

## HOW TO HELP A FRIEND

If someone you know is dating someone who is controlling or abusive, here are some ways you can help:

- ♥ Let them know you're there for them.
- ♥ Remind them that they deserve a relationship based on LOVE, EQUALITY, and RESPECT.
- ♥ Let them know that the abuse is NOT THEIR FAULT.
- ♥ Offer local resources and people who may be able to help.
- ♥ Get support for yourself, too!

It does NOT help to:

- ☹ Ignore or excuse the abuse.
- ☹ Think that it is a private matter.
- ☹ Tell your friend what to do.
- ☹ Badmouth the other person.
- ☹ Put yourself in danger.
- ☹ Do it alone.

If someone you know is experiencing emotional, physical, or sexual abuse, there *is* someone to talk to.

### 24-hour HOTLINE:

413-772-0806

Franklin County

—or—

1-888-249-0806 (V/TTY)

Toll Free

*It's Free and Confidential!*

**COME TO OUR OFFICE**  
at 479 Main Street, Greenfield:  
9 a.m. to 3:00 p.m.  
Monday through Friday  
or call the hotline for a FREE,  
CONFIDENTIAL appointment.

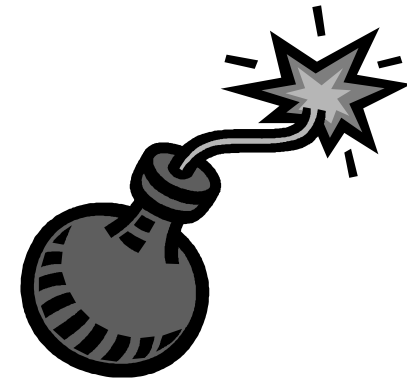
**New England Learning Center for Women in Transition**  
479 Main Street, PO Box 520, Greenfield MA 01302  
(413) 772-0871

131 West Main Street, Orange MA 01364  
(978) 544-9857

[www.nelcwit.org](http://www.nelcwit.org)



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# TEEN DATING VIOLENCE

## ARE YOU GOING OUT WITH SOMEONE WHO:

- Puts you down, calls you names, or teases you in a hurtful way?
- Ignores you or your feelings?
- Checks up on you or accuses you of cheating?
- Makes decisions for you?
- Pressures you to do things you don't want to do?
- Is jealous of time you spend with others?
- Blames you for things that go wrong?

## What is dating violence?

When one person says or does things in order to gain power and control over someone he or she is dating, this is dating violence. *One out of four teens experience dating violence.*

## What do you mean by "violence"?

"Violence" refers to anything that violates another person's boundaries or personal space. This includes doing or saying things that:

- make someone afraid
- prevent someone from doing what he or she wants to do
- force someone to do things he or she doesn't want to do.

If you are in a relationship with someone who is abusive, it's not your job to try to "fix" or "save" them. If someone is being abusive to you, it's NOT your fault.

♥ YOU DESERVE A  
RELATIONSHIP BASED  
ON LOVE, EQUALITY,  
AND RESPECT ♥

## WARNING SIGNS of an abusive personality

- 🚩 **Quick involvement.** Gets real serious, real fast. Wants you to commit to the relationship early on.
- 🚩 **Extreme jealousy.** Claims that jealousy is a sign of love. Questions you about where you went and who you were with, accuses you of flirting with others, etc.
- 🚩 **Controlling behavior.** Tries to control where you go, who you spend time with, what you wear, etc.
- 🚩 **Unrealistic expectations.** Expects you to be the perfect partner, lover, and friend. Expects you (and the relationship) to meet ALL of his or her needs.
- 🚩 **Mind games.** Uses guilt, manipulation, or threats to get you to do what he or she wants.

## IN A HEALTHY RELATIONSHIP, TWO PEOPLE ENJOY EACH OTHER'S COMPANY AND HAVE FUN TOGETHER

- ★ Both people listen to each other.
- ★ Both people respect each other's feelings and opinions.
- ★ Both people are supportive of each other's friends, family, and activities.
- ★ Each person takes responsibility for his or her own feelings, actions, and behaviors.
- ★ Both people are willing to talk things out honestly.
- ★ Both people are willing to compromise in order to work through problems.
- ★ Any kind of sexual activity is based on mutual consent.