Dating Violence 101

Know What an Abusive Relationship is:
Scan this QR code to see a diagram that gives you an idea of what abuse is so that you know if it is happening in your relationship.

Know What a Healthy Relationship is:
The Equality Wheel shows healthy things to do in a relationship. If you are in a relationship and can identify with some of these situations, then consider this as a respectful and supportive relationship.

It is Important to Hold Abusers Accountable:
- Speak out when you see and hear about abuse.
- Don't make excuses for the abusive behaviors.
- Stop abusers when they begin to make excuses or blame others for their behavior.
- Tell them that using abuse is their choice, and that they need to get help to change their behavior.
- Offer to help them find someone to talk to about their abusive behavior.
- Let the abuser know that you have zero tolerance for abuse in relationships.

Your local CAP contact:

Fleet & Family Support Center, Atsual
Counseling Advocacy Program:
DSN: 264-4185
COMM: 0467-63-4188
Family Advocacy Program Victim Advocate:
080-5471 0970

Check out this video from Love is Respect!

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TEEN Dating
Is Your Relationship Healthy?
**BFFs**

Most teens have about three really close friends -- the people that you can trust with embarrassing information or can go to for help when you really need it. These are people who accept you for who you are -- mistakes and all -- but also try to help you become a person who is healthy and happy.

Yes, these are the people who respect, care about and admire YOU! They're your true friends and you give them the same supportive friendship.

**RESPECT**

Girlfriends and boyfriends are also supposed to be true friends. If you're going to be in a relationship with someone, then you should respect them and their reputation, even after you break up.

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**Healthy Relationships are:**
- Safe
- Built on friendship
- Respectful
- Mutual
- Good at handling anger and jealousy calmly
- Maintaining each other's dignity
- Supportive and understanding

**Unhealthy Relationships are:**
- Mean, hurtful, blameful, and disrespectful
- Not good with handling anger and jealousy by using putdowns, public humiliation, breaking things, physically fighting, or threats
- Not respectful of privacy or "creepy"
- ALWAYS checking up on you, jealous, or possessive
- Isolating and unsocial

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**YOU Deserve a Healthy Relationship!**