



What if I believe my friend is being abused?

- Calmly start a conversation
- Offer your friendship and support
- Listen, do not judge or blame
- Help your friend build a support system
- Offer solutions, but allow your friend to make their own decision



What is dating violence?

Teen Dating Violence: a pattern of behavior that includes physical, emotional, verbal or sexual abuse that someone uses against a boyfriend/girlfriend or someone they have a dating relationship with to exert power and control.

Physical Abuse:

- Pushed/Shoved
- Slapped, kicked, choked, hit or punched
- Thrown objects at you

Emotional Abuse:

- Ignored feelings/thoughts
- Criticized or called you names
- Hurting your self-esteem
- Used social networks to hurt you

Property Abuse:

- Destroyed belongings
- Stealing
- Hurting pets

Sexual Abuse:

- Forced sex (rape)
- Insisted on unwanted touching
- Being intimidated into any sexual act

Warning Signs

Abuser:

- Extreme jealousy
- Possessiveness
- Guilt trips
- Controlling behavior
- Excessive phone calls or text
- Demanding

Victim/Survivor:

- Sudden change in personality
- Avoiding friends and social events
- Anxiety/Depression
- Secrecy
- Bruises or injuries
- Changes in clothes or make-up

Consent is like Fries

Freely Given
Reversible
Informed
Enthusiastic
Specific

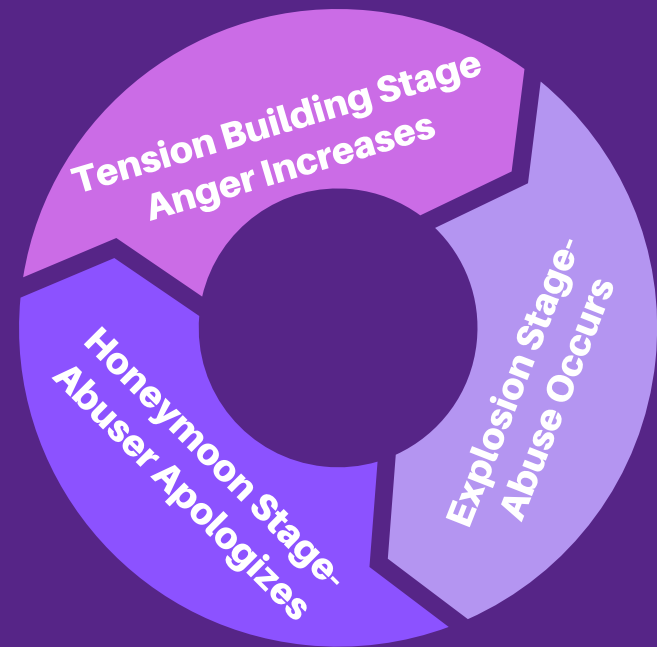


What if I believe my friend is an abuser?

- Never encourage abuse
- Talk to your friend about his/her actions
- Listen and encourage him/her to get help
- Help your friend to understand that abuse is always a choice and everyone is responsible for their own actions
- Let him/her know domestic violence is against the law



Cycle of Violence



SOUTH SUBURBAN FAMILY SHELTER, INC.

Comprehensive Services to Victims of Domestic Violence

Celebrating 40 Years



South Suburban Family Shelter

Teen Dating Violence

Community Education program promotes empowerment through education and engagement.

Safety Planning

If you or someone you know is in an abusive relationship, here are some tips to consider when designing a safety plan:

- Think about what adults you can tell about the violence; this may include teachers, counselors, and security
- Consider changing your school locker/lock, as well as your route to and from school
- Keep a journal describing the abuse
- Get rid of or change the number to the cell phone that the abuser gave you
- Think of several places that you can go quickly to get away from the abuser
- Delete or set your social media accounts to private
- Change passwords

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Domestic Violence Hotline:

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