TRUST BETRAYED

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Purpose of this booklet

The purpose of this booklet is to help young adults understand:

- 1 the dynamics of healthy relationships;
- 2 the signs of controlling relationships;
- 3 strategies for dealing with dating violence;
- 4 resources available to end the cycle of violence.

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WV Department of Education
WV Foundation for Rape Information and Services
WV Bureau for Public Health
Office of Community and Rural Health Services
Office for Maternal and Child Health
Office of Emergency Medical Services
WV State Police
WV Women's Commission



Healthy Relationships

1

Learn about yourself.

Take time to think about who you are, who you want to be, and how you want others to see you. Learn about building trust, respect, and affection for yourself and others.

7

Learn about others.

Find out what kind of person you would like to spend time with. What are the qualities you like in a person? What is most important to you in a relationship?

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Include family and friends.

Good and vibrant relationships welcome interactions with family members and with friends of both parties. Good relationships are inclusive, not isolating, of others.



Support each other.

In a healthy relationship, you and your partner feel good about your selves and the relationship. You can talk with each other about problems; you have fun together, you trust each other. In good relationships, neither partner is afraid of the other. You want what is best for yourself and the other person.

7

Make your feelings clear.

It may seem easier at times to go along with what your date wants even if you don't feel the same way. But you can't have a healthy relationship with a partner who doesn't respect or know what you really think.

🣂 Foster Respect.

Respecting thoughts and ideas, needs and wants of both people makes relationships safe and fun. In healthy dating, both people make decisions about the relationship together.



How do you know if you are in a hurtful relationship? The best way to tell whether someone may be abusing you is to look at the way you are treated. Think of your relationship and ask yourself the following questions.

- Does my date ever hit, slap shove, kick, or restrain me (or anyone else)?
- Does my date ever threaten to hurt me (or anyone else)?
- Does my date call me names or insult me?
- Does my date become jealous if I talk to or go places with other people?
- Does my date blame alcohol or drugs as the reason for becoming angry and losing control?
- Does my date ever touch me without my permission or force me to have sex against my will?
- Does my date threaten to commit suicide if I try to leave the relationship?
- Am I afraid to disagree with my date?
- When I spend time with other people does my date become angry and accuse me of cheating?
- Do I avoid seeing friends or doing things because I'm afraid my date will get angry?
- Does my date follow me or show up at places where I am, even though we don't have a scheduled date?
- Does my date treat me differently when other people are around than when we are alone?

IF you answered yes to any of these questions,

you are involved with a potential batterer. Violence in relationships can happen to anyone--regardless of sexual orientation or of how "serious" the relationship is.

Even if you are not being hurt physically, verbal and emotional abuse are just as painful, and often lead to physical violence.

Dating someone is never worth being hurt or feeling afraid.



Communicate clearly.

- Make clear to your partner how you expect to be treated.
- Let your partner know you will not tolerate any kind of abuse.
- Be honest in your communications.

Avoid dangerous situations.

- Avoid places where you'll be alone until you get to know your partner. Double-date or hang out together with your other friends.
- Let someone know what your plans are for the evening.

Be in Control of your own behavior.

- Don't be helpless or "in debt" to a dating partner.
- Plan ahead--have a way to get home if you have a problem (money for a cab, a friend or parents to call, etc.)
- If you're uncomfortable with what you are asked to do on a date, speak up. You don't have to do it.
- Be aware that using alcohol or drugs can impair your ability to think clearly and act quickly if you find yourself in danger.

Be Careful.

Think twice about going out with someone who:

- often puts down men or women with comments such as "Girls are so stupid," or "Guys are such jerks."
- uses alcohol or other drugs.
- enjoys pornography (in movies, photos, etc.)
- wants to be in control of where you go, what you do, who you see, etc.
- gets angry and aggressive very easily.
- uses physical force (squeezing, pushing, etc.)
- drives recklessly, especially with you in the car.
- has a history of being violent with others.

Common Myths About Relationships

These misunderstandings about young men, young women, and dating, can set the stage for unhealthy relationships.

True or False?

1. Girls like guys who take charge on a date.	True or False
2. When a date says "no," it really means "no."	True or False
3. If I try just a little harder, my date will treat me better.	True or False
4. I bought dinner, my date owes me sex.	True or False
5. I know I'm being treated badly, but without my date, I am nobody.	True or False
6. Dating violence happens mostly to women.	True or False
 If I tell people that my date is abusive and violent they will think it is my fault. 	True or False
8. Arresting an abuser for domestic violence will help the victim.	True or False

Explanation

1 False: Being bossy and controlling is very different from being strong and confident. No one likes to be controlled by another person.

2 True: It's always important to take people at their word. If a date says "no", that person means "no."

3 False: Hitting or other kinds of abuse are never the fault of the person who is mistreated. The abuser, not the victim, needs to change their behavior.

4 False: Your date might owe you thanks for a nice evening, but that's all. Remember, in a healthy relationship, both people are equal.

5 False: Sometimes, it may feel like an unhealthy relationship is better than none at all. Your feelings and needs are important and treating one another with respect is the only way to have a good relationship.

6 True: Girls are far more likely than boys to be victims of dating violence. The US Bureau of Justice reports that 95% of the reported incidents of assaults in heterosexual relationships are committed by males.

7 False: It is common for abusers to say their dates are to blame. In turn, the victims think people will hold them responsible for the trouble. In fact, victims of abuse are never to blame. By breaking the silence about the abuse, victims are likely to find the help they need.

8 True: Having an abuser arrested for domestic violence may help the victim by alerting law enforcement to the situation, and possibly by causing an abuser to get the help that they need.



What is Dating Violence?



Dating violence is the physical, emotional and/or verbal abuse of one partner by the other partner in a current or former dating relationship. Abusive behavior is any act carried out by one partner aimed at hurting or controlling the other. Dating violence happens in male/female relationships as well as in lesbian and gay relationships.



A violent relationship means more than being hit by the person who claims to love or care about you. Violence is about power and control. When someone uses abuse and violence against you, it is always part of a larger pattern to try and control you.

Violence is against the law.

Regardless of the abuser's age, it is against the law for anyone to:

- Hurt you;
- Try to hurt you;
- Force you to have sex;
- Threaten you with weapons;
- Harass you on the telephone or through the mail;
- Stalk you; (see page 17) or
- Destroy things that belong to you.

Know the warning signs of dating violence and take action.



Warning signs

The following is a list of signs common to abusive and battering personalities. Though this list may not predict with absolute certainty, it is a good place to start.

Jealousy

- Is suspicious about everybody with whom you speak.
- Wants to be with you constantly.
- Tries to turn you against your parents.

Controlling behaviors

- Tries to decide what you do and with whom you spend time.
- Gives orders and expects you to follow them.
- Hides controlling behavior behind pretending to be concerned about your safety.

Quick Involvement

- Pressures you to go steady right away.
- Claims love at first sight.

Unfair Expectations

- Expects you to put up with quickly changing moods.
- Expects you to be available all of the time.
- Expects you to forgive and forget immediately.

Isolation

- Discourages you from spending time with your friends.
- Puts down everyone you know including your family and friends.

Blames Others for Problems and Feelings

- If there are problems at school, or at work, it is always someone else's fault.
- Blames you for everything that goes wrong in the relationship.

Overly Sensitive

- Is easily insulted.
- · Sees everything as personal attacks.
- · Blows things out of proportion.

Force Used in Sex

- Tries to make you to do things you do not want to do.
- Uses sulking or anger to manipulate you into "giving in."

Verbal Abuse

- Puts you down in front of other friends.
- Tries to make you feel stupid.

Rigid Sex Roles

Believes males and females must act certain ways and do certain things.

History of Battering

• Was violent/abusive to partners in previous relationships.

Threats of Violence

• Breaks or strikes objects near you in order to frighten you.

Force Used During an Argument

• Yells and curses during an argument in order to scare you into agreeing.

If, after going through this list, you hear yourself saying, "That's exactly what my partner does." then you have reason to be concerned.



Examples of How a Partner Tries to Gain Power and Control in a Dating Relationship

Isolation

- Forbids you to talk to your friends.
- Accuses you of cheating.
- Decides the social and school activities in which you will participate.
- Controls what clothes you wear.
- Discredits your parents advice.
- Encourages you to turn against your parents.

Emotional Abuse

- Puts you down or makes you feel bad about yourself.
- Breaks dates or cancels plan without any reason.
- Embarrasses you in front of family and friends.
- · Uses words or tells jokes that humiliate you.
- Uses drugs and alcohol to excuse abusive behavior.
- Changes moods abruptly.

Sexual Abuse

- Pressures you to engage in sexual activity.
- Spreads rumors about your sexual behavior.
- Puts down or makes fun of your sexual behavior.

Threats

- Threatens to hurt you if you decide to break up.
- Threatens to commit suicide when you talk of breaking up.
- Threatens to hurt others who talk to you.
- Threatens your family and friends.

Bossy

- Makes all the decisions in the relationship.
- Uses phrases like, "I just showed who's boss" or "I just made it clear who runs the show" to justify abusive behavior.

Intimidation

- · Destroys your personal belongings.
- Speeds or drives recklessly to scare you.
- Uses a loud or intimidating tone of voice.
- Calls repeatedly to check up on you or to harass you.

Stalking

- · Frequently follows you.
- Makes persistent and unwanted contacts.
- Leaves messages intended to show that you are being watched.



Possible Effects of Dating Violence on the Victim Include

relation	ship	prob	lems
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- shame
- headaches
- nervousness
- mistrust of others
- weight loss
- mistrust of self

- depression
- bruises or broken bones
- fear
- sadness
- feelings of worthlessness
- self-blame
- terror

- confusion
- death
- anxiety
- guilt
- permanent injury
- loss of appetite
- sleeplessness

Why it's hard to "just break-up."

- 1. Love: Abusers are not always hurtful. Many abusers have a likeable and loving side that makes their victims wish only that the abuse would stop. Many victims think they can change the abuser's behavior.
- 2. Fear: Many times a date/partner will threaten to hurt him or herself if the other decides to leave. Many times the abuser will threaten to hurt the victim if s/he decides to leave. Abusers often threaten that the violence will get worse if the partner decides to leave.
- 3. Doubt: It's not always easy to admit that the relationship you are in is abusive. If your date is popular at school (athletics, academics, etc.) you may be concerned about losing social status with your peers.
- 4. Embarrassment: Teens who ask for help (especially from parents) may perceive themselves to be failures. Some teenagers believe that their parents will react violently if they are aware of the abuse.



If you are in a bad relationship:



Discuss your concerns. It is never too late to make your feelings clear with your partner. If expressing your concerns leads to more abuse, get help.



Trust your gut. If you have concerns about someone you're dating or want to date, trust your feelings. If the person refuses to discuss your concerns, you should not go out with them.



Believe in yourself. It's common to question whether the abuse took place, whether it was really "that bad," and whether it was your fault. But it's important to stand by your feelings. If you feel you were abused, then you were abused.



Break the silence. Talk with someone. Tell a parent, a relative, a friend, a trusted adult, the school nurse, a doctor, a minister, or a school counselor, or anyone that you really trust.



Reach out.

- Call the National Domestic Violence Hotline 1-800-799-SAFE.
- Call the Rape and Incest National Network 1-800-656-HOPE.
- If you've been physically or sexually hurt, get medical attention.
- If you fear you'll be hurt, call the police.
- Consider getting a legal protection order.
- Consider getting counseling, even if the abuse happened long ago.
- Call the domestic violence program in your area.



Think of Your Safety. Abusive relationships tend to get worse, not better. Resist the temptation to give the person "one more chance." Realize that by the time you are asked for "one more chance" if you have already given your partner numerous chances. Refuse to take phone calls and to return messages from the abuser.

Develop a Safety Plan

Deciding Whether or not to go on a Date

- Know about the person who asks you out before you say "yes."
- Review the "Warning Signs" to see if this person fits into any of the categories.
- Do any of your good friends warn you about going out with this person?
- Are your friends afraid for your safety if you go out with this person?
- Do you have gut feelings of concern when you think about saying "yes" to this person?

Going on the Date

- Until you get to know your date better, double-date with trusted friends or hang out in a group.
- Do not leave beverages unattended, and don't accept a drink that could have been drugged.
- Plan to go on your dates in public places.
- If for any reason you become uncomfortable while on a date, make your concerns known immediately.
- Do not allow yourself to be pressured by your date. Trust your ability to decide what's going on between the two of you.
- Have money with you in case you need to use the telephone or take a bus or cab.
- Be aware of the location of the telephones and exit doors.

Safety at school

- Avoid situations where you would be alone with your former date.
- Let a trusted teacher or counselor know of your situation.
- · Hang out with groups of friends.
- Avoid being pressured into "just talking" with him or her.



Tips on Leaving an Abusive Relationship

- End the relationship over the phone where the abuser can not hurt you.
- If possible, don't walk to school alone. You are safer when you are with other people.
- Lock the doors and windows in your house. When you are alone, do not let your abuser in, no matter what the abuser says.
- Call the police and get some help if the abuser is hurting you or if you are in danger.
- Take your abuser seriously when the abuser threatens to kill you or someone close to you. Abusers have no limits to what they will do, regardless of the consequences.



Getting a Protection Order

- If you are under 18 you may be able to get a protection order with the help of an adult. This says that the abuser may not hurt you, harass you or come into contact with you for up to 180 days. An adult begins this process by filling out a family violence petition on your behalf. In the petition, she or he must explain why you need the protection and what kind of protection you need. The petition should describe the violence that the abuser did or threatened to do.
- For more information about how to file for a protection order, call the domestic violence program that covers your area (the numbers are in the back of this booklet.)
- A hearing will be scheduled. Here, you will answer questions about the abuse, the abuser will answer questions and the magistrate will decide whether to give you a protection order.
- If your abuser violates the order, call the police. Having a protection order does not guarantee your safety if the abuser does not obey the protection order. Pro tection orders are valid in all 50 states and territories, but if you leave the state where a protection order is filed, and think that you may be followed, you may want to contact the local law enforcement agency at your destination to let them know that you have an order in effect.



What Can I Do to Help a Friend?

- Believe your friend. Victims need to know they will not be doubted, or blamed for the abuse. Assure your friend of confidentiality.
- Support your friend. It's not always easy to admit there's a problem.
- Get information from the local domestic violence program. They can help you even if all you need is someone to talk to about domestic violence.
- Be there for your friend as your friend goes through the hard work of questioning and making decisions. Encourage your friend to get help and get out of the relationship.
- Suggest options for your friend. Often, a victim of abuse will feel there are no choices.
 Help your friend think of ways to overcome fears and concerns.
- Know when you are in "over your head" and seek professional help from the community. Your life as well as the life of your friend is important.

West Virginia Licensed Domestic Violence Programs

304-636-8433

Women's Aid in Crisis (Barbour, Braxton, Randolph, Tucker, Upshur)

304-367-1100

HOPE, Inc.

(Doddridge, Gilmer, Harrison, Lewis, Marion)

304-529-2382

Branches, Inc.

(Cabell, Lincoln, Mason, Putnam, Wayne)

304-788-6061

Family Crisis Center (Grant, Hampshire, Pendleton, Hardy, Mineral)

304-645-6334

Family Refuge Center (Greenbrier, Monroe, Pocahontas)

304-292-5100

Rape and Domestic Violence Information Center (Monongalia, Preston, Taylor, Wetzel)

304-428-2333

Family Crisis Intervention Center (Calhoun, Jackson, Pleasants, Ritchie, Roane, Tyler, Wirt, Wood)

304-232-2748

Family Violence Prevention Program (Brooke, Hancock, Marshall, Ohio)

304-255-2559

Women's Resource Center (Fayette, Nicholas, Raleigh Summers)

304-340-3549

Resolve Family Abuse Program (Boone, Clay, Kanawha)

304-235-6121

Tug Valley Recovery Shelter (Logan, Mingo)

304-263-8292

Shenandoah Women's Center (Berkeley, Jefferson and Morgan)

304-436-8117

Stop Abusive Family Environments (Mercer, McDowell, Wyoming)

304-797-7233

Lighthouse

(Brooke and Hancock)

West Virginia Foundation for Rape Information and Services

304-523-3448

CONTACT Rape Crisis Counseling Team (Cabell, Wayne, Lincoln, and Mason)

304-340-3676

REACH Program Family Services (Kanawha and Putnam)

304-645-6334

Family Refuge Center (Greenbrier, Monroe, and Pocohantas)

304-367-1100

HOPE, Inc.

(Doddridge, Gilmer, Harrison, Lewis, and Marion)

304-292-5100

Rape and Domestic Violence Information Center (Monogalia, Preston, Taylor, and Wetzel)

304-234-8519

Sexual Assault Help Center (Ohio, Marshall, Brooke, and Hancock)

1-800-339-1185

Women's Aid in Crisis (Barbour, Braxton, Tucker, Randolph, Upshur, and Webster)

304-263-8292

Shenandoah Women's Center (Berkeley, Jefferson, and Morgan)

304-255-2559

Women's Resource Center (Fayette, Nicholas, Raleigh, and Summers)

Notes

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