

## Definition of Dating Violence



*According to the CDC,*

**Dating violence** is defined as the physical, sexual, or psychological/emotional violence within a dating relationship, as well as stalking. It can occur in person or electronically and may occur between a current or former dating partner.

**Abuse is never the victim's fault.**

Dating violence is **NOT** about:

- **Conflict** -- which occurs even in a healthy relationship.  
*In an abusive relationship, there is no room for negotiation, compromise or considering the needs of the other.*
- **Anger management** -- If it was a question of anger, the person would show this emotion in all/many relationships.

*Abuse is about seeing that you have power to make someone else do what you want.*

**With dating abuse, the one "safe" person (someone who trusts and/or likes/loves you) is targeted.**

reference network

## Red Flags

**Red flags are signs that you can look for in someone's personality or in their actions that likely indicate their tendency towards abusive behavior.**

- **They tend to blame others for their actions/behaviors and not take any responsibility.**



*I wouldn't have to hit you if you weren't so stupid.*

***Trust your gut; if something feels wrong, it likely is.***

The perpetrator may hide behind a mask of charm and respectability.

They may be popular, well-liked, funny, charming, good students/athletes/artists.

The mask serves two purposes:

- It Reminds the victim of what originally attracted them (this is emotional manipulation)
- It Undermines the credibility of the victim (no one believes this nice person could do abusive things)

by [National Commission on the Status of Women](#)

## Disclaimer on Gender Issue

Dating abuse can happen in



However, **95% of victims** of domestic violence are **women**.

## Types of Abuse: Verbal

While physical abuse is most often thought of when we talk about dating violence, there are many other forms:

### 1. Verbal: insults, name calling, put downs, criticisms

Including: telling the victim how to look or behave and making all the decisions without regard to their partner's opinions or feelings.

As a result, the victim often begins to believe his or her abuser and develops low self-esteem.

Abusers may also use verbal abuse in order to humiliate their victim around their peers.

## Types of Abuse: Emotional

### 2. Emotional abuse includes:

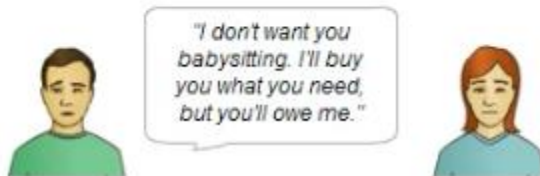
- Isolation from family, friends and activities;
- Insisting his partner not go out without him;
- Excessive jealousy
- Constant monitoring of the victim's social media pages (i.e. Facebook or Twitter)
- Getting angry when his partner talks to other people;
- Stalking, texting/calling constantly wanting to know where the victim is and who she is with
- Threats of break-up/  
Threats of suicide

As a result the victim feeling alone, trapped, dependent, confused and helpless.

## Types of Abuse: Economic

### 3. Economic abuse means controlling finances.

- Insisting on paying for everything, but expecting payback in other ways
- Insisting that your partner pay for everything



## Types of Abuse: Sexual

### 4. Sexual Abuse is:

- Manipulating/forcing the victim to have sex,
- Cheating,
- Spreading rumors,
- Threatening to break up if the victim does not perform sexual acts.

As a result, the victim might feel fear, humiliation and shame.

## Types of Abuse: Physical

### 5. Physical abuse includes:



- Hitting
- Pinching
- Grabbing
- Pushing
- Forcing Drugs or Alcohol
- Preventing someone from leaving the room



Physical abuse leaves the victim feeling intimidated, fearful and angry.

## How Does Dating Violence Affect Health?

Dating violence can have a negative effect on health throughout life.

Teens who are victims are more likely to be depressed and do poorly in school.

They may engage in unhealthy behaviors, like using drugs and alcohol and are more likely to have eating disorders.

*Some teens even think about or attempt suicide.*

Teens who are victims in high school are also at a higher risk for victimization later in life.