



## 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:

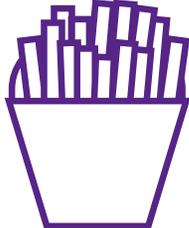
- Extreme jealousy
- Possessiveness
- Guilt trips
- Controlling behavior
- Excessive phone calls or text
- Demanding

### 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

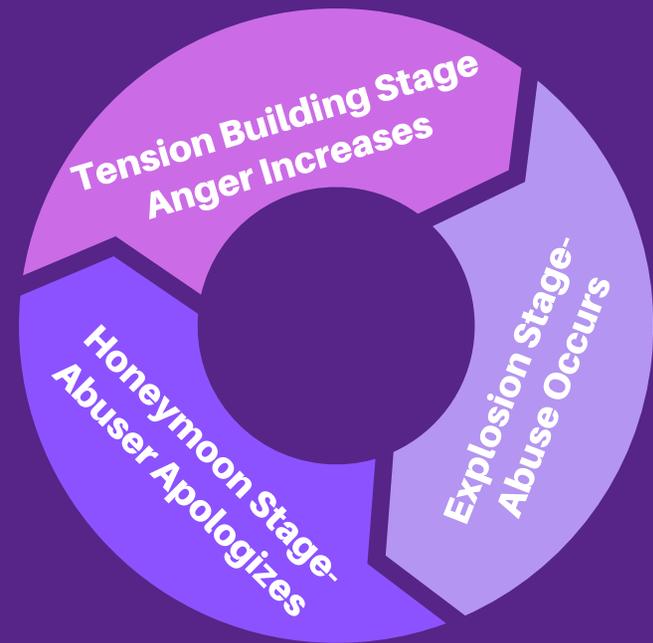


## What if I believe my friend is an abuser?

- 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.

## CONTACT US

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[www.ssfs1.org](http://www.ssfs1.org)

24 Hour English/Spanish

Domestic Violence Hotline:

**708.335.3028**

## 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