

What is Relationship Violence?

A pattern of behavior used by someone to maintain control over his or her partner

It can take the form of verbal, physical, emotional or even sexual abuse

Relationship violence is not about getting angry or having a disagreement.

In an abusive relationship, one partner is afraid of or intimidated by the other

Abuse isn't just hitting. It's yelling, threatening, name calling, obsessive phone calling or texting and extreme possessiveness.

How Prevalent is Teen Relationship Violence?

According to the National Sexual Violence Resource Center and the NCPC, one in four students know someone at their school in an abusive relationship.

18 percent of date rape victims are young women between age 14 and 17.

70 percent of pregnant teenagers are abused by their partners.

Warning Signs that You are in an Abusive Relationship:

(If you can answer "yes" to any of the below questions, then your partner is being abusive toward you)

- Are you afraid of your partner or afraid to break up?
- Does your partner call you names, make you feel stupid or tell you that you can't do anything right?
- Is your partner extremely jealous?
- Does your partner tell you where to go and who you can and can't talk to?
- Does your partner tell you that no one else will ever go out with you?
- Do you feel cut off from family and friends because of your partner?
- Do you feel threatened if you say no to touching or sex?
- Have you ever been blamed for having been abused?
- Has your partner ever shoved, grabbed, hit, pinched, held down or kicked you?
- Is your partner *really* nice sometimes and *really* mean at other times (almost like they have two different personalities)?
- Does your partner make frequent promises to change or say that they will never hurt you again?

Teen Relationship Bill of Rights:

"I hereby declare that I have the following rights in my dating relationships. I also recognize and respect that all other people are entitled to the same rights at all times."

1. **To have and express my own feelings and opinions.**
2. **To be treated with respect always.**
3. **To say "no" to physical closeness or any other act that makes me uncomfortable at any time.**
4. **To refuse a date at any time.**
5. **To choose my own friends and to maintain relationships with those friends.**
6. **To participate in activities that do not include my dating partner.**
7. **To live free from fear and abuse.**
8. **To be treated as an equal.**
9. **To end a relationship**

Signed: _____

Date: _____

How can I get out of an abusive relationship?

Talk to your parents, another family member, a friend or someone else you trust. If you remain isolated from friends and family, your abuser has more opportunity to control and abuse you.

Get help from professionals. Look for help at your physicians office, rape crisis centers, counseling centers, churches or other similar places.

If the abuse happens at school, report it to a school counselor or School Resource Officer.

Keep a log of the abuse

Avoid being alone at school, your job, or on the way to and from places.

Always tell someone where you are going and when you plan to be back.

Develop a safety plan and rehearse what you will do if the abuser becomes violent.

Establish a regular time or place to contact someone so they will know to check on you if they do not hear from you as scheduled.

Where to Go for More Information:

- St. Charles Sheriff's Office:
911 or 783-6807
- St. Charles Sheriff's Office
Special Services Division:
985-783-1355



**Sheriff Greg Champagne
St. Charles Parish
Sheriff's Office
985-783-6807
985-783-1355**

**Teen Dating
Violence**