

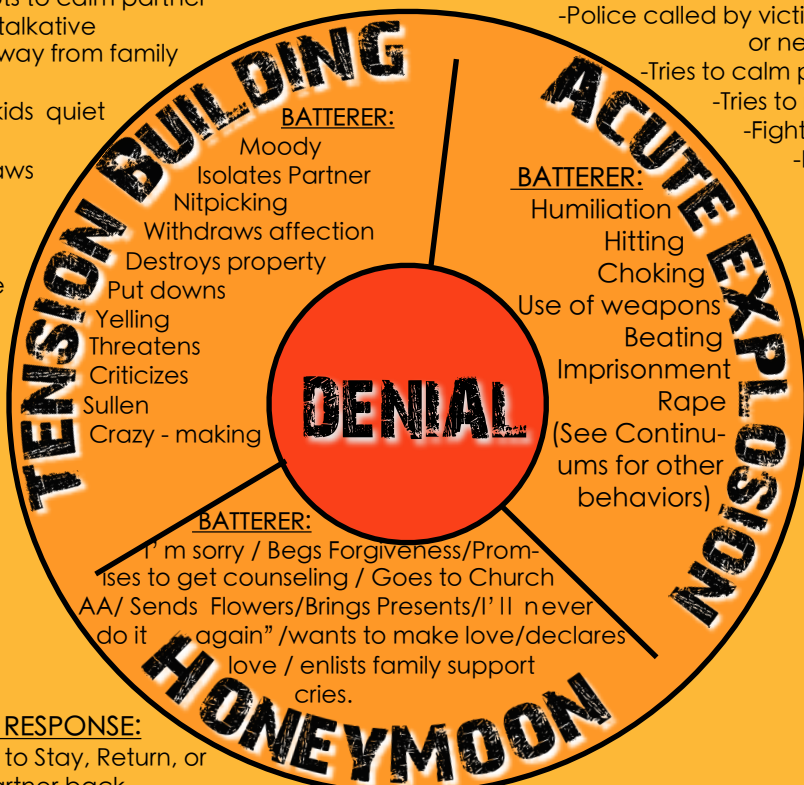
CYCLE OF DENIAL

VICTIM RESPONSE:

- Attempts to calm partner
- Silent / talkative
- Stays away from family friends
- Keeps kids quiet
- Agrees
- Withdraws
- Tries to reason
- Cooks Favorite Dinner
- Feeling of walking on egg-shells

VICTIM RESPONSE:

- Protects Self anyway possible
- Police called by victim, kids or neighbor
- Tries to calm partner
- Tries to reason
- Fights back
- Leaves



(CONTINUED FROM FRONT...)

- Keeping the victim from seeing or talking with friends and family
- Telling the victim from seeing/talking with family/friends
- Telling victim what to do
- Using online communities or cell phone to control, intimidate, or humiliate the victim.
- Making the victim feel responsible for the violence
- Stalking
- Threatening to commit suicide in order to manipulate the victim
- Threats of violence and harm, or to expose the victims secrets (such as sexual orientation or immigration status) or to take victims children

WHAT CAN I DO ?

If you or someone you know has experienced any of these behaviors in a relationship, that relationship may be abusive. RELATE RIGHT SA in accordance with Bexar County Family Justice Center can help you learn about your options and legal rights.



RELATE RIGHT SA:
RelateRightSA@live.com
RelateRightSA.weebly.com



TEEN DATING VIOLENCE

TYPES OF ABUSE



Domestic violence is a pattern of abusive behavior in a dating or domestic relationship. This abuse can be physical, sexual, verbal or emotional, or a combination of some or all of these.

WHAT DO I NEED TO KNOW ?

PHYSICAL ABUSE is any intentional unwanted contact with the victims body by either the abuser or an object within the abusers control. Physical abuse does not have to leave a mark or a bruise. It includes the following behaviors:

- Scratching
- Punching
- Biting
- Kicking
- Throwing something at you
- Pulling hair
- Choking
- Pushing
- Using a weapon
- Slapping
- Shoving

SEXUAL ABUSE is any sexual behavior that is unwanted or interferes with the victim's right to say "no" to sexual advances. It includes the following behaviors:

- Rape
- Unwanted kissing or touching
- Forcing the victim to go further than they want (even if they had sex before)
- Unwanted rough or violent sexual activity
- Not letting the victim use birth control or protection against sexually transmitted disease

VERBAL/EMOTIONAL ABUSE is anything that the abuser says or does to the victim that causes the victim to be afraid, lowers the victim's self esteem, or manipulates or controls the victim's feelings or behaviors. It includes the following behaviors:

- Name-calling and put-downs
- Yelling and screaming
- Intentionally embarrassing the victim in front of other people

(CONTINUED ON BACK)

IN THIS ISSUE:

- Types of Abuse
- Relationship Quiz
- Cycle of Denial

POP QUIZ!

Is your Relationship Healthy?

SCORE!



Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is as healthy as you deserve? Answer “yes” or “no” to the following statements to find out! Make sure to circle your responses. At the end you’ll find out how to score your answers.

The Person I am with:

CIRCLE ONE

- | | | |
|--------------------------------------------------------------------------------------------------------------|-----|----|
| 1. Is very supportive of the things I do. | Yes | No |
| 2. Encourages me to try new things. | Yes | No |
| 3. Likes to listen when I have something on my mind. | Yes | No |
| 4. Understands that I have my own life too. | Yes | No |
| 5. Is not liked very well by my friends. | Yes | No |
| 6. Says I’m too involved in different activities. | Yes | No |
| 7. Texts me or calls me all the time. | Yes | No |
| 8. Thinks I spend too much time trying to look nice. | Yes | No |
| 9. Gets extremely jealous or possessive. | Yes | No |
| 10. Accuses me of flirting or cheating. | Yes | No |
| 11. Constantly checks up on me or makes me check in. | Yes | No |
| 12. Controls what I wear or how I look. | Yes | No |
| 13. Tries to control what I do and who I see. | Yes | No |
| 14. Tries to keep me from seeing or talking to my family & friends. | Yes | No |
| 15. Has big mood swings- gets angry and yells at me one minute, and the next minute is sweet and apologetic. | Yes | No |
| 16. Makes me feel nervous or like I’m “walking on eggshells.” | Yes | No |
| 17. Puts me down, calls me names or criticizes me. | Yes | No |
| 18. Makes me feel like I can’t do anything right or blames me for problems. | Yes | No |
| 19. Makes me feel like no one else would want me. | Yes | No |
| 20. Threatens to hurt me, or my family. | Yes | No |
| 21. Threatens to hurt him/herself because of me. | Yes | No |
| 22. Threatens to destroy my things. | Yes | No |
| 23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way. | Yes | No |
| 24. Breaks things or throws things to intimidate me. | Yes | No |
| 25. Yells, screams or humiliates me in front of others. | Yes | No |
| 26. Pressures or forces me into having sex or going farther than I want to. | Yes | No |

Give yourself 1 point for every “no” you answered to numbers 1-4; 1 point for every “yes” response to numbers 5-8; and 5 points for every “yes” to numbers 9-26.

Now that you’re finished and have your score, the next step is to find out what your score means. Simply take your total score and see which of the boxes below applies to you.

SCORE: 0 POINTS

You got a score of 0? Not to worry - it’s a good thing! It sounds like your relationship is on a pretty healthy track. Fostering healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it’s possible that a friend of yours may not. If you think you know someone who may be in an abusive relationship, find out how you can help that person end the abuse.

SCORE: 1-2 POINTS

If you scored 1 or 2 points, you may be noticing a couple of things in your relationship that may be unhealthy, but it doesn’t necessarily mean they are warning signs. It’s still a good idea to keep an eye on them to make sure there isn’t a pattern. The best thing to do is to communicate with your partner and let them know what you like and don’t like. Encourage them to do the same. Remember, communication is always a step forward to building a healthy relationship. It’s also good to be informed so that you learn to recognize the warning signs. Read about teen dating violence and the different types of abuse there may be.

SCORE: 3-4 POINTS

If you scored 3 or 4 points, it sounds like you may be seeing some of the warning signs of an abusive relationship. Warning signs should never be ignored. Something that starts small can get much worse over time. Relationships are never perfect -- they take some work! But in a healthy relationship you won’t find abusive behaviors. If you think your relationship may not be as healthy as you deserve, contact us for help and to get more information.

SCORE: 5 POINTS OR MORE...

If you scored 5 points or more, you are definitely seeing warning signs and may be in an abusive relationship. You don’t have to deal with this alone. Relate Right SA can help. We can help you learn about your different options. Contact us to get more information.

DON'T BE AFRAID TO ASK QUESTIONS AND ASK FOR HELP. THERE ARE MANY SERVICES AND RESOURCES AVAILABLE TO HELP:

National Teen Dating Abuse
Helpline:
1-866-331-9474
1-866-331-8453 TTY
www.loveisrespect.org

Bexar County Family Justice
Center:
(210)-208-6800
www.bcfjc.org

Relate Right SA:
RelateRightSA@live.com
RelateRightSA.weebly.com