

When one person repeatedly uses controlling behaviors to gain power and control over another, it is abuse. Abuse can occur in a dating relationship. Are you aware of the signs?

Dating violence can take many forms. It can include:

- Jealousy
- Insults
- Possessiveness
- Humiliation
- Monitoring your movements
- Isolation from family and friends
- Intimidation
- Threats
- Physical abuse
- Sexual abuse

Abusers blame their victims for the abuse or use jealousy as an excuse. Using jealousy to control someone is not a way of showing love. It is a warning sign of abuse.

Statistics show that 28% of all high school and college students experience dating violence.

Does your boyfriend treat you with respect and dignity or as a possession to be controlled?

Are You Being Abused?

- Does he criticize you constantly?
- Does he make fun of your accomplishments?
- Does he tell you that you are nothing without him?
- Are you afraid to tell him how you feel?
- Are you afraid to disagree with him?
- Does he call you constantly or just show up to check on you?
- Does he allow you time to be with your friends or are you only allowed to spend your time with him?
- Does he make you feel like all problems are your fault?
- Does he tell you how you should dress, wear your hair or makeup?
- Do you make excuses to other people for his behavior?
- Does he grab, slap, hit, shove, punch or kick you?
- Does he yell, scream or threaten you?
- Do you stay in the relationship only because you are afraid of what he will do if you leave?

Types of Abuse

Physical Abuse:

- Slapping
- Holding down or blocking an exit so you cannot leave
- Grabbing
- Biting
- Hitting
- Shoving
- Punching
- Using a weapon

Sexual Abuse:

- Forcing you to have sex - date rape
- Forcing or coercing you to have unsafe sex
- Making reproductive decisions for you
- Touching you against your will
- Kissing you when you don't want to kiss
- Referring to your body in crude, demeaning sexual ways
- Forcing you to go further sexually than you want

Verbal Abuse:

- Calling you names
- Using words to destroy your self-worth
- Ridiculing
- Accusing
- Using profanity
- Insulting
- Shaming
- Not accepting responsibility for his actions
- Acting like abuse is acceptable
- Threatening to hurt you if you break up with him
- Threatening to commit suicide if you break up with him
- Treating you like property
- Using jealousy to justify his actions

Emotional Abuse:

- Humiliation
- Manipulation
- Deceiving or lying
- Isolating you from friends or family
- Demanding all of your time
- Not allowing you to have privacy
- Instilling fear
- Denying your reality to make you feel crazy
- Putting you down
- Playing mind games
- Making all the rules in the relationship
- Threatening to leave you if you don't do what he says
- Constant criticism
- Embarrassing you in front of your friends
- Using a threatening tone
- Threats to harm your family
- Threats to harm your property or pets
- Monitoring your movements
- Having expectations that no one could meet
- Making you feel afraid

If any of this is happening in your relationship, get help. Dating violence will only get worse without intervention. Talk to someone. Do not keep the abuse a secret. Keeping it secret gives the abuser more power. Talk to a friend, family member, or pastor.

If you would like more information to see if you may be in an abusive relationship, you can call the National Domestic Violence Hotline at 1-800-799-SAFE or contact us through our website at abigail-ministries.org

Dating Violence

Are You Being Abused?



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