

Dating Rights

I have the right:

1. To be treated with respect always.
2. To my own body, thoughts, opinions, and property.
3. To choose and keep my friends.
4. To change my mind at any time.
5. To not be abused physically, emotionally or verbally.
6. To leave a relationship.
7. To say NO.
8. To be treated as an equal.
9. To disagree.
10. To live without fear and confusion from my boyfriend's and/or girlfriend's anger.

Things to remember

- You have the right to a healthy relationship.
- You deserve better. Do not put up with abuse.
- You are not alone. Teens from all backgrounds are in, have been in, or know someone in an abusive relationship.
- You have done nothing wrong. It is not your fault that your partner abuses you.
- The longer you stay in the abusive relationship, the more intense the violence will become. It does not get better over time.
- Being drunk or high is not an excuse for abuse.
- No one is justified in attacking you just because he/she is angry.

Services Provided by the YWCA of the Tonawandas

Individual counseling – A professional counselor can help you achieve safety, independence, and increased self-confidence.

Support groups – Provides women with a supportive environment for planning a non-violent future. Domestic violence education, enhancing self-esteem, combating anger and depression, are addressed.

Advocacy – We can accompany you to Criminal, Family or Supreme Court; to the police, department of social services, to help you through the system.

Babysitting – Available free of charge to allow women to attend support groups and services.

Legal Clinic – Monthly clinics are held where you can talk to an attorney free of charge.

Community education – We provide speakers to any group or organization interested in learning about family or dating violence.

Community referrals – We make referrals on your behalf to other local agencies, ensuring all your needs are met.

Shelter – We can arrange for you to receive temporary emergency shelter at the nearest available shelter.

Transitional Housing – available to qualified clients.

Follow up – We continue to support clients of our program through continued contact.

Career & education – We can assist you in preparing a resume and filling out admission and financial aid forms for school.

Parenting Education – 6 Week classes.

YWCA of the Tonawandas

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24 Hour hotline:
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eliminating racism
empowering women
ywca

tonawandas

Teen Dating Violence

Are you having Problems in your
Relationship?



The YWCA of the
Tonawandas Can Help...

Am I being Abused?

If you can answer “yes” to any of these questions, then your partner is being abusive towards you.

- Are you afraid of your partner or afraid to break up?
- Does your partner call you names; make you feel stupid, or tell you that you can’t do anything right?
- Is your partner extremely jealous?
- Does your partner tell you where to go and who you can and can’t talk to?
- Does your partner tell you that no one else will ever go out with you?
- Do you feel cut off from family and friends because of your partner?
- Do you feel threatened if you say no to touching or sex?
- Have you ever been blamed for having been abused?
- Has your partner ever shoved, grabbed, hit, punched, held down or kicked you?
- Is your partner really nice sometimes and really mean at other times (almost like they have two different personalities).
- Does your partner make frequent promises to change or say that they will never hurt you again?

Warning signs that your partner is or may eventually become abusive:

- * Extreme jealousy
- * Quick involvement
- * Alcohol and drug abuse
- * Explosive anger
- * Isolates you from friends and family
- * Uses force during argument
- * Calls you names, makes you feel stupid

- * Controlling behavior
- * Shows hypersensitivity
- * Believes in rigid sex roles
- * Blames others for his problems or feelings
- * Blames you for abuse
- * Cruel to animals or children
- * Bullies friends
- * Threatens violence

What is Teen Dating Violence?

- A pattern used by an individual to maintain power and control over their partner.
- The abuse can take the form of psychological/emotional, physical, sexual, and verbal.
- Can happen in straight and gay relationships.
- In an abusive relationship, one partner is afraid of or intimidated by the other.
- Abuse isn’t just hitting. It’s yelling, threatening, name calling, saying “I’ll kill myself if you leave me”, obsessive phone calling or paging, and extreme possessiveness.



~ Facts ~

- 1 in 3 high school students have been or will be involved in an abusive relationship.
- This is not a one time event it will happen again and again.
- Teen dating violence most often takes place in the home of one of the partners.
- Young women ages 16 to 24 years, experience the highest rate of relationship violence.
- 70 percent of pregnant teenagers are abused by their partners.
- 6 out of 10 rapes occurs in the victim’s home, or that of a friend or relative, not in a dark alley

What do I do if my partner is abusive and I want out???

- * Talk to your teacher, counselor, spiritual leader or someone else you trust, or call our hotline at: 716-692-5643
- * Do not remain isolated from your family and friends.
- * Keep log of abuse in case you need to take legal action.
- * If abuse happens in school, report to a school counselor or security.
- * Avoid being alone, go out in a group
- * Always tell someone where you are going and when you’ll be returning.
- * Keep cell phone, change for a phone call, or calling card on hand.
- * Develop a safety plan or a way to escape.
- * Educate yourself through the internet or a trusted professional.

What do I do if my friend is a victim of dating violence?

Most teens talk to other teens about their problems. Here are some suggestions on ways to help:

- Don’t ignore signs of abuse. Talk to your friend.
- Express your concerns. Tell your friend you’re worried. Support, don’t judge.
- Point out your friend’s strengths; many people in abusive relationships are not aware of their own abilities and gifts.
- Encourage your friend to confide in a trusted adult. Offer to go with your friend for professional help.
- Never put yourself in a dangerous situation with the victim’s partner. Don’t try to mediate or otherwise get involved directly.
- Call 911 if you witness an assault. Tell a trusted adult. If you suspect the abuse but don’t witness it.
- Help them to develop a safety plan or a way of escape.