

# Need Help?

## Haven Women's Center

Provides **FREE & CONFIDENTIAL** services to survivors of domestic or dating violence &/or sexual assault regardless of gender, age or sexual orientation.

### Office:

618 13th Street  
Modesto, CA 95354  
209-524-4331  
(M-F 8:30am-4:30pm)

### Crisis Line:

1-888-454-2836

### Website:

[www.havenwcs.org](http://www.havenwcs.org)

## National Teen Dating Abuse Helpline

### Helpline:

1-888-331-9474

### Website w/ Chat:

[www.loveisrespect.org](http://www.loveisrespect.org)

## The California Youth Crisis Line

A statewide, toll free, 24-hour, confidential Hotline available to teens and young adults ages 12-24 and/ or any adults supporting youth.

### Crisis Line:

1-800-843-5200

## Regional Suicide Prevention & Crisis Services

### Crisis Line:

1-800-273-8255

# Facts & Figures



**One in three teens nationwide report experiencing emotional, verbal, physical or sexual abuse in a dating relationship.**

**Each year in the U.S. around 1.5 million adolescents experience serious physical or sexual violence in a dating relationship.**



**Relationship abuse occurs between all kinds of couples – gay, straight, lesbian, transgender, other.**

**Young women between the ages of 16-24 experience the highest rates of intimate partner violence – almost triple the national average!**



## Health risks associated with dating violence and relationship abuse include

- ♥ Depression & Anxiety
- ♥ Disordered eating
- ♥ Suicidal thoughts or attempts
- ♥ Substance abuse (including increased tobacco use)
- ♥ Multiple sexual partners
- ♥ Sexually transmitted infections
- ♥ Unintended pregnancy

## Common Characteristics of an Abusive Partner

- ♥ Pushes for quick involvement
- ♥ Checks your cell phone, emails or social networks without permission
- ♥ Is extreme jealous, possessive, or insecure
- ♥ Constantly belittles or puts you down (possibly followed by, "I'm only kidding...")
- ♥ Has an explosive temper
- ♥ Is hypersensitive and blames others for his/her problems
- ♥ Isolates you from family and friends
- ♥ Makes false accusations (like repeatedly accusing you of cheating)
- ♥ Has erratic mood swings
- ♥ Threatens to hurt you or someone/something you love (like a pet)
- ♥ Breaks your things or punches/kicks doors or walls
- ♥ Physically inflicts pain or hurt in any way (physical, emotional, verbal, financial, sexual)
- ♥ Regularly tells you what to do (acting like the "boss")
- ♥ Repeatedly pressures you to have sex
- ♥ Uses "playful" force in sexual situations
- ♥ Intimidates you
- ♥ Threatens to commit suicide if you leave
- ♥ Constantly calls or texts when you are not with him/her
- ♥ Refuses to communicate when you bring up problems or concerns
- ♥ Purposefully ignores or excludes you
- ♥ Guilt trips you
- ♥ Withdraws affection to punish you
- ♥ Has a history of battering/abusing other partners but says he/she has changed
- ♥ Minimizes or downplays your concerns or your point of

**H.A.R.R.T. is a student organization dedicated to raising awareness about adolescent relationship abuse.**

**HARRT**

**Healthy And Responsible Relationships Troop**

## **Want to help?**

Ask for information about H.A.R.R.T. at the **CARE Center** of Enochs High  
or

**Contact our advisors:**

***Holly Grace Palmer***

**Phone:** 209-524-4331

**E-mail:** [hgpalmer@havenwcs.org](mailto:hgpalmer@havenwcs.org)

***Ms. Adair***

**Phone:** 209-550-3400 ext. 2061

**E-mail:** [adair.d@monet.k12.ca.us](mailto:adair.d@monet.k12.ca.us)



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