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 view

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

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!

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

National Teen Dating Abuse Helpline
Helpline: 1–888–331–9474
Website w/ Chat: 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

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

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

Ms. Adair
Phone: 209-550-3400 ext. 2061
E-mail: adair.d@monet.k12.ca.us

Designed by Andres Gutierrez
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