

# **Dating Violence**

***There's No Excuse  
For Abuse***

**Adapted from Information  
developed by the  
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# **Dating Violence**

## **There's No Excuse for Abuse**

*Myths and Attitudes About Dating Relationships*  
*Actual comments made by a group of young adults*

- **“A guy needs to be in control of the relationship”**
- **“A girl is to blame if a guy hits her”**
- **“It’s understandable to hit her, maybe next time she’ll learn not to make me angry.”**
- **“I love him. I am the only one that can help him.””**
- **“Some girls ask for it; that’s way they stay.”**
- **“I shouldn’t have nagged him. It was my fault he got angry.”**
- **“When a guy gets angry he can’t help it. He’s uncontrollable.”**
- **“I was drunk. I didn’t know what I was doing.”**
- **“Only minorities or poor girls get abused.”**
- **“She hit me first and I hit her back. Everybody does it sometimes.”**
- **“If she really loved him she could make him change.”**
- **“If I could figure out what sets him off and not do it, maybe he could stop.”**
- **“Guys who abuse are mentally ill.”**

*All of these statements are excuses.*  
*Remember – There is no Excuse for Abuse!*

# **Your Rights in a Dating Relationship**

*You have the right to :*

- **Express your opinions and have them be respected.**
- **Have your needs be as important as your partner's needs**
- **Grow as an individual in your own way.**
- **Change your mind.**
- **Not take responsibility for your partner's behavior.**
- **Not be physically, sexually or emotionally abused.**
- **Fall out of love and break up with someone and not be threatened.**

# ***DATING VIOLENCE QUIZ ARE YOU BEING ABUSED?***

***Ask yourselves these questions:***

- **Are you afraid by your partner's temper?**
- **Are you afraid to disagree with your partner?**
- **Are you constantly apologizing for your partner's behavior, especially when he or she has treated you badly?**
- **Do you have to justify everyplace you go, everything you do, or every person you see just to avoid your partner's anger?**
- **Does your partner constantly put you down and then tell you that he or she loves you?**
- **Have you ever been hit, kicked, shoved, or had things thrown at you?**
- **Do you not see your family or friends because of your partner's jealousy?**
- **Have you ever been forced to have sex when you didn't want to?**
- **Are you afraid to break up because your partner has threatened to hurt you or himself/herself?**

***If you answered one or more of these questions  
applies to your relationship, you are being  
abused and you can make choices.***

***You can:***

- **End the relationship and choose not to see your partner.**
- **Get help from someone you trust, preferably an adult.**
- **Go to your counseling center at school.**
- **Call 1-800-562-SAFE (7233) for referral to a local support program in your area.**

**GET HELP!**

**DON'T TRY TO DO THIS ALONE.**

# Dating Violence Quiz

*Are You Abusive? Ask yourself these questions:*

- **Do you constantly check up on your partner and accuse her or him of being with other people?**
- **Are you extremely jealous or possessive?**
- **Have you hit, kicked, shoved, or thrown things at your partner?**
- **Do you become violent when you drink or do drugs?**
- **Have you threatened your partner or broken things in their presence?**
- **Have you forced your partner to have sex with you or intimidated your partner so that he or she is afraid to say no?**
- **Have you threatened to hurt your partner?**
- **Have you threatened to hurt yourself if your partner breaks up with you?**

***If you answered yes to any of these questions, realize you are inflicting physical, emotional, verbal or sexual abuse on your partner.***

***If you can recognize that what you are doing is wrong, then –***

- **You do have to take responsibility for your actions.**
- **You can't blame your behavior on your partner or drugs or alcohol.**
- **You can change the way you act if you get supportive counseling.**
- **You can call a crisis hotline for the number of a batterer's program or go to the counseling center at your school.**
- **Unless you do something about it, it's going to get worse, and your violence will increase.**
- **You may be breaking the law with your abusive behavior.**

***GET HELP.  
DON'T TRY TO DO IT ALONE!***

