

## RELATIONSHIP QUIZ

Checking off some of the statements below indicates that a relationship is unhealthy and may be abusive.

- When you and your partner are together, s/he calls you names, puts you down in front of other people.
- Your partner acts extremely jealous when you talk to other boys/girls, even when it is completely innocent.
- You have to check in with your partner at certain times.
- Your partner is always checking up on you, calling or texting you, and demanding to know where you are.
- You seem to worry about upsetting your partner or making him/her angry.
- You are giving up things that are important to you, such as spending time with friends, and are becoming more isolated.
- Your partner may threaten to hurt him/herself if you ever leave them.
- Your partner has dramatic mood swings and goes from being jealous, controlling or angry to being sweet, charming and loving.
- Your partner may get “too angry,” hitting walls, yelling loudly, or threatening others with violence.
- Your partner slaps, shoves, kicks, or physically harms you.

## RESOURCES

### Victims, Family & Friends

The Dating Abuse Prevention Program of JBWS provides help for teens, young adults, family and friends. A counselor is available 24 hours a day to listen to concerns and answer questions. The caller can remain anonymous. Sometimes a phone call is just the beginning. The helpline counselor can schedule an appointment for a private counseling session. Services are free.

**24-Hour Helpline:  
973-267-4763**

### Teens Using Control & Abuse

*Choices\** is a counseling group for male teens, ages 12–17, who have begun using abuse in relationships. It meets once a week for 12 weeks to teach skills for maintaining healthy relationships. It is a program of the Jersey Center for Non-Violence of JBWS.

**Choices: 973-539-7801**

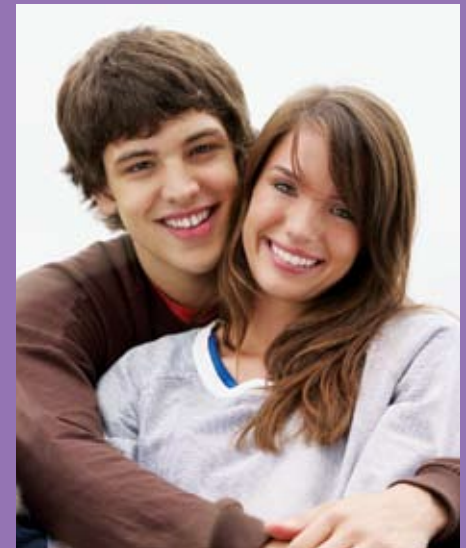
For more information and resources, including links to other helpful Web sites, visit:

**[www.jbws.org](http://www.jbws.org)**

JBWS is a private, nonprofit agency located in Morris County, N.J.  
Adm: 973-267-7520 Fax: 973-605-5898

JBWS is a United Way Member Agency.  
\*Partial funding for *Choices* is provided by the Morris County Board of Chosen Freeholders.

## INFORMATION FOR TEENS



**Dating Abuse  
Prevention**

know more  
to say “no more”

## Show C-O-N-C-E-R-N for a Friend Hurting from Abuse

You may be the first person to suspect your friend is being abused. Also, you may be the person your friend confides in when there is a problem. Before you have that conversation, think carefully about what you will say and where you will say it. Every situation is unique and just talking about the abuse with the victim can be dangerous.

If you are worried about safety, it is a good idea to talk with a trusted adult, like a teacher, school counselor, parent or trained counselor who specializes in preventing further abuse.

When you are ready to talk to your friend, think and show **C-O-N-C-E-R-N**.

### Concern

Saying “I’m concerned or worried about you” is a good way to open the conversation. Don’t start by criticizing the relationship.

### Observations

Share specific observations like, “I’ve noticed that you act weird around Dan,” or “I’ve noticed that you don’t spend time with your friends anymore,” or “I’ve noticed that you have to text Dan constantly to let him know where you are and that he gets angry if you don’t.”

### No one deserves to be controlled or abused

Whether or not your friend is ready to admit the relationship might be bad or even abusive, you can provide important information.

Make sure your friend knows that no one deserves to be abused. The person using abuse, emotional or physical, is responsible for the use of inappropriate behavior.

### Confidentiality

Let your friend know that you respect the need for privacy and won’t gossip about the relationship to other friends. Explain that you support the right to make one’s own decisions. If you are concerned about safety issues however, then you (and/or your friend) may need to make a call to a specially trained counselor for free, confidential help.

### Empathize

Don’t judge your friend. Instead empathize with how complicated relationships can get. Recognize the good parts of the relationship as well as the bad stuff. Point out any warning signs of potential abuse and control.

### “R” you safe?

Safety has to be a top concern anytime you suspect abuse, especially during breakup. If there’s physical abuse in the relationship or your friend is being threatened with physical abuse, be prepared to express your concerns and inform an adult. Helpline workers can assist you and your friend with a specific safety plan. See [www.jbws.org](http://www.jbws.org) for more information on safety.

### Name the problem

Naming your friend a “victim of abuse” before s/he is ready to believe it may only make the person defensive. When the time is right, naming the problem as “a pattern of abuse” may help your friend to see why the abuse could get worse during attempts to break up and why help is needed.

## Help a Friend Who Is Using Abuse

Someone who is being abusive to a dating partner will likely continue to be abusive unless they get help. Your friend can learn to have a healthy, nonabusive relationship. It’s not easy to confront a friend about abuse, but it’s important because everyone deserves to have a safe and healthy relationship.

### Be clear and specific about what you saw and how it made you feel.

Don’t say “you acted like a jerk.” Openly and honestly describe what happened and your reaction. “I didn’t like it when you called your girlfriend fat and ugly in front of us. She must have felt really embarrassed.”

### Give a “reality check.”

Don’t reject your friend, just the behavior. Let your friend know that abusive and controlling behavior has consequences. Try saying, “You know, what you did could get you in trouble or arrested.”

### Get Information.

Let your friend know that there are places that can help. Share written information and phone numbers of places that can help your friend change the behavior.

### Refer for help.

Let your friend know that there are adults—a counselor, mentor, teacher, parent, or coach—who can help someone to stop abusive behavior, including *Choices*, a program of JCNV.

Based on a Liz Claiborne publication, *What You Need to Know About Dating Violence, A Teen Handbook*.