

Dating Safety Planning Considerations

Before a first date with a new partner ...

- Know as much as you can about the person who asked you out before you say “yes.”
- If your friends express concern about you going out with this person, take their warnings seriously.
- If you have any concerns about going out with the person, DON'T GO.

On the first date ...

- Stay with or near other people: go to public places, double-date, or hang out as a group.
- Avoid being in an isolated areas—especially if you are alone with someone you are just getting to know.
- Have a safety plan: be aware of exits, have a friend on-call in case you need to leave, let someone know where you are going and who with.

If you want to end an unhealthy/abusive relationship:

- Do not break up with them alone: bring a friend, do it in a public place—you can even do it over the phone!
- Avoid meeting up with them (especially alone) after a break up. If you have to, bring a friend & go to a public place.
- If you are alone at home, do not let your ex inside, no matter what they say.
- Take any threats of violence by a partner or former partner seriously!

Remember,

- ANYONE can be a victim of dating violence. Victims (and abusers) come from all age groups, races, classes and backgrounds.
- Abuse gets worse over time. It may begin with verbal abuse and eventually escalate to physical or sexual assault or other violence.
- YOU cannot change your partner. For any change to take place, they must take responsibility for their own behavior.

Your safety is important.

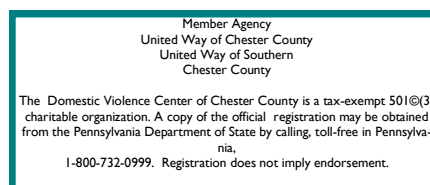
If you are in immediate danger

CALL 9-1-1

For information, help, or just someone to talk to, call our **toll-free 24-hour hotline:**

1-888-711-6270

Domestic Violence Center of Chester County



Domestic Violence Center of Chester County

P.O. Box 832

West Chester, PA 19381-0832

Phone: 610-431-3546 (Office)

Fax: 610-431-2462

DATING ABUSE

What is Dating Abuse?

Warning Signs, Safety Planning and DVCCC Services



24-hour hotlines:

(610)431-1430

1-888-711-6270

610-431-2462 (TTY)

www.dvccc.com



Put an end to dating violence!

Physical abuse is AS COMMON among high school and college-age couples as MARRIED COUPLES.



WHAT IS DATING ABUSE?

Dating abuse is a pattern of violence, threats, and manipulative tactics used to coerce and control one's dating partner. This pattern can take many forms, sometimes subtle. Here are some examples:

Verbal Abuse: yelling, name-calling, put-downs, unfair accusations, excessive criticism, making fun of you, embarrassing you, telling your secrets, etc.

Physical Abuse: punching, kicking, pushing, choking, pinching/squeezing, hair-pulling, slapping, bending/twisting of arms/fingers, sexual abuse, rape, breaking your belongings, etc.

Emotional Abuse: patterns of behavior that are threatening, isolating, controlling—manipulation, mind games, victim-blaming, cheating, lying, neglecting or ignoring you, etc.

Technological Abuse: taking your phone and going through it (reading messages, call logs, etc.), controlling & monitoring your posts on social media, keeping tabs on you through excessive texts/calls, pressuring you for nude photos/explicit texts (sexting), etc.

Warning Signs

Are you unsure if your relationship is healthy? Take this quick quiz:

Does your partner ...

- ☞ Act jealous or possessive?
- ☞ Insist on making all the decisions?
- ☞ Treat you with disrespect (insult me, call you names, boss you around)?
- ☞ Blame me (or others) for his/her feelings or actions?
- ☞ Pressure me to do things I am uncomfortable with?
- ☞ Use physical force (hit me, restrain me, throw things) to get his/her way?
- ☞ Beg for another chance, especially after an outburst?
- ☞ Constantly check-in with you, wondering where you are, who you're with, and what you're doing?
- ☞ Blame drugs/alcohol or other outside factors for his/her violence?

If you answered yes to any of these, you could potentially find yourself in an unhealthy or abusive relationship.

Remember:
You are not alone.
Abuse is not your fault.

Ways to Find Help

- ☞ There are people in your school, community and family who can help you: talk to someone you trust about what you're going through.
- ☞ Call us at the Domestic Violence Center of Chester County.
Our toll-free 24-hour hotline number is 1-888-711-6270
- ☞ **Our services are 100% free & 100% confidential:** You can call and receive hotline counseling and assistance at any time without having to identify yourself (until you want to move forward with services).
- ☞ DVCCC provides in-school & community youth presentations to enhance Chester County's youth knowledge on healthy relationships. If you are interested in bringing this program to your school, let us know!

The National Teen Hotline
1-866-331-9474

If you or anyone else is in immediate physical danger, CALL 9-1-1.

