

# DATING RIGHTS & RESPONSIBILITIES

## *I have the right...*

- > To be treated with respect.
- > To be in a healthy relationship.
- > To not be abused – physically, sexually, or emotionally.
- > To feel safe in my relationships.
- > To leave a relationship.

## *I have the responsibility...*

- > To determine my limits and values.
- > To refuse to abuse – physically, sexually, or emotionally.
- > To respect my boyfriend's or girlfriend's limits, values, feelings, and beliefs.
- > To not exert power or control in a relationship.
- > To ask for help from friends, family, and trusted adults.



**HELP IS AVAILABLE**

### **In Bucks County**

#### **A WOMAN'S PLACE**

Provides comprehensive free, private, and confidential service, support, education, outreach, and advocacy to victims of domestic and dating abuse and violence.

**24-Hour Hotline: (800) 220-8116**  
[www.awomansplace.org](http://www.awomansplace.org)

#### **NETWORK OF VICTIM ASSISTANCE (NOVA)**

Provides free, confidential counseling and advocacy services to individuals and their family members who have been the victims of sexual assault and other crimes.

**24-Hour Hotline: (800) 675-6900**  
[www.novabucks.org](http://www.novabucks.org)

**or**

#### **NATIONAL TEEN DATING ABUSE HELPLINE**

**(877) 429-5994**  
[www.loveisrespect.org](http://www.loveisrespect.org)



**DATING ABUSE  
& VIOLENCE**

**Choose to Date. Choose to Be Safe.**





# WHAT IS DATING VIOLENCE?

Dating abuse is a pattern of controlling behavior that someone uses against a girlfriend or boyfriend. It can include verbal and emotional abuse – constant insults, isolation from family and friends, name calling, controlling what someone wears – and it can include physical and sexual abuse.



1 in 3 teens have been text messaged 10-30 times an hour by a partner to find out where they are, whom they are with, or what they are doing.

## DATING VIOLENCE QUIZ

### Does your boyfriend or girlfriend:

- > Control where you go, what you wear, or what you do?
- > Try to stop you from seeing or talking to family or friends?
- > Hit, slap, push, or kick you?

*1 in 3 teens report knowing someone who has been physically hurt by a partner.*

*1 in 4 adolescents, boys and girls, experience dating violence before graduating high school.*

- > Threaten or scare you?
- > Call you derogatory names, put you down, or criticize you?
- > Force you to do something sexual when you don't want to?

**If you answered YES to any of these questions, your health and safety may be at risk. There are people you can talk to and resources that can help.**

## HELP IS AVAILABLE!

