The Choice Is Yours

A Guide For Dating Relationships
This guide was developed to inform and empower young people to make good decisions, trust their instincts, know their boundaries in creating healthy and respectful relationships.

Food for Thought

- What does a romantic relationship mean to you?
- When do these relationships begin?
- To what extent do these relationships include sexual behavior?
- Would you be able to recognize or understand abuse in a relationship?
- Are parents clued-in or clueless on the topic of dating abuse?
- Would parents be able to recognize or understand abuse in a relationship?
- Are you having conversations with peers, parents or others about dating abuse?

Love should be like totally awesome, not hurt.
DO YOU KNOW HOW TEEN DATING VIOLENCE AFFECTS TEENS?

Take this quiz to find out!
Give yourself 1 point for every question you get right.

1. At what age do females experience the highest amounts of relationship violence?
   a. 16-24
   b. 25-30
   c. 31-35

2. What % of tweens (ages 11-14) in relationships know friends who have been verbally abused (called stupid, worthless, ugly, etc.) by a partner?
   a. 5%
   b. 25%
   c. 47%

3. What is the number of teens that have had partners try to prevent them from spending time with their friends or family?
   a. 1 in 35
   b. 1 in 4
   c. 1 in 50

4. What % of high school students have been physically forced to have sexual intercourse?
   a. 2%
   b. 15%
   c. 8%

5. What % of teens in relationships have been sent text messages 10-30 times an hour by a partner wanting to know where they are, what they’re doing & who they’re with?
   a. 30%
   b. 10%
   c. 25%

6. Which of these groups is able to deal with teen dating violence better?
   a. Homosexual
   b. Heterosexual
   c. Teenage girls
   d. Teenage boys
   e. No one group is better to overcome teen dating violence

*Reference www.breakthecycle.org*
Warning Signs
Word Search

AGGRESSIVE
ALCOHOL ABUSE
BRUISES
CONSTANT TEXTING
CONTROL
DEPRESSION
DRUG ABUSE
EATING DISORDER
EMOTIONAL
FAILING GRADES
GUILT
INSULTS
INTIMIDATION
ISOLATION
JEALOUSY
LOSS OF INTEREST
MOOD SWINGS
THREATS
YOU BETTER RECOGNIZE
...when someone you care about is in an abusive relationship.
If any of these warning signs sound familiar, get help before it gets worse.

Does one person in the relationship:
- Insult his/her partner in public?
- Act really jealous if his/her partner talks to others?
- Check in on the other constantly?
- Try to decide what the other should do?
- Blow disagreements out of proportion?
- Threaten to break-up constantly?
- Lose his/her temper verbally?
- Break or hit things to intimidate the other?
- Blame the other for their own problems?
- Abuse drugs/alcohol?

Does the other person:
- Constantly cancel plans for reasons that sound untrue?
- Always worry about making their partner angry?
- Give up things that are important?
- Show signs of physical abuse, like bruises/cuts?
- Get pressured into having sex/feel like a sex object?
- Have a partner who wants them available all the time?
- Worry about their weight/appearance?
- Feel guilty/bad about something in the relationship?
- Feel nervous/worried often without knowing why?
- Abuse drugs/alcohol?

This is an ABUSER

This is a VICTIM

*Reference www.seeditandstopit.org
DOES YOUR RELATIONSHIP NEED A MAKEOVER?

Everyone deserves to be in a safe & healthy relationship. This means being able to make your own choices about your life & health. An abusive relationship may be harmful to your health. Take this quiz to find out how your relationship looks!

What does your boyfriend think of your clothes?
A. He likes them, I think.
B. He likes them most of the time. He asks me to change sometimes.
C. He hates them. He tries to pick what I wear all of the time.

Has your boyfriend ever hit, pushed, or slapped you?
A. No, never.
B. Yes, but only once.
C. Yes, it happens pretty often.

Does your boyfriend ever go through your phone to see who you’ve been talking to or texting?
A. No.
B. Sometimes.
C. Yes, a lot.

Has your boyfriend ever forced you to do something sexual?
A. No, never.
B. Not physically, but sometimes he guilt me into doing stuff.
C. Yes, a few times.

Do your friends like your boyfriend?
A. Yes.
B. They think he’s ok, but I could do better.
C. No. They can’t stand him. They wish we’d break up.

You mention the possibility of breaking up with your boyfriend. What does he do?
A. He asks if we can talk about it.
B. He says he wouldn’t be able to live without me.
C. He threatens me.

Give yourself 0 points for A, 1 point for B and 2 points for C.
0 Points: Girl, You Look Good! No makeover needed here. Though no person or relationship is perfect, it sounds like your boyfriend respects you & treats you as an equal.
1-4 Points: Girl, You Need A Touchup! Appearances aren’t everything, even if your relationship looks ok to others; it sounds like it’s time for you to take a closer look. A healthy relationship isn’t controlling; spending time alone or with other people than your boyfriend is normal.
5+ Points: Girl, You Need Help! We’re sorry to say it, but things look bad. No amount of makeup can make an abusive relationship look good.

*This quiz is for girls, but anyone can be abused/abusive. If you think you’re being abused or worried that your own behavior is abusive, get help.

*Reference www.loveisrespect.org
IF YOU BELIEVE YOU OR A FRIEND ARE AT RISK...

What do I do?

- Try not to be alone with your boyfriend/girlfriend.
- If you're going out, arrange another way of getting home rather than going with your partner.
  - Don't drink alcohol or use drugs.
- Always have extra money, in case you have to call a taxi or make a phone call.
- Make up a "code" word for family, friends or teachers so they know when to call for help.
- If you think you're being followed, take different routes or change the time that you leave.
- If you want to break up, do it over the phone rather than in person.
  - Try talking to your parents, counselors, school personnel; they can take steps to protect you.
  - Take ALL threats of harm seriously and notify an adult because your safety may be at risk.
If you need to talk to someone about a healthy relationship for yourself or a friend...

Contact the National Teen Dating Abuse Helpline

1.866.331.9474
(1.866.331.8453 TTY)

24 hour Hotline 512.267.SAFE
or 927.9616 TTY

www.safeplace.org

Travis County Sheriff’s Office
P.O. Box 1748
Austin, TX 78767
512.854.9770
www.tcsheriff.org

Produced by The Travis County Sheriff’s Office ● May 2010