

## WHAT TO DO IF YOU ARE IN AN ABUSIVE RELATIONSHIP

- Always make safety a priority
- If it is unsafe, do not confront your partner alone
- Use your phone to contact them
- Keep all text messages, emails, and voicemails for your records
- Build a support system and keep communication open with that support system
- Create a safety plan

## RESOURCES

- Trusted family member or friend
- Teachers, guidance counselor, coach, or other school staff
- Therapist, case manager
- Teen Dating Violence Hotline 1-800-799-SAFE (7233) or text "START" to 8878
- [loveisrespect.org](http://loveisrespect.org)
- Plumas Rural Services Domestic Violence Services 530-283-5675

## HOW CAN I HELP A FRIEND?

- Support and believe them
- Focus on the friend, not their partner
- Don't speak negatively about the partner
- Respect your friend's decision, even if they choose to stay in the relationship
- Connect them with safe people they can talk to
- Offer to go with them to speak with someone as moral support
- Ask questions and listen intently
- Don't be afraid to ask them if they need help
- Remember that you cannot "rescue" them



## TEEN DATING & HEALTHY RELATIONSHIPS



**Domestic Violence Services**  
711 E. Main Street, Quincy, CA 95971  
[dvs@plumasruralservices.org](mailto:dvs@plumasruralservices.org)  
530-283-5675

**24-hour Crisis Line 833-723-2968**  
*call or text*

# IS MY RELATIONSHIP HEALTHY OR ABUSIVE?

A healthy relationship will consist of respect, open communication, equality, and support for one another's goals, feelings, thoughts, and beliefs. Conflict is resolved through compromise, understanding, and respect.



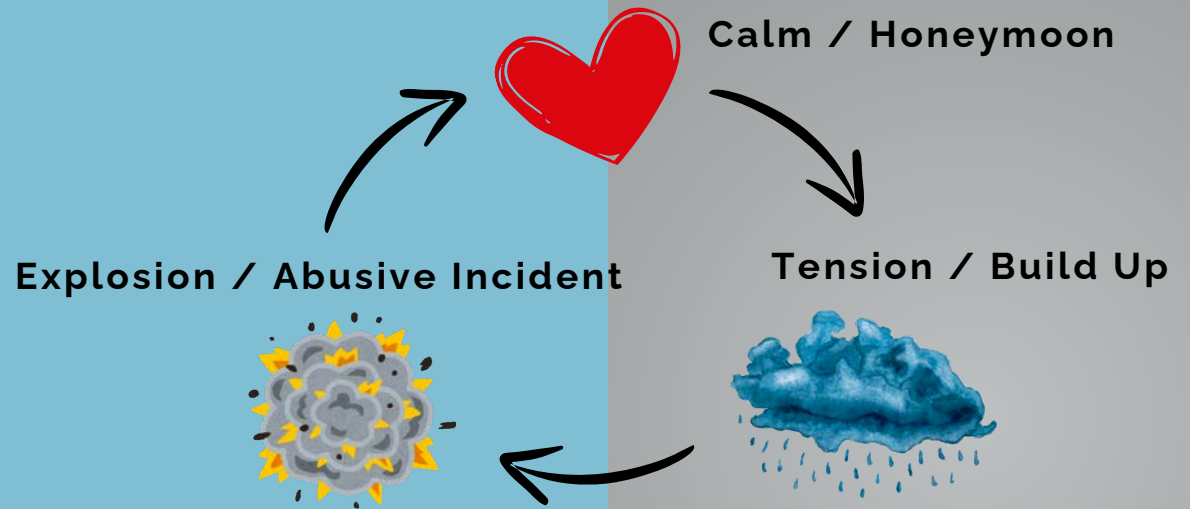
## Does Your Partner:

- React with jealousy often
- Always blame you
- Keep track of you, always needing to know where you are and who you are with
- Demand or coerce you to have sex
- Force you to do things you're not comfortable doing
- Expect access to your social media, phone, and email accounts
- Frequently start fights
- Lie
- Threaten to break up often
- Manipulate situations
- Threaten to self-harm
- Isolate you from friends and family
- Hit, slap, grab, or threaten to physically harm you

If you are experiencing these types of behaviors in your relationship, remember that you are not to blame. The abusive behaviors of others is not your fault or responsibility.

# WHAT DOES DATING ABUSE LOOK LIKE?

Abusive relationships are cyclical in nature. It is a perpetual pattern of harmful behaviors that are used to maintain power and control over another. It affects everyone. Anyone of any gender can be in an abusive relationship.



**Honeymoon or Calm:** Reconciliation phase. Abusive partners will be remorseful, apologetic, and loving. There are promises of change, gestures of affection, special treatment, and gifting. The relationship will appear 'normal' with no violent behaviors. This gives a false sense of safety and feelings that the abusive partner has changed.

**Tension or Build Up:** There are minor incidents or conflicts that arise and escalate over time. This may include anger, agitation, hostility, blame and criticism, and increased arguments. You may feel like you're 'walking on eggshells,' trying to avoid an explosive outburst.

**Explosion or Abusive Incident:** The abusive partner may lash out in a physical or emotionally violent way towards you. This may include threat of harm, physical harm, insults, and destruction of property.

