

Haven't Begun Dating Yet?



Some tips for choosing a dating partner:

- ✓ Know how you would like to be treated by a dating partner.
- ✓ Choose a partner who makes you feel good about yourself.
- ✓ Learn how to recognize unhealthy dating/abusive behaviors.
- ✓ Choose a partner that has some of the same likes and/or dislikes as you.
- ✓ Take ownership for your actions and decisions, and expect the same of your partner.
- ✓ Communicate boundaries clearly early in the dating relationship. For example, if you are or are not comfortable with kissing your partner in public, tell them.

Who We Are

The West Georgia Prevention & Advocacy Resource Center strives to end sexual violence in our community through prevention and awareness. We provide direct service to survivors of sexual assault, their families and their friends. We are committed to fostering awareness of sexual assault through community education. We work to create a climate of safety and healing for all victims of sexual assault. All services are free and confidential.

Contact Us

24-Hour Hotline: 770-834-RAPE (7273)

Business Line: 770-834-8905

Email: prevention@wgaparc.org

Web: www.wgaparc.org

Facebook:

www.facebook.com/pages/WGAPARC

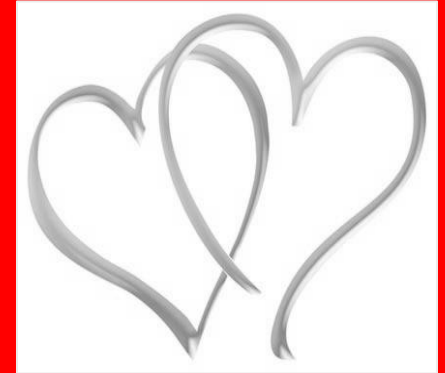
Twitter: @WGAPARC

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GOT HEALTHY RELATIONSHIPS?

Prevention & Advocacy Resource Center
P.O. Box 2825
Carrollton, GA 30112
770-834-8905 (Business line)
770-834-7273 (Hotline)

Got Healthy Relationships?



PARC

Prevention & Advocacy Resource Center
Sexual Assault Center for Teens & Adults

1 in 3 teens experience some form of abuse in dating relationships



What is Dating Abuse?

Violence that occurs between two people in a dating relationship, where one person tries to maintain power and control over his/her partner through violent or abusive behaviors

What types of behaviors happen in an abusive dating relationship?

- ✓ Manipulation;
- ✓ Controlling behaviors to exert power over you, such as telling you how to dress or who your friends should be;
- ✓ Creating fear through words and/or behaviors;
- ✓ Physically abusive behaviors, such as pushing, shoving, slapping, kicking, etc.
- ✓ Emotionally abusive behaviors;
- ✓ Sexually abusive behaviors, such as forcing a partner to have sex or perform sexual acts.

Signs of a Healthy Relationship

1. You and your partner have boundaries.

- ✓ Your partner knows what you are comfortable or uncomfortable with;
- ✓ You are given space to spend time with family and friends;
- ✓ You feel a connection with your partner but you don't feel controlled by them.

2. You can be yourself around your partner.

- ✓ Your partner respects and supports you;
- ✓ You don't feel you need your partner's approval for everything.

3. You communicate with your partner.

- ✓ Your partner does not try to change who you are;
- ✓ During disagreements, you and your partner talk and anger is controlled.

You are worthy of a healthy relationship!

How can you help others who may be experiencing dating abuse?



1. Believe their story and don't gossip about them.
2. Tell them that **NO ONE** deserves to be abused.
3. Allow them to make their own decisions, even if you disagree.
4. Encourage them to speak to a school counselor, pastor, or someone they trust.
5. Offer them resources that may help:

✓ **National Teen Dating Abuse Helpline**
1-866-331-9474

✓ **National Domestic Violence Hotline**
1-800-799-SAFE (7233)

✓ **Loveisrespect.org**