



Every relationship has its ups and downs, but some relationships are healthy, some are unhealthy, and some are downright hurtful or even dangerous. Strong feelings can make it hard to know the difference.

healthy

What does a healthy relationship look like?

In a healthy relationship, your boyfriend/girlfriend:

- Shows respect for you and your decisions and treats you like an equal
- Is open and honest
- Respects your boundaries and need for private time and time with friends and family

Honesty, Understanding, and Respect are healthy. In a healthy relationship, you aren't afraid to share your thoughts and feelings.

unhealthy

What does an unhealthy relationship look like?

Just because there is no physical abuse in a relationship doesn't mean it's healthy.

In an unhealthy relationship, your boyfriend/girlfriend:

- Is inconsiderate, disrespectful or distrustful
- Has trouble sharing his/her feelings and seems not to care about yours
- Is easily angered and may yell or call you names at times and then apologize afterward only to do it again
- Humiliates you online or in front of friends
- Is jealous of your family or your friendships with others
- Threatens to out you or tell others things you have shared in private
- Tries to control you; for example, keeps you from doing things you want to do or pressures you to do things you don't want to do
- Pressures you to continue dating if you say you want to break up

Inconsiderate and controlling behaviors are unhealthy.

If you're not sure, take a healthy relationship quiz at:

www.loveisrespect.org

When is a relationship abusive?

An abusive relationship can feel like "love" at first, but over time it starts to feel like "control." Dating violence (or relationship abuse) is a pattern of abusive behavior that occurs during a dating relationship. It can take many forms including verbal and emotional abuse, physical abuse, and/or sexual abuse. While it doesn't always involve physical violence, victims usually feel afraid of how their boyfriend or girlfriend might react if things don't go their way. It often starts with insults, name-calling, threats, jealousy and/or controlling behavior, but can ultimately result in serious physical injury and sometimes in death.

abusive

A relationship may be abusive if your boyfriend or girlfriend:

- Contacts you constantly to see where you are and who you are with
- Checks your cell phone to monitor your calls/texts
- Uses social media to monitor, harass or embarrass you
- Takes or asks you to send sexual photos of yourself?
- Calls you names – like "stupid" and "lazy"-- and criticizes you
- Acts controlling and possessive of you
- Follows or tracks you, or shows up unexpectedly
- Wants to be with you all of the time
- Keeps you from seeing friends and family
- Accuses you of cheating or acts unreasonably jealous
- Threatens to hurt you, your pet, or someone you care about
- Threatens to hurt him/herself
- Slaps, hits, shoves or hurts you in some way
- Pressures or forces you to do things you don't want to do (like go further sexually than you want to, or use alcohol or drugs)
- Refuses to accept that you want to end the relationship

If you are being abused, it's not your fault and you are not alone. Help is available!

don't wait

What if you are concerned about your relationship?

- If you are in immediate danger, call 911.
- Trust your instincts. Don't downplay danger.
- Talk to an adult you trust – your parents, another relative, a school counselor, teacher, coach, pastor, or youth leader.
- Call the National Teen Dating Hotline at: 1-866-331-9474. This call is CONFIDENTIAL.
- Take threats seriously. Danger may increase even after the relationship ends.
- Make sure to think about how you can be safe in any situation. For example, plan ahead what you will do if the person you are afraid of shows up or confronts you at school, home, or in the community. Safety plans are available at:
www.loveisrespect.org/get-help/safety-planning
www.breakthecycle.org/content/safety-planning
- Tell the security staff and administration at your school and seek their support. Ask them to watch out for you.
- **DON'T WAIT!** Teen dating violence can lead to higher long-term risks for depression, eating disorders, substance abuse and other serious problems.

help

What if your friend is being abused?

- Tell your friend that you are concerned and want to help. For example: "Anyone can end up in an abusive relationship. It is not your fault!"
- Share the resources listed in this brochure. Call the Teen Dating Abuse Hotline to learn more about resources in your area.
- If you believe your friend is in danger talk to a trusted adult. Your friend's safety is more important than keeping a secret!
- While it is good to speak up when you are concerned, do not confront the abuser yourself. That could be dangerous for you and your friend.

What if you are the abuser?

- Change for yourself first. Your future will be better – guaranteed.
- Take responsibility for your actions. No matter how mad you are, no one deserves to be abused.
- Aggressive behavior is learned behavior. You can change it!
- If you feel an argument becoming heated, walk away.
- Take a break from the relationship - before you do things you will later regret.
- Talk to a trusted adult (your parents, another relative, a school counselor, teacher, coach, pastor, or youth leader) or call a hotline to ask where help is available in your community.
- Get help now! The problem is not going to go away unless you take action to change your behavior.

caution

A WORD ABOUT SOCIAL MEDIA AND TECHNOLOGY:

Be very careful about what you share; watch privacy settings and things like GPS tracking on your phone. Once you have shared something (like a photo or text) you lose control of it. Things that seem okay to share when you are in a relationship with someone can be used to embarrass or harm you if that relationship ends!

action

What else can you do?

- Speak out about dating violence. Speak up when you see it. Take action!
- Check out <http://www.livethegreendot.com> to learn more about what you can do if you witness someone being abusive or trying to take advantage of someone else.
- Get involved with organizations that take action to prevent violence. You can find organizations through your school or agencies such as GreenHouse17 and the Bluegrass Rape Crisis Center.
- Go to www.loveisrespect.org and take the pledge to promote safe and healthy relationships.
- Let people at your school and lawmakers know that teens deserve protection from abuse. Try writing a letter to your congressmen or meeting with your school counselor or principal.

Everybody deserves to be in a healthy relationship free from violence!

check it out

National Resources (24/7):

National Teen Dating Abuse Hotline: 1-866-331-9474
National Sexual Assault Online Hotline: 1-800-656-HOPE
National Domestic Abuse Hotline: 1-800-799-7233 or
1-800-787-3224 (TTY)

Online Resources:

www.loveisrespect.org (live chat available)
www.futureswithoutviolence.org
www.stopdatingviolence.org
www.loveisnotabuse.com
www.rainn.org
www.breakthecycle.org
www.livethegreendot.com

Fayette County Emergency Resources (24/7):

Division of Police 911 or 258-3600
Bluegrass Rape Crisis Center* 1-800-656-4673
GreenHouse17* (Full range of Domestic Violence Services,
including shelter)..... 1-800-544-2022

Other Community Resources:

Adult Probation 425-2680
Chrysalis House* 977-2523
Commonwealth Attorney's Office 246-2060
County Attorney's Office 254-4941
Dept. for Community Based Services 245-5258
Detention Center (Jail)..... 425-2700
District Court Clerk – Protective Orders 246-2248
Domestic Violence Prevention Board* 258-3803
Health/Human Services Information.....211
Legal Aid of the Bluegrass*..... 233-4556
Office of the Friend of the Court 246-2222
Sheriff's Office (Amanda's Center)..... 252-1771
Sunflower Kids Supervised Visitation 268-0487
State Probation and Parole..... 246-2177
The Nest – Center for Women, Children, and Families*
..... 259-1974
U.K. Police Department 257-1616
U.K. Targeted Assessment Program (TAP) 245-5109
U.K. Violence Intervention and Prevention (VIP) Center
..... 257-3574
Victim Notification (VINE):
Offender's Release from Jail/Prison 1-800-511-1670
VINE Protective Order 1-800-511-1670

Asterisk (*) indicates an United Way Agency

LOVE

shouldn't hurt.

What is a healthy relationship?

*Is your boyfriend or girlfriend
controlling?*

*Do you know anyone being abused
by a boyfriend or girlfriend?*

How to help yourself or a friend in need . . .

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