

**Hey, you are supposed to
have fun when you are
dating,
remember that!!**

**Sometimes, when problems
arise, you may be asking if
this is a good relationship**

**In a healthy
relationship, you:**

- Can pursue your own goals
- Are your true self
- Talk about what you really feel
- Get help when you need
or want it
- Can be with your friends
- Can be by yourself
- Spend time with your family
- Make your own decisions about
your future
- Can have your own opinions

**Remember
Abusive Partners
Make
Abusive Spouses**

Violence Prevention Center of Southwestern Illinois

Provides:

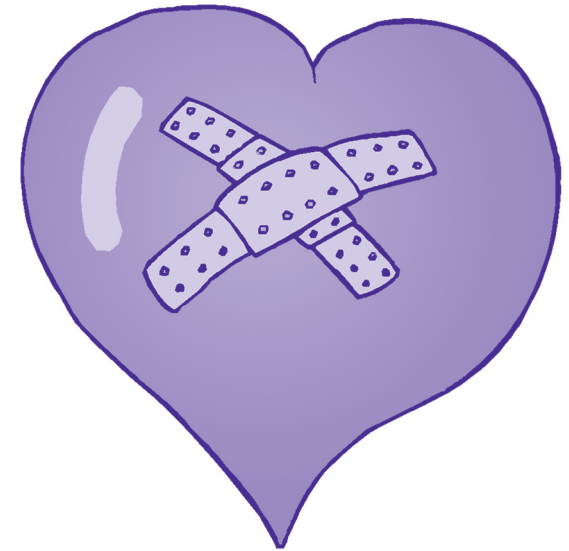
- **24 hour crisis hotline - 235-0892**
- **The Charles T. & Joan Meyer
Women's Shelter - 235-0892**
for battered women and their
dependent children.
- **The Peace Place - 236-2531**
 - Non-residential children's
counseling services, ages 5-17
 - Shelter Services, all ages
- **Counseling & Advocacy Services**
 - Belleville Weidmann Counseling
and Advocacy Services - **235-0892**
 - East St. Louis
Violence Prevention Center
875-7970
 - Randolph County
Violence Prevention Center
826-5959
 - Monroe County
Violence Prevention Center
939-8114
 - Randolph/Monroe County
Toll Free **1-800-924-0096**
- **Prevention & Education Services
236-2531**

All Services are provided free of charge.
Call now to speak to someone who
will listen.

Violence Prevention Center
Of Southwestern Illinois
P.O. Box 831
Belleville, Illinois 62222-0831
www.vpcswi.org

Judging Healthy Relationships

**A teen's guide to doing
dating right**



**SOUTHWESTERN
ILLINOIS**

The First Step Toward Peace

Warning Signs of Abusive Spouses

There's No Excuse for Abuse

Dating Violence

Ask yourself if this is occurring in

Your relationship

Do they:

- Try to monopolize your time
- Tell you how to act or dress
- Act very jealous
- Appear not to trust you
- Not want you to have your own friends
- Tell you no one will ever be with you again
- Demand sexual favors
- Tell others your secrets
- Blame you or others for their problems
- Always check up on you
- Have you carry a pager so they can always get a hold of you
- Have a bad temper
- Hit you, "for your own good"
- Abuse alcohol and/or drugs
- Believe they have to tell you how to act or you will "get into trouble"
- Do illegal acts
- Have strict gender roles
- Threaten to kill themselves or you if you leave
- Commit animal abuse

Do you apologize for their behavior?

If any of these sound familiar, trust that feeling. Talk to someone who cares: a good friend, your parent, a safe adult. Call your local domestic violence hotline to see if you are in danger. Remember, love doesn't hurt.

When to worry:

If you are dating someone, and it starts to not feel "right"

Trust your instinct You know what is good for you

Dating Violence, What is it?

Verbal/Emotional – Name calling, put downs, public embarrassment

Physical—Hitting, slapping, pushing, dropping you off in unsafe areas

Sexual—Any unwanted sexual advances

Isolation—Refusing to allow you to be with your friends, checking on you when they are out, telling you where or when you can go out



What if it is your friend who is in danger?

If you are worried about a friend and their relationship, there are things you can do to help.

1. Know the resources in your area.

These may be: school nurse or counselor, local domestic violence shelter, local mental health clinic, your church leaders, the police.

2. Be a good friend.

Try and be there to talk when they want to talk about it. Don't be judgmental, listen and be supportive. Tell them about what you have learned.

3. Show them this pamphlet

4. Tell them you are worried about their safety.

5. Don't take control of the problem.

Remember it is their problem and they need to make their own decision. If you are concerned for their safety and they won't listen, talk to a safe adult.

6. If you hear someone telling jokes about hitting or abusing their partner, don't laugh.

Tell them it's not cool