your time, such as writing, art, sports, listening to or playing music, walking your pet, or helping around the house. These hobbies may help you through the hard times.

Take advantage of resources in your area. You may feel that you need some outside help. If you think therapy or counseling is for you, please call us at **Teen Line**® to get a free referral.

Don't go back to your abusive relationship! After time apart, you might start to forget the bad things that happened. It might help to write down your bad feelings and the parts of the relationship you disliked. Read them over if you start to feel like you want to take the person back.

And remember: You don't deserve to be afraid. Everyone is entitled to feel safe and loved. Whatever happened in your relationship,
IT'S NOT YOUR FAULT.

Do You Think Your Behavior Is Bordering On Abusive?

Do you think your behavior is bordering on abusive? Ask yourself the following questions. If you answer yes to one or more of them, you are most likely abusing your partner.

- Do you accuse your partner of cheating on you?
- Do you spy on your partner, including checking his/her phone or e-mail?
- Do you ridicule, criticize, or insult your partner?
- Have you threatened to hurt or kill your partner, or someone close to her/him?
- Do you become violent when you drink or use drugs?
- Are you extremely jealous or possessive?

We all have emotions such as anger, jealousy, or hurt. What matters is how we handle them. If you feel that you might be abusing your partner, there is help for you. It may be hard to admit you have a problem, but it will make you a better person in the long run. You can call **Teen Line**® for referrals for therapy or anger management, or talk to a school counselor. Call Teen Line any evening between 6 and 10 pm PST to connect with one of our trained teen listeners. **Toll-free 800-TLC-TEEN, or 310-855-4673.** After hours, your call will be directed to **Didi Hirsch's Suicide Prevention Center.** Visit our website at www.teenlineonline.org for more information.

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teen line®

Teen Dating Violence



USA & Canada
800-TLC-TEEN
(852-8336)

6:00 PM-10:00 PM, PST

Text "TEEN" to 839863
5:30pm-9:30pm PST

www.teenlineonline.org





Teen Dating Violence

One out of three high school students have been or will be involved in an abusive relationship. 68% of young women raped knew their rapist either as a boyfriend, friend or acquaintance.

Teen Dating Violence--including physical, emotional and sexual abuse--is a cruel reality for many teenagers. This includes harassment through texting, e-mail and instant messaging. It occurs in all races, religions and socioeconomic groups. Victims of dating violence may experience these forms of abuse:

- Name-calling and put-downs.
- Jealousy such as getting angry if you talk to other guys or girls.
- Control / Possessiveness telling you who to hang with, where to go, how to dress.
- Threats of violence, murder, or suicide.
- Angry outbursts, fights, or yelling.
- Any type of physical force including hitting, slapping, pushing, kicking, throwing objects, restraining, or choking.
- Pressure to perform sexual acts that make you uncomfortable.
- Humiliating or embarrassing you, either in private or in front of others.

Why Do People Stay In These Relationships?

There are a lot of reasons a teen might find that they are stuck in a relationship where they are abused. Some of these are:

- They still have feelings of love for their abuser.
- They are scared that their abuser will hurt them if they leave.
- They don't want to get their abuser in trouble.
- They keep thinking things will go back to how they "used to be."
- They may be embarrassed about others finding out about the abuse.
- They may not know where to turn for help.

It is scary to leave an abusive relationship, but studies show that the abuse never gets better. In fact, it always gets worse. It may feel impossible, but it's important to get out **NOW**.

Do You Think You're Being Abused?

If you answer yes to more than one of the following, you may be a victim of dating violence.

- Are you frightened of your partner's temper?
- Are you afraid to disagree with him/her, for fear of the reaction?
- Do you find yourself apologizing to your partner, even if you did nothing wrong?
- Do you apologize to others for his/her actions, out of embarrassment or guilt?
- Has your partner ever called you names, put you down, or humiliated you?
- Are you frightened by his/her violence toward you or others?
- Have you been hit, kicked, shoved, or had things thrown at you?
- Has your partner forced you to have sex, or have you been afraid to say no to sex?