

## Teen Dating Violence Checklist

You may be in an abusive relationship if your partner:

### Emotional Abuse

- Frequently blames or criticizes you
- Blames you for causing the abuse
- Criticizes or threatens to hurt your family/friends
- Calls you names
- Curses at you
- Humiliates or embarrasses you either alone or in front of others
- Threatens to break up with you
- Threatens to commit suicide
- Threatens to hurt people you love
- Threatens to tell others about things you've done in the past
- Minimizes or denies abuse
- Is jealous of other friends/past partners
- Is possessive over you
- Uses jealousy to justify controlling behavior
- Causes you of not loving them
- Makes fun of or puts down your family, culture, race, or heritage
- Keeps you away from family or friends
- Abuses or kills animals
- Tries to keep you from things you want to do
- Becomes angry if you pay too much attention to someone/something else
- Makes contradictory demands/changes "rules"
- Does not include you in important decisions
- Checks up on you (ie, always wants to know where you are)
- Breaks dates or cancels plans without reason
- Uses drugs or alcohol to excuse behavior
- Degrades you, makes you feel insignificant
- Drives recklessly to frighten you
- Spreads lies or rumors about you
- Interrupts your sleep
- Checks your phone, email, or social media against your wishes
- Uses violence in front of you (ie, punching wall/locker)

### Physical Abuse

- Spits at you
- Pushes, grabs, or shoves you
- Shakes you
- Slaps you
- Punches you

- Kicks you
- Chokes/Strangles you \*
- Pinches you
- Pulls your hair
- Burns you
- Twists your arm
- Picks you up/carries you against your will
- Abandons you in unsafe places
- Bites you
- Neglects your physical needs in regards to handicaps
- Forces you to drink or do drugs against your will
- Forces you to share needles with other
- Threatens you with a gun, knife, or other weapon
- Uses a gun, knife, or other weapon to scare you
- Prevents you from leaving an area/restrains you
- Disregards your needs when ill, hurt, or pregnant
- Throws objects
- Destroys property, possessions, or documents
- Follows/stalks you\*\*
- Chases you
- Cuts your hair against your will
- Forces you to get tattoos, brandings, or piercings

*\*Strangulation(choking) is known to be one of the most dangerous forms of physical abuse, and can even cause brain damage or death days or weeks later without other outward signs. If you are ever strangled, **PLEASE** seek a medical exam, even if you do not lose consciousness. Victims that are strangled by their partners are 750-1000 times more likely to be killed by their abusers.*

*\*\*When we hear the word "stalking" we often think of the peeping tom or constantly being followed, but there is so much more than that! Stalking is defined by the federal government as a course of conduct directed at an individual that "places that person in reasonable fear of the death of, or serious bodily injury to that person; an immediate family [member] ... of that person; or a spouse or intimate partner of that person; or causes, attempts to cause, or would reasonably expected to cause substantial emotional distress ..." to that person, a family member or an intimate partner. Simply put, if someone is making you afraid for yourself or those closest to you because of the way they are acting around you, it is STALKING!*

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### Financial Abuse

- Criticizes the way or amounts of money you spend
- Interferes with or prevents you from going to work or school
- Uses your money for their pleasure or needs
- Causes you to lose jobs or refuses to let your work
- Constantly calls/texts you while you are at school or work

### Sexual Abuse

- Pressures you to have sex
- Pressures you to take part in sexual acts
- Forces you to have sex❖
- Intentionally causes unwanted pregnancy (ie, sabotaging birth control methods)
- Misleads your understanding of safety of sex with them (not disclosing an STI, claims to be on birth control but is not, removing of condom before or during sex without consent)
- Gets you drunk or high then initiating sex❖
- Refuses to discuss safe sex practices if you are active or plan to be
- Kisses or touches you in any way you don't want
- Forces you to continue or terminate a pregnancy
- Forces you to watch pornography
- Forces you to have sex with other people
- Has sex with you when you cannot offer a clear and informed "yes" or "no" due to being high, drunk, mentally handicapped, or any other type of mental incapacitation❖

❖*These actions are all considered RAPE. Please consider having a rape kit done at your local hospital, even if you do not plan on pressing charges. This can help to keep you safe, prevent sexually transmitted infections, and aid in preventing unwanted pregnancies for biological females. In Kentucky, hospitals are legally required to contact a sexual assault advocate for you that can be present to help you through that time, however you can accept or refuse their services.*

### Manipulation

- Tries to invoke sympathy from you, your family, and friends
- Tries to buy you back with romantic gifts, dinners, etc. after a fight or abuse
- Promises to change without changing behaviors

Please remember this is not an exhaustive list! Abuse can happen in many ways, but this can help you begin to gauge some of your partner's behaviors. If you feel that you are in a violent relationship, please call **Bethany House at 1-800-755-2017**

