

## Physical Abuse

- Shakes, grabs you or pulls your hair when you don't want them to.
- Slaps, punches or kicks you.
- Uses objects to hurt you.
- Restrains you or doesn't let you leave a particular area.
- Attempts to, or actually strangles you or puts pressure on your chest or throat.

## Sexual Abuse

- Touches or kisses you when you don't want it.
- Pressures or forces you to engage in any unwanted sexual activity.
- Prevents you from using birth control or refuses to use birth control themselves.

If you are experiencing any of these behaviors, while it can be hard to do, telling a supportive friend or a trusting adult about what is happening is courageous and an act of self-love.

## Where to get help

### National Teen Dating Abuse Helpline:

1-866-331-9474 – Speak with peer advocates or text LOVEIS to 22522. The crisis text line provides round-the-clock support for anyone in crisis which can be reached by texting HOME to 741741.

### National Sexual Assault Hotline:

1-800-656-4673

### Trevor Lifeline (for LGBTQ\* youth):

1-866-488-7386

### National Suicide Prevention Lifeline:

1-800-273-8255

## [www.OurGenderRevolution.org](http://www.OurGenderRevolution.org)

Our Gender Revolution is a project of the  
Idaho Coalition Against Sexual & Domestic Violence

This project was supported by Grant No. 2016-WR-AX-0008 and 2016-TA-AX-K019 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

# Abusive Relationships



Relationships – whether with your friends, someone you are dating or hanging out with, or with parents or teachers – are so important to our lives. Healthy relationships create a sense of belonging, bring out the best in you, and make you feel confident and supported. In healthy relationships we feel good, most of the time, trust each other, and look forward to being together.

Unfortunately, some relationships are not healthy and are sometimes even abusive. In fact, about 25% of teens will experience some form of abuse by the time they graduate from high school. While girls and teens who are gender nonconforming experience higher rates of abuse, anyone, regardless of gender, can be the target of abuse or engage in abusive behavior.

Is your relationship making you feel sad, scared, or uncomfortable? If so, it's not healthy for you.

### **Warning Signs of an Unhealthy or Abusive Relationship**

Most people who are abusive do not accept responsibility, so blaming the person they harm becomes part of the abuse. If you're not sure if you're experiencing abuse, here are some examples of abusive behaviors:

#### **Emotional Abuse**

- Makes fun of you, calls you names or criticizes you, especially in front of others.
- Doesn't let you hang out with friends and family, or shows up uninvited when you are with friends or family.
- Blames you for everything, makes you feel unsafe or afraid to tell the truth.
- Threatens to "out" you or share information with others to harm you.
- Goes through your things, acts jealous, or accuses you of cheating.
- Threatens suicide or to hurt themselves, you, or someone you care about.

### **Technological Abuse**

- Sends you insulting or threatening texts, messages, tweets, etc.
- Uses Instagram, Snapchat, Twitter and other apps to monitor you or puts you down in their social media posts or blogs.
- Sends you unwanted, explicit pictures and/or demands you send them.
- Steals or demands passwords to your phone or online accounts.
- Constantly texts you or makes you feel like you can't be separated from your phone for fear of being abused.
- Looks through your phone frequently and looks at your pictures, texts, and call log.