

Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. Abuse can be **physical, emotional, verbal, digital, sexual, financial or stalking**. All of these types are serious and hard to experience and handle for the victim. **Dating abuse can happen to females or males, regardless of race, culture, wealth, or area in which you live. It knows no limits.**

Some Warning Signs of Dating abuse:

- **Checking cell phones, emails or social networks without permission**
- **Excessive texting to check where you are, who you are with, what you are doing**
- **Constantly putting you down**
- **Extreme jealousy or insecurity**
- **Explosive temper**
- **Isolating you from family or friends**
- **Saying nasty things about your friends when you want to be with them.**
- **Making false accusations**
- **Blaming you for their anger or abuse towards you**
- **Mood swings**
- **Physically hurting you in any way**
- **Possessiveness**
- **Telling you what to do, who you may see**
- **Not letting you have your own friends, interests or activities**
- **Repeatedly pressuring you to have sex**
- **Pressuring to send inappropriate pictures of yourself or others.**

NONE of these behaviors are a sign of the abuser's love for the victim.

If you or someone you know is a victim of dating abuse, seek help. Talk and listen to the victim, do not blame them. Encourage and help them to get help from an adult at home or school.

If someone you know is an abuser, talk to them about your concerns for them and their victim. Encourage and help them to get adult help at home or school. If you are an abuser, get help.

If you are in danger or need to talk to others, call

- **Sylvia's Place, Allegan @ 269- 673-8700 or 24/7 @ 1-888-411-7837**
- **Kalamazoo YWCA hotline 269- 385-3587**
- **National Teen Dating Violence hotline:**

CHAT at loveisrespect.org

TEXT "loveis" to 22522

CALL 1-866-331-9474