

*ARE YOU BEING ABUSED?

- ~ Does he criticize you constantly?
- ~ Does he make fun of your accomplishments?
- ~ Does he tell you that you are nothing without him?
- ~ Are you afraid to tell him how you feel?
- ~ Are you afraid to disagree with him?
- ~ Does he call you constantly or just show up to check on you?
- ~ Does he allow you time to be with your friends or are you only allowed to spend your time with him?
- ~ Does he make you feel like all problems are your fault?
- ~ Does he tell you how you should dress, wear your hair or makeup?
- ~ Do you make excuses to other people for his behavior?
- ~ Does he grab, slap, hit, shove, punch or kick you?
- ~ Does he yell, scream or threaten you?
- ~ Do you stay in the relationship only because you are afraid of what he will do if you leave?

**Men and boys can be abused in similar ways.*

If any of this is happening in your relationship, get help. Dating violence will only get worse without intervention. Talk to someone. Do not keep the abuse a secret. Keeping it secret gives the abuser more power. Talk to a friend, family member, or pastor.

If you would like more information, please contact Abigail Ministries or the National Dating Abuse Helpline at 1-866-331-9474.


Abigail Ministries
Empowering Abused Women ~ Educating Communities

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Dating Violence

Are You Being Abused?




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For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 (NKJV)

When one person repeatedly uses controlling behaviors to gain power and control over another, it is abuse. Abuse can occur in a dating relationship. Are you aware of the signs?

Dating violence can take many forms. It can include:

- ~ Jealousy
- ~ Insults
- ~ Possessiveness
- ~ Humiliation
- ~ Monitoring your movements
- ~ Isolation from family and friends
- ~ Intimidation
- ~ Threats
- ~ Physical abuse
- ~ Sexual abuse

Abusers blame their victims for the abuse or use jealousy as an excuse. Using jealousy to control someone is not a way of showing love. It is a warning sign of abuse.

Statistics show that approximately 30% of all high school and college students experience dating violence.

Are you treated with respect and dignity or as a possession to be controlled?



Types of Abuse

PHYSICAL ABUSE:

- ~ Slapping
- ~ Hitting
- ~ Holding down or blocking an exit so you cannot leave
- ~ Shoving
- ~ Grabbing
- ~ Punching
- ~ Biting
- ~ Using a weapon

SEXUAL ABUSE:

- ~ Forcing you to have sex - date rape
- ~ Kissing you when you don't want to kiss
- ~ Forcing or coercing you to have unsafe sex
- ~ Referring to your body in crude, demeaning sexual ways
- ~ Making reproductive decisions for you
- ~ Forcing you to go further sexually than you want
- ~ Touching you against your will

VERBAL ABUSE:

- ~ Calling you names
- ~ Using profanity
- ~ Using words to destroy your self-worth
- ~ Insulting
- ~ Ridiculing
- ~ Shaming
- ~ Accusing

EMOTIONAL ABUSE:

- ~ Humiliation
- ~ Threatening to hurt you if you break up with him
- ~ Manipulation
- ~ Threatening to commit suicide if you break up with him
- ~ Deceiving or lying
- ~ Treating you like property
- ~ Isolating you from friends or family
- ~ Using jealousy to justify his actions
- ~ Demanding all of your time
- ~ Constant criticism
- ~ Not allowing you to have privacy
- ~ Embarrassing you in front of your friends
- ~ Instilling fear
- ~ Using a threatening tone
- ~ Denying your reality to make you feel crazy
- ~ Threats to harm your family
- ~ Putting you down
- ~ Threats to harm your property or pets
- ~ Playing mind games
- ~ Monitoring your movements
- ~ Making all the rules in the relationship
- ~ Having expectations that no one could meet
- ~ Threatening to leave you if you don't do what he says
- ~ Making you feel afraid
- ~ Not accepting responsibility for his actions
- ~ Acting like abuse is acceptable