

**"IT CAN'T HAPPEN TO ME!"**

**FACT:** 1 in 3 high school & college-aged men and women experience violence in their dating relationships.

## WHAT IS DATING VIOLENCE?

Dating violence is a term that describes abusive behaviors that occur within dating relationships. Abuse can be physical, sexual, emotional, or verbal. Sometimes it can be difficult to know whether your relationship is abusive or not. After all, everyone has their difficulties, right? Read on to see if the following behaviors are present in your relationship or the relationship of someone you know:



## HOW DOES MY RELATIONSHIP RATE?

Does your partner...

- ◇ Get angry when you disagree with him/her?
- ◇ Criticize you, your accomplishments, goals, or feelings?
- ◇ Use intimidation to get his/her way?
- ◇ Become extremely jealous if you talk to other people or have fun without him/her?
- ◇ Break or destroy your possessions?
- ◇ Blame you for how he/she feels or acts?
- ◇ Treat you roughly by grabbing, pushing, shoving, pinching, or slapping you?
- ◇ Pressure you or force you to do sexual things you do not want to do?
- ◇ Drive recklessly with you in the car to scare you?



Do you...

- ◇ Ever feel scared of how your partner will act? (Is his/her behavior unpredictable?)
- ◇ Try not to do anything that will make your partner angry?
- ◇ Believe that your partner would change if you changed something about yourself?
- ◇ Stay with your partner because you're afraid of what he/she might do if you broke up?

## ANSWERED YES TO ANY OF THESE QUESTIONS?

Call Dawn Schatz at (302)762-8989 or email [dschatz@childinc.com](mailto:dschatz@childinc.com) for more information or to schedule an appointment.

**P**roject P.R.I.D.E. strives to help young men and women (ages 13 to 22) stop and prevent abuse in their dating relationships. Services include:

- ☀ Individual counseling with young women and men who have been/are in an abusive dating relationship
- ☀ 10-session groups in the schools, community, or **CHILD, Inc.** offices for young women who have been in an abusive relationship or are at-risk for abusive relationships.
- ☀ Interactive, educational presentations to young men and women about abusive vs. healthy relationships
- ☀ Referral services

Call Today!  
(302) 762-8989



**IF YOUR FRIEND IS IN AN  
ABUSIVE RELATIONSHIP,  
YOU CAN**

Educate yourself about abuse and share this information with your friend

Express your concern and support

Listen and believe without blaming or judging

Let him/her know it's not their fault

Encourage him/her to get help

Confide in a trusted adult

**IF YOUR FRIEND IS  
ABUSIVE, YOU CAN**

Let him/her know that abusive behaviors are not OK

Share information about abuse and suggest getting help

Be a role model for respectful behavior

Confide in a trusted adult

This project is funded through the Delaware Criminal Justice Council by the U.S. Department of Justice Office for Victims of Crime

Other Domestic Violence Services at **child**<sup>INC.</sup>

**24 hour Domestic Violence Hotline**  
(302) 762-6110

**Martha's Carriage House and Sarah's House**  
Emergency shelter, counseling, and advocacy for women and their children seeking relief from abusive homes

**Family Visitation Centers**  
Supervised exchange or visits for children who have experienced domestic violence or sexual abuse

**Abuse Prevention for Men**  
Group and individual counseling for men who are perpetrators of domestic violence

**Abuse Prevention for Women**  
Group and individual counseling for women who are perpetrators of domestic violence

**Victim Therapy Program**  
Individual and group therapy for women in abusive relationships

**Treatment Services for Abused Women in Recovery**  
Individual and group therapy for chemically dependent women involved in abusive relationships

**Helping Children Heal**  
Individual, group, and family counseling for children who have witnessed domestic violence

**CHILD, Inc.** also offers an array of services for children and families. For more information visit us on the Web at [www.childinc.com](http://www.childinc.com) or call (302) 762-8989.

WHERE IS YOUR  
RELATIONSHIP  
HEADING?



Brought to you by  
**Project P.R.I.D.E.**  
(Promoting Respect In Dating Experiences)

at **child**<sup>INC.</sup>

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