

# What's Your Understanding of Dating Violence?

Ten Warning Signs of an Abusive Relationship

- History of legal or discipline problems.
- Blames you for his/her anger.
- Serious drug or alcohol use.
- History of violent behavior.
- Threatens others regularly.
- Insults you or calls you names.
- Trouble controlling feelings like anger.
- Tells you what to wear, what to do or how to act.
- Threatens or intimidates you in order to get their way.
- Prevents you from spending time with your friends or family.

Life. Love. ™

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Could you be in an abusive relationship? Create a Safety Plan!

- Talk to someone that you can trust.
- Plan *in advance* to have a safe place to go.
- Keep money and your cell phone or calling card with you at all times.
- Memorize important numbers in case your phone is taken.
- Establish a code word or sign so family, friends and co-workers know when to call for help.

**1-866-331-9474**  
**1-866-331-8453** (TTY for deaf/hearing impaired)

**National Teen Dating Abuse Helpline**  
**Se Habla Español**

To order free cards or get more info visit us at [www.JenniferAnn.org](http://www.JenniferAnn.org) v.03.08

Get Smart - Get Help - Get Out

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