

How can I help someone who is being abused?

- In an emergency, call 911.
- Speak up if you witness abuse.
Be honest with law enforcement.
- If a friend is being abused, let the friend know that she can talk to you. Listen to what she says.
- Help the friend to talk to an adult who can help.
- Give the friend phone numbers and websites that can be used to learn more.
- Help the friend to make a plan to get out of the dangerous situation.
- If the friend refuses to talk about the problem and is in danger, talk to an adult for help.

Where can I get help?

In an emergency, **call 911.**

Call your local police or sheriff's department to report a crime.

Talk to a trusted adult, teacher, coach, counselor, spiritual advisor, or law enforcement officer.

**Office of the District Attorney
County of Tulare**
www.da-tulareco.org
559-636-5494

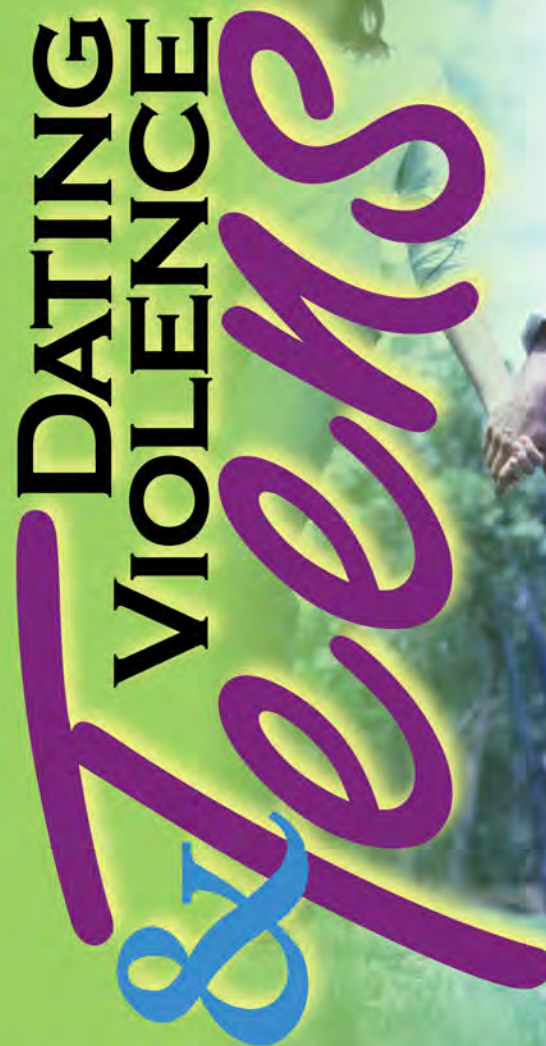
Victim/Witness Assistance Division
559-636-5471 (Visalia)
559-782-9617 (Porterville)

Family Services of Tulare County
www.fstc.net
559-732-5941

Central California Family Crisis Center
www.ccfamilycrisis.org
559-784-0192

Where can I get more information?

www.vetoviolence.org/datingmatters
www.loveisrespect.org
www.thesafespace.org
www.breakthecycle.org
www.teenrelationships.org



**DATING
VIOLENCE
&
TEENS**

You have the right to be safe in a relationship. If you do not feel safe, you can get help.

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OFFICE OF THE
DISTRICT ATTORNEY
COUNTY OF TULARE
Tim Ward, District Attorney



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What is Dating Violence?

You have the right to be safe in a relationship.
If you do not feel safe, you can get help.

Dating Violence can include emotional, verbal, physical, or sexual abuse.

Examples of abuse include:

- Name calling
- Put downs
- Criticizing
- Blaming
- Shaming
- Threats OR intimidation
- Controlling or bullying
- Monitoring day to day activities
- Pulling hair
- Pushing
- Slapping
- Pinching
- Shoving
- Hitting
- Kicking
- Punching
- Burning
- Strangling
- Sexual assault
- Rape



What's your secret?

Eye that he looks into lovingly

Smile that he loves to see

His favorite place to kiss

The hand he holds when they go for a walk

The cell phone he uses to tell her he loves her

The clothing he buys because he is generous

Eye he punched for looking at him the wrong way

Fat lip from when he smacked her for smiling at someone else

Bruise where he choked her

The wrist he grabbed when she tried to walk away from him

The cell phone he got her so he could constantly check up on her

The clothing he allows her to wear

Photo-illustration

Roughly one in 10 (9%) teens has been verbally or physically abused by a boyfriend or girlfriend who was drunk or high.*

I think my friend is a victim of abuse. What warning signs should I look for?

Does the abuser try to control the victim? (what they wear, who they talk to, where they go)

Does the abuser check up on the victim obsessively? (phone calls, text messages, driving by)

Is the abuser overly jealous when the victim talks to anyone else?

Does the abuser isolate the victim from friends and family?

Does the victim agree to do things just so the abuser won't get angry?

Does the abuser force the victim to do things? (drink alcohol, use drugs, engage in sexual activity)

Does the abuser minimize the victim's feelings?

Does the abuser put the victim down in front of others?

Does the victim defend or make excuses for the abuser's bad behavior?

Does the abuser make threats to the victim?

Does the abuser damage or break the victim's things?

Are there any physical assaults, even if they are minor?

Fourteen percent of teens report having been threatened with physical harm – either to them or self-inflicted by their partner – to avoid a breakup.*

One of five teens in a serious relationship reports having been hit, slapped, or pushed by a partner.*