



What do you know about Dating Violence?

Does your boyfriend/girlfriend...

- make fun of you; put you down; yell or swear at you; or embarrass you in front of your friends?
- try to run your life by making decisions for you, assuming he/she knows what is best for you?
- discourage you from spending time with your family or friends & want you to spend all your time with him/her?
- have a history of bad relationships & blames the other person for all the problems?
- blame you when he/she mistreats you?
- pressure you for sex or sexual acts?
- abuse drugs or alcohol & pressure you to take them?
- hit, punch, slap, bite, kick, push, choke, or throw objects at you?
- threaten to kill him/herself if you leave them?

If you answered yes to any of the above questions, you may have an abusive partner.

Are you staying with your boyfriend/girlfriend because...

- it is too dangerous to end the relationship?
- part of the relationship is still good?
- you are unaware of community resources for victims of domestic violence?
- you are embarrassed to tell someone else about what is happening to you?

Domestic violence is a pattern of abusive behavior. It can be physical, sexual, emotional and/or verbal abuse. It is always about power and control.

Getting Help...

- Talk with a friend, relative, teacher, anyone you trust and think will be supportive.
- Call a domestic violence hotline for assistance.
- Call or visit your local Wellness Center.
- If you are in danger, call 911 immediately.

If your friend is being abused, you can...

- listen to your friend. Let him/her know that you care and that you will be there whether he/she stays in the relationship or leaves the relationship.
- let him/her know that it is NOT his/her fault.
- encourage him/her to get help.

If your friend is abusive, you can...

- let him/her know that abusive behaviors are not OK.
- give him/her a reality check. His/her violent actions will have consequences. "This is a crime, and you could be arrested."
- offer to get information for your friend.

Resources in Delaware...

24 hour Domestic Violence Hotline

New Castle County
302.762.6110

Kent & Sussex Counties
302.422.8058

Kent & Sussex Counties
Bi-lingual
302.745.9874

24 hour Rape Crisis Hotline ContactLifeline

New Castle County
302.761.9100

Kent & Sussex Counties
800.262.9800

Child Abuse Hotline

800.292.9582

Project P.R.I.D.E. (Promoting Respect In Dating Experiences)

302.762.8989

For Information & Referrals:

Delaware Coalition Against Domestic Violence (DCADV)

302.658.2958 or
800.701.0456 (in state)

Domestic Violence Coordinating Council (DVCC) 302.255.0405