

The Facts about Abuse...

Contemporary Living
Mrs. Hayes

Abuse is a very silent psychological killer. Very often, no one recognizes they are being abused, he or she simply doesn't "feel like myself". Teens especially become very anxious about what they wear, hairstyles, who they talk to and, as always, who they hang out with during a relationship. If you are not comfortable with any of these things while you are in a relationship, you may be setting yourself up for an abusive relationship. Likewise, if you make your boyfriend or girlfriend feel this way, you may have characteristics that may develop into abusive behaviors if you do not address them.

Things to remember:

1. You do not have to do what your date wants you to do....regardless of how HOT he or she is!
2. If you would be embarrassed to tell someone you respect that you did something, DON'T DO IT!
3. Don't expect your new date to change to please you. You like him or her because of who he/she is, not because you can change who he/she is.
4. If you guilt anyone into doing things you want them to do, you are using abusive techniques to get your way. It is NOT okay.

To see where you stand on the above issues, go to <http://www.loveisrespect.org/> and follow the directions below.

1. Go to the “Resource Center” tab and scroll down to the “awareness toolkit”
2. Take the “Relationship Quiz”
3. Read the “teen dating bill of rights”
4. Go to the “Is this abuse” tab. Read through the indicators of an abusive relationship
5. Go to the “Is this abuse” tab, find out if you may be abusive to your boyfriend/girlfriend.
6. Dating abuse fast facts: List the number of people you know who have dealt with these issues (NOT NAMES).
7. Go to “get help” and read the rules on how to break up.