

If you think someone you know is being abused in their relationship, you can help.

- Listen.
- Show support.
- Don't blame the victim.
- Tell your friend you are worried for them.
- Ask how you can help.
- Encourage your friend to seek help.
- Avoid confronting the abuser. It could be dangerous.
- Instead of deciding what is best for your friend, help them make their own decisions.

If you think someone you know may be an abuser, you can help.

- If you feel safe doing so, ask your friend to clarify their feelings and let them know you are concerned.
- Encourage your friend to seek help from a counselor or trusted adult.
- Understand that abuse is a choice.
- Don't encourage jokes about abuse.
- Don't get stuck in the middle.

Where to find more information:

Love is Respect
866.331.9474
loveisrespect.org

National Center for Victims of Crime
800.FYI.CALL
www.ncvc.org

National Youth Crisis Line
800.448.4663

Love is Not Abuse
loveisnotabuse.com

IF YOU ARE IN IMMEDIATE DANGER,
CALL 911.



Mississippi Attorney General's Office
Crime Prevention and Victim Services
Victim Assistance Program
P.O. Box 220
Jackson, MS 39205
800.829.6766
601.359.6766

Domestic Violence Division
P.O. Box 220
Jackson, MS 39205
601-359-4295
www.agjimhood.com

Dating Violence



Expect Respect



OFFICE OF ATTORNEY GENERAL
STATE OF MISSISSIPPI

DATING VIOLENCE

Dating violence occurs when one person in a relationship, in an attempt to control the other person, uses abusive acts to make that person do what he or she wants. This may involve physical violence, but relationships can be abusive even if physical violence doesn't occur. The abuse can be verbal, emotional, sexual or a combination of these. If the person you are involved with acts controlling, aggressive, coercive or violent, you may be in an abusive relationship.

Controlling behavior may include:

- Not letting you hang out with your friends
- Calling or texting you frequently to find out where you are, who you are with and what you are doing
- Telling you what to wear
- Having to be with you all the time

Verbal or emotional abuse may include:

- Calling you names
- Extreme jealousy
- Belittling you
- Threatening to hurt you, someone in your family or himself or herself, if you don't do what he or she wants

One in five teenagers has experienced violence in a dating relationship.

Physical abuse may include:

- Shoving
- Punching
- Slapping
- Pinching
- Hitting
- Kicking
- Hair pulling
- Strangling

Sexual abuse may include:

- Unwanted touching and kissing
- Forcing you to have sex
- Forcing you to do other sexual things

If you are being abused, you might...

- Believe it's your own fault.
- Feel angry, sad, depressed or confused.
- Feel helpless to stop the abuse.
- Feel threatened, humiliated or ashamed.
- Feel anxious, trapped or lonely.
- Worry about what might happen next.
- Feel like you can't talk to family or friends.
- Be afraid of getting hurt.
- Feel protective of your boyfriend or girlfriend.
- Feel bad about yourself.

THESE ARE NORMAL REACTIONS TO BEING ABUSED.

YOU ARE NOT ALONE !!

If you think you may be in an abusive relationship, here are some tips to help keep yourself safer:

- Let friends, family, or a trusted adult know that you are afraid or need help.
- Trust your instincts. Don't downplay the danger. If you feel unsafe, you probably are.
- Take threats seriously. Danger is often highest when the abuser talks about suicide or murder or when the victim tries to break off the relationship.
- When you go out, tell someone where you are going and when you will be back.
- Memorize important phone numbers, such as people to contact or places to go in an emergency.
- Keep spare change, calling cards, or a cell phone handy for immediate access to communication.
- Go out in a group or with other couples.
- Have money available for transportation if you need to take a taxi or bus to escape.

If you are experiencing this, you are in an abusive relationship. There is help.

Both boys and girls can be victims of dating violence, and both boys and girls can commit dating violence. Nothing you say, wear, or do gives anyone the right to hurt you physically or emotionally.

Being a victim of dating violence is not your fault. Abusers make a choice to use this behavior.