

If you need help, please call...

National Dating Abuse Helpline

Call or visit website for hours of operation.

1.866.331.9474

1.866.331.8453 (TTY)

www.loveisrespect.org

Nevada Statewide Hotline

1.800.500.1556

**National Domestic
Violence Hotline**

1.800.799.SAFE or 1.800.799.7233

1.800.787.3224 (TTY)

www.ndvh.org

Hotlines provide crisis intervention,
information, referrals and safety planning.

All hotlines are toll-free, confidential and
anonymous and most operate 24 hours a day
365 days a year.

Se habla Español



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Nevada State Health Division.

**The Nevada Network Against
Domestic Violence (NNADV)...**

...is a statewide organization that was
formed in 1980 to work toward the elimi-
nation of domestic and sexual violence
against all persons and the empower-
ment of women and children.

NNADV helps Nevada's communities
respond creatively and effectively to the
needs of domestic violence victims by
providing information to service providers
in the fields of domestic and sexual vio-
lence. In addition, NNADV provides edu-
cation and advocacy to the general pub-
lic and actively educates legislators on
issues of concern to Nevada families.



**Nevada Network Against
Domestic Violence**

220 South Rock Blvd. Suite 7
Reno Nevada 89502

Phone: 775.828.1115 or
800.230.1955 statewide

Fax: 775.828.9911

Website: www.nnadv.org

A program in your area:



**Nevada Network Against
Domestic Violence**

**Teen Dating
Violence:
Know It,
Name It,
Address It!**



**"One in three teens experience some kind of
abuse in their romantic relationships, includ-
ing verbal and emotional abuse."**

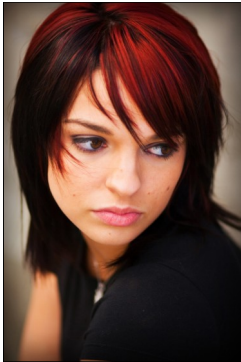
Source: [Break the Cycle](#)

Teen Dating Violence: Know It! Name It!

What is dating violence?

Dating violence is a pattern of behavior someone uses to get power and control over their dating partner to hurt them or make them feel uncomfortable. It can include the following:

- **Physical abuse:** any intentional use of physical force that creates fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.
- **Emotional abuse:** threats, insults, name calling, checking in on someone constantly, controlling who they see and talk to and where they go and how you dress, stalking, threatening to leave or commit suicide, spreading rumors, telling malicious lies, humiliating or intimidating someone. Shifting blame away from the abuser to the victim, saying they caused the abuse. It's their fault.
- **Sexual abuse:** manipulating or making threats to get sex, getting her pregnant, getting someone drunk or drugged to get sex, rape, any sexual activity that makes them feel uncomfortable or is illegal.
- **Stalking:** the willful, malicious and repeated following or harassment of another person. It includes behaviors that serve no other purpose than to annoy, alarm, or terrorize a person.



What should I look for in a healthy relationship?

- Base your relationship on open, honest and spontaneous communication.
- Strive for a balance of giving and receiving.
- Learn to compromise when disagreements occur, problem solve to mutual benefit. Make decisions together.
- Respect each other's personal identity and encourage growth and freedom.
- Respect each other's right to have individual life goals, feelings, friends, activities and opinions.
- Be emotionally affirming and understanding.
- Accept responsibility for any past use of violence and admit when they are wrong.
- Talk and act so both of you feel safe and comfortable when expressing feelings, thoughts and actions.

Source: Equality Wheel for Teens
[National Center on Domestic & Sexual Violence](#)



Teen Dating Violence: Address It!

Where can I go for help?

Remember, no one deserves to be abused. It is not your fault and you are not alone. There are people in your community that can offer support and assistance.

Call the [National Dating Abuse Helpline](#) or the hotlines listed in this brochure and speak confidentially with a trained advocate. If you would like to personally speak with an advocate, contact a domestic violence program in your community. For a list of programs, visit the [NNADV website](#).

*Please Google for full Web addresses

- [About.com](#)
- [Break the Cycle](#)
- [Facebook Safety Center](#)
- [Futures Without Violence](#)
- [Love is Not Abuse](#)
- [Love is Respect](#)
- [National Network to End Domestic Violence](#)
- [National Resources for Domestic Violence](#)
- [Safety Planning Tips](#)
- [Tech Savvy Teens](#)
- [Teen Dating Rights](#)
- [Teen Power and Control Wheel](#)