

BLUEPRINT

TEEN DATING VIOLENCE

Brought to you by:

Girls Incorporated of the Island City
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www.girlsincislandcity.org

Sitting in the darkness, not knowing what to do.

My body's full of hurt, and my soul is feeling blue.

All of these things I'm thinking, So many things to say.

I get on both knees, look up and pray.

Dear God, I don't know what happened, I don't know what went wrong.

How could I HAVE let this continue for so long.

I never saw it coming, the hammer that was his hand.

He was coming to show me he was a full-blooded man.

Tears rolled down my cheeks as the first blow came.

As I looked up to see him, I knew I'd never be the same.

A spine tingling crack, as his fist hit my flesh.

By the time he was done, my face was a bloody mess.

He looked down to see the damage he had done.

He looked at me and pleaded, "Please don't tell anyone."

He said, "Baby, I love you. You gotta believe it's true."

*As I got up I told him, "B*****! The hell with you."*

Vicki, 14

What is Dating Violence?

Dating violence is a pattern of controlling behavior that one partner uses to get power over another.

This is more than just arguing or fighting and can come in many different forms including:

Emotional abuse: Manipulation through mind games, threats, insults, humiliation, or verbal abuse.

Physical abuse: Intentional acts of violence on a partner such as hitting, slapping, punching, etc.

Sexual abuse: Any form of forced or unwanted sexual activity

Verbal Abuse: Put downs, yelling, or swearing

“I was allowed to talk to only two people at school.

Both were girls, and he had his friends watch me

to make sure I was obedient”

Salina, 13

“In Love and Danger,” Barrie Levy

Dating Violence Statistics

“I had to hit her.

It was her fault I got so mad.

She knew I didn't like her talking to other boys.

So the only way to make her stop was to slap her around.

After all, she was my girl.

She belonged to me.”

Mark, 16

“Date Abuse,” Herma Silverstein

One in three teenagers has experienced violence in dating.

One in three women who are killed in the United States are murdered by their boyfriend or husband.

Women ages 16-24 experience the highest per capita rates of dating violence—nearly 20 per 1000.

25% of 8th and 9th graders were victims of non-sexual dating violence.

25% of women have been victims of rape.

More than 4 in every 10 incidents of domestic violence involves non-married persons.

Reference site <http://www.journeytomyself.org/dovistats.htm>

What Are The Early Signs of Abuse?

- Your partner pressures you to have sex early in the relationship.
- Your partner becomes violent, possessive, and jealous.
- Your partner thinks his/her violence is out of LOVE.
- Your partner tries to control all aspects of your life, and will not let you spend time with your family, friends, or on things you want to do.
- Your partner verbally and emotionally abuses you by yelling, spreading rumors, manipulating you, and trying to make you feel guilty.
- Your partner drinks a lot, then blames alcohol for violent behavior.
- Your partner blames problems on other people, it is never their own fault.

*“He didn’t want me
to look at other boys
at school
and would pick a fight
with any guy
who talked to me ...
I thought it was
so sweet -
at first.”*

Michelle, 17

“But I love Him,” Dr. Jill Murray.

The Cycle of Abuse

1. This is a time of minor conflicts when threats of violence may heighten. This period may last from a few hours to many months.

2. Violence erupts as abuser may throw things, hit, etc. Once the violence has started, there is little the victim can do.

3. A period of remorse may follow acts of violence. This is often called the “honeymoon phase” where the abuser apologizes repeatedly, offers gifts to the victim, and makes promises that he/she will “change,” but never does.

Are You in an Abusive Relationship? Quiz

1. You're at a restaurant with your partner and the waiter is a friend from school that you haven't seen in a while, so you two strike up a conversation, does your partner:

- A. Suddenly become irritable and fidgety
- B. Get up angrily and walk away
- C. Join the conversation or introduce themselves

2. While you are at the movies and are looking for a seat, you see your friends and decide to go sit with them, your partner then:

- A. Complains, but goes along.
- B. Grabs your arm and you have to sit somewhere else
- C. Calls out "save that spot for us!"

3. Your favorite theater group is in town, but is on the same night as one of your partner's big events, your partner:

A. Lets you go to your show, but you have to be there for at least half their event, even threatening to dump you if you do not show up.

B. Demands you be at their event instead of going to your show.

C. Asks you to try and be there for their event, but does not push it past that.

4. You are on a date and your partner asks you to have sex with them and you are not ready to, so you say no, your partner:

A. Becomes angry and tries to persuade you, but eventually backs down.

B. Grabs you or tries to force it upon you in some way.

C. Agrees, but is disappointed.

5. You have a pet and your partner comes over to see you, but you have made previous plans to take your pet to the vet and you need to leave immediately, your partner:

A. Let's you go, but you have to make it up to him later.

B. Tells you that you are a terrible boyfriend/girlfriend and demands that you cancel the appointment, even going so far as hitting you.

C. Goes with you and even buys food on the way back.

Quiz Results

Mostly A's: If you got mostly A's, then your relationship is showing signs of abuse. Possessive behavior is not healthy in relationships and is often a precursor of further abuse. You should talk to a trusted adult and you can even try working it out with your partner. If it continues or worsens, you need to leave the relationship.

Mostly B's: If you have mostly B's, then you are in an abusive relationship. Your partner is showing signs of being physically and emotionally abusive. You need to seek help from an adult or guardian. You can call some of the hotlines in this pamphlet for help. Don't stay in this relationship, it will only get worse.

Mostly C's: If you have mostly C's, your relationship is not showing signs of abuse. However, always be aware of your boundaries and remember what it means to be in a healthy relationship.

Resources for Teens
in Abusive Relationships

Emergency Shelter: Dream Catcher Youth
Shelter - 800.379.1114

Alta Vista Teen Service - 510.535.4230

National Domestic Violence Hotline -
800.799.7233

Teen Crisis Line - 800.999.9999

If you or someone you know is in an
abusive relationship,
please seek help
immediately.

Do not ignore the signs of abuse.

Girls Inc.'s Blueprint Program

Girls Incorporated of the Island City's Blueprint program provides a welcoming environment for teenage girls to come together and address social issues affecting girls and women. Our goal is to encourage growing leaders to actively participate and make a change in their community.

Blueprint Teen Founders

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For further information on the Blueprint Program, contact:

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