



ARE YOU IN AN ABUSIVE RELATIONSHIP?

You have just met the best guy. Not only is he gorgeous, but funny and really seems to like you. In fact, is he into you a little too much?

Your brother has a new girlfriend. He thinks she is the best thing since Driver's Ed was made part of the school curriculum. But, you have noticed he is losing weight, has dropped some of his extra curricular activities and well, lately just seems afraid to say anything to you. Is he mad at you for something?

Your best friend has been too busy to see you lately. In fact, the last couple of times she has dropped your shopping plans at the last second. Why? Have you done something to tick her off?

Relationships are hard enough when you're an adult, but to be in one when you're a teen is even harder. Men and women do not just suddenly become adults and start abusing their partners. It all has to start somewhere and in some cases it is the teen years. While statistically, most abusers are males it does happen where the females are the aggressors. Everyone needs to know the warning signs of an abusive partner and what you can do to save your family member, friend or yourself. YOU ARE WORTH IT

Warning Signs

Tells you they can't live without you – If you break up with them they will kill themselves

Blames you for all their problems

Acts jealous and tells you who you can hang with and who you cannot

If you really loved them you would have sex with them

Shoves you or slaps you and says they are only kidding, only it doesn't feel like that to you

Wants and expects you to spend all your spare time with them

Abuses drugs or alcohol

Disrespects a parent and generally treats them with no respect

Insults you or criticizes you in front of peers

Braggs about mistreating other people

Hits you.

What to do

If you are being physically hit, don't wait. Report it to police immediately. This is assault. It is against the law.

Talk to an adult you trust. It can be a parent, aunt, teacher or boss.

End the relationship.

What happens if they keep bothering me?

Again, make sure a trusted adult is aware of what is happening to you.

Write down everything that is happening. If he or she is continually texting you, phoning you on your cell, having other people approach you etc... Make sure you record the contact when it happens, date, time, type of communication.

If it is threatening you need to speak to police. Come into the police station prepared. It will help both you and the officer. Have your evidence, whether it is copies of the e-mails, texts, phone messages... Also have with you your list of when contact was made.

If you are getting repeated phone calls and then have to listen to the caller just breathe on you or hangs up when you or your parent answers, hang up, immediately pick up the phone and hit *57. This records the number from where the call was made. Doing this will assist the officer if there is an investigation. Note that there is a fee for doing this. Check with Bell for prices.

There are different options police have. Officers need your

input. Police action can be anything from:

Recording a complaint

Speaking with the suspect and warning them to stay away from you

Criminal charges.

Keep in mind that you are worth being treated with respect. Find someone who makes you feel good about yourself.