

## **DATING VIOLENCE CHECK LIST**

### **SIGNS TO PAY ATTENTION TO:**

Is your partner excessively jealous or overprotective?  
Are you making excuses for your partner's behavior?  
Does your partner make all the decisions?  
Do you always have to explain where you go or whom you are going to be with?  
Do you have to lie so you don't get your partner mad at you?  
Does your partner put you down in front of your friends?  
Does it seem like it is always your fault?  
Are you becoming isolated from your family or friends?  
Does your partner have a bad temper?  
Are you afraid of your partner?

**NO ONE DESERVES TO BE ABUSED**

**KEEPING IT A SECRET ALLOWS IT TO CONTINUE AND IT WILL  
ONLY GET WORSE**

**IF YOU HAVE CONCERNS LIKE THESE YOU SHOULD TALK TO SOMEONE**

**MY SISTER'S PLACE  
1-800-298-7233**

**STAND TOGETHER  
1-888-997-1010**

**RAPE HOTLINE  
684-6871**

**NATIONAL YOUTH CRISIS HOTLINE  
1-800-442-HOPE**

**YOUTH CRISIS HOTLINE  
1-800-HIT-HOME**