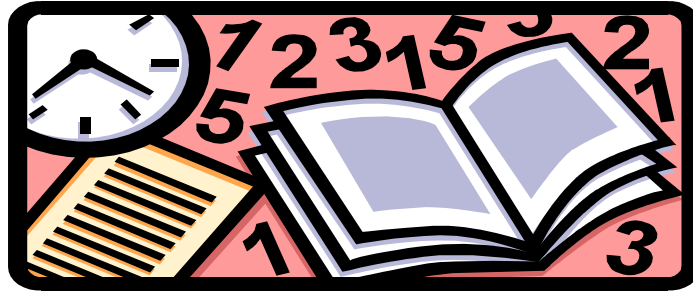


Domestic Violence Statistics



- ✓ *60% of kids who grow up in abusive homes will go on to repeat the behavior, becoming either an abuser or a victim of abuse*
- ✓ *1 out of every 3 teen relationships is abusive*
- ✓ *85% of domestic violence is committed by men, against women*
- ✓ *The other 15% of domestic violence is committed by women against men, or by women against women and/or men against men in same sex relationships*
- ✓ *The majority of victims of rape/sexual assault are victimized by an intimate partner, relative, friend, or acquaintance*

Dating Violence & Teen Girls



- **Girls and women between the ages of 16 and 24 experience the highest rates of non-fatal intimate partner violence.**

U.S. Department of Justice, Bureau of Justice Statistics, "Intimate Partner Violence and Age of Victim, 1993-1999." October 2001.

- **40% of teenage girls, ages 14 to 17, report knowing someone their age who has been hit or beaten by a boyfriend.**

Children Now/Kaiser Permanente "National Poll on Kids Health and Safety," December 1995.

- **Approximately 1 in 5 teen girls report being physically or sexually hurt by a dating partner.**

Jay G. Silverman, Ph.D. et al., "Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality." *Journal of the American Medical Association* 286 (October 2001).

- **Among women who report having been raped in their lifetimes, 54% say their rape occurred before the age of 18.**

Patricia Tjaden and Nancy Thoennes, "Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women: Findings from the National Violence Against Women Survey." November 2000. Center for Policy Research. Funded by NIJ and CDC. NCJ 183781.

Abuse =

Power &
Control



Dating & Domestic Violence is a pattern of behaviors used to gain and maintain power and control over an intimate partner.

The following types of abuse are often used to control a partner in this way:

Physical Abuse

- Hitting, slapping, pushing, kicking
- Throwing or destroying objects in front of a partner
- Threatening a partner with a knife, gun, or other weapon
- Harming a partner with a weapon

Sexual Abuse

- Rape: forced penetration without consent
- Any forced sexual activity
- Sexual harassment: unwanted contact, gestures, words, references

Verbal or Emotional Abuse

- Insulting or putting down a partner, humiliating a partner
- Threatening to commit suicide if a partner leaves
- Blaming the other person for all the problems in the relationship
- Threatening to harm pets, family or friends

Social Abuse

- Using blackmail to control a partner's actions
- Threatening to spread rumors
- Actually spreading rumors about a partner
- Isolating a partner from their friends and family
- Using religion or culture to trap a partner in the relationship

Economic Abuse

- Controlling a partner's money or possessions
- Taking money out of a shared account without notice
- Sabotaging a partner's school work
- Harassing a partner at work or causing a partner to lose a job

*How is each TYPE OF ABUSE used TO CONTROL?
How does each TYPE OF ABUSE make it difficult
for the victim to leave?*

Physical:

Social:

Verbal/Emotional:

Economic:

Sexual:



WARNING SIGNS OF ABUSIVE BEHAVIOR



- ❑ I often feel jealous. I am jealous of other people in my partner's life. I want the person I'm dating to only be with me.
- ❑ I constantly question my partner about his/her whereabouts, phone calls and conversations. I feel I have the right to tell my partner what to do, who to talk to, where to go, what to wear, etc.
- ❑ I give my partner ultimatums, making him/her choose between me and other things in his/her life.
- ❑ I take my anger out on things in front of my dating partner. For example, by breaking, punching, or throwing things when I'm angry.
- ❑ I have grabbed, pushed, slapped, or hit the person I'm dating in the past.
- ❑ I blame others for my problems or my feelings.
- ❑ If I hurt my partner I blame him/her. I make excuses for my reactions, especially if others are hurt by them.
- ❑ I believe I should be in control of the relationship. I believe my dating partner is inferior to me or is my property.



WARNING SIGNS FOR DATING VIOLENCE



- The person I'm dating calls me names, embarrasses me or makes me feel stupid.
- My dating partner questions where I've been, who I spoke to, and/or why I want to spend time with my friends and family.
- My partner checks my cell phone to see who I call or text and who calls or texts me.
- I sometimes feel afraid of my dating partner.
- The person I'm dating hurts me physically or says mean things to me and then makes excuses for mistreating me.
- My partner is really nice sometimes and really mean at other times.
- When we fight, my partner blames me or says I provoked him/her. My partner claims to have a short temper and that it is difficult to control his/her anger.
- The person I'm dating tells me that I make "too big a deal" out of things and/or dismisses me when I try to talk things out.
- I feel pressured into having sex.
- My partner promises to change.



Helping a Friend Who is Being Abused

- DOs and DON'Ts -



What you can say to bring up the abuse with your friend:

I see the way your partner (pushes, hits, yells at, etc.) you and I'm worried about you.

- If you want to talk, I'm here for you.
- This is not your fault.
- No one deserves to be treated that way.

What you can say to help a friend who has confided in you:

Thank you for telling me what's going on.

- This is not your fault.
- What can I do to help?
- Let's talk about your options.
- Let's plan for how to keep you safe.

I'll go with you if you want to talk to someone (parent, teacher, counselor, other trusted adult.)

What NOT to say to your friend:

Break up with him/her now! It's either me or him/her!

Why do you let him/her treat you like that?

What did you do to make him/her do that to you?

DO:

Offer your friendship and support.

Let your friend know you are there to listen and not to judge.

Let your friend know that it isn't his/her fault.

Identify what the abusive behaviors are.

Let your friend know what resources are out there.

Help your friend build a support system.

Call CORA!

DON'T:

Blame your friend for the abuse.

Tell your friend what to do.

Pass judgment on your friend's decisions/choices.

Fight violence with violence.

Talk badly about your friend's partner.



Helping a Friend Who is ABUSIVE



- DOs and DON'Ts -

What you can say to a friend who is being abusive to their partner:

I see the way you (hit, push, yell at, etc.) your boyfriend/girlfriend and I don't think it's right.

- No one deserves to be treated that way.
- Can we talk about why you do that?
- Do you realize that you could go to jail for physical abuse?

Be careful not to be taken in by excuses. Abusive people often try to make excuses for their behavior, claiming that they can't control their anger, or that they were provoked, etc. Abuse is never ok, there is no excuse for it.

Do encourage your friend to look into counseling.

Do not encourage abuse by validating your friend's belief that their partner deserves the abuse. Laughing at degrading jokes or put-downs could also signal to your friend that you believe abuse is ok.

Counseling Resources for Abusers:

Anger Management & Domestic Abuse Center (San Mateo)	650-375-0449		
Before the After (Palo Alto)	650-738-8045		
El Centro de Libertad	650-560-9995 (San Mateo)	650-599-9955 (Redwood City)	650-289-0070 (Palo Alto)
Family Service Mid-Peninsula (Palo Alto)		650-326-6576	
Pyramid Alternatives (South City & Pacifica)		650-355-8787	

CORA Community Overcoming Relationship Abuse
Teen Outreach Program (650) 777-9854

Teen Chatroom www.teenrelationships.org and Info Line (650) 259-8136 (Open M-W, 5-7pm)