

REALITY CHECK

Does your Partner...

Embarrass you with bad names & put downs?
Look at you or act in ways that **scare** you?

Control what you do, who you see or talk to,
or where you go?

Constantly call, text or IM you? Or leaves mes-
sages on your Facebook or other account.

Stop you from seeing or talking to friends or
family?

Take your money, **make** you ask for money or
refuse to give you money?

Make all the decisions?

Tell you that you're a **bad** person?

Act like the **abuse** is no big deal, that it's your
fault or even deny doing it?

Destroy your property or **threaten** to hurt
your pets?

Intimidate you with weapons?

Shove, slap or **hit** you?

Force or **coerce** you to have sex?

Threaten to break up with you?

*If you checked even one of these items, you may be
in an abusive dating relationship. If you need to
talk, call us. Support is [free](#) and [confidential](#).*

*Metro Police Domestic Violence Division
Counseling Section
615-880-3000*

DID YOU KNOW?

1 in 3 teens reports knowing a friend or peer
who has been hit, punched, kicked, slapped or
physically hurt by their dating partner.
Violent relationships *begin* at an average age of
15.

DANGER ZONE

What do we mean when we talk about dating Violence?

Dating violence isn't an argument every once in a
while or a bad mood after a bad day. Warning
signs can be extreme jealousy and quick involve-
ment in the relationship.

Remember you have a choice in who you date!

Dating violence (or relationship violence) is a **pat-
tern of violent behavior** that someone uses against
a girlfriend or a boyfriend.

Abuse can cause injury and even death, but it does-
n't have to be physical. It can include **verbal and
emotional abuse, constant insults, isolation from
friends and family, name calling, control** - and it
can also include **sexual abuse**.

It can happen to anyone, at any age, regardless of
race, religion, level of education or economic back-
ground. Dating violence also occurs in same-sex
relationships.

DID YOU KNOW?

Females age 16-24

are more vulnerable to intimate partner violence
than any other age group.

50% of teenage girls ages 14 to 17 report
knowing someone their age who has been hit or
beaten by a boyfriend.

Hitting your girlfriend or boyfriend is a
crime, just like robbery or rape.

It's against the law!

WHAT CAN YOU DO?

Helping Your Friends

DO: Help your friends.
Make sure they know they are not alone.

DO: Listen without judging.
They may feel responsible, ashamed, inadequate
and afraid.

DO: Tell them that it is NOT their fault.

DO: Suggest they develop a safety plan.
They need to know a safe place to run to, a sup-
port number to call and who they can trust in an
emergency.

DO: Help them identify resources.
Encourage them to take care of themselves, get
emotional support and build their self-esteem.

DO: Encourage them to call for help.
The Counseling Section of the Domestic Violence
division has counseling and safety planning for
teens in abusive dating relationships. Let your
friends know there are people who can help.

*Support is [free](#) and [confidential](#).
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615-880-3000*

DID YOU KNOW?

Physical and sexual abuse against adolescent
girls in dating relationships increases the likeli-
hood that the girl will abuse drugs and/or alco-
hol, develop an eating disorder, consider and/
or attempt suicide, engage in risky sexual be-
havior and/or become pregnant.

TAKE ACTION

If you are being abused tell your parent, a friend, school counselor, or teacher, and you can make a police report.

Make note of the date and times of incidents which concern you or when you were physically abused.

Take photos of any injuries or damage done to any of your belongings.

Keep your text messages, emails, notes, and letters. You can make photos of these if you need to.

Keep your friends or family close when the abuser is around.

YOUR LEGAL RIGHTS

You have the right to file a report with the police about any threats or violence.

You have the right to prosecute the person who is abusing you.

You have the right to obtain an Order of Protection ordering your abuser to stay away from you, your home, and your family.

You have the right to assistance in obtaining counseling concerning your abuse.

You have the right to receive assistance with transportation to a safe location.

You have the right to assistance in finding a shelter, if you desire.

THERE IS HELP!

DOMESTIC VIOLENCE PROGRAMS AND ASSISTANCE IN THE NASHVILLE AREA

YWCA Domestic Violence Program
242-1199

Morning Star Domestic Violence Program
860-0003

Rape & Sexual Abuse Center
259-9055

Legal Aid Society of Nashville Tennessee
244-6610

Child Support Services of Tennessee
726-0530

Metro Police Domestic Violence Division
Counseling Services
880-3000

Mary Parrish Center (Counseling / Referrals)
256-5959

Sexual Assault Center
800-879-1999

THERE'S NO EXCUSE
FOR DOMESTIC VIOLENCE



Metropolitan Nashville Police Dept.
Domestic Violence Division
811 2nd Avenue South
Nashville, Tennessee 37210
615-880-3000

Get the Facts on Teen Dating Violence



Because Love Doesn't Hurt

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