

# Dating Violence - Getting Help



We all have the right to draw a line that should not be crossed in our relationships. Know the line.

## What does dating violence look like?

- Dating violence isn't an argument or bad mood once in a while
- Dating violence (or relationship abuse) is a pattern of disrespectful or violent behavior that someone uses against a girlfriend or boyfriend
- Dating violence can be physical, but it can include constant insults and threats, isolation from friends and family, name calling, controlling what someone wears
- Dating violence can occur at any age
- Dating violence can occur in all types of relationships, including same-sex relationship
- No one deserves to be harmed

## What does it mean to be "abusive"?

**Think about your own relationship. You can get help for controlling behaviors.**

- It is considered abusive to hurt or control others through physical, emotional or sexual force
- It is also abusive to call your partner names, criticize, embarrass, taunt, threaten, or make them feel unsafe
- Relationships should be loving, respectful, nurturing and appreciative

- Abuse can damage a person's health and well being. You can get help and stop hurting others

**For more information on getting help visit:**

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

## Respect Yourself



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