


## DOES YOUR SCHOOL OR COMMUNITY GROUP NEED MORE INFORMATION?

If so, St. Jude House, a shelter for victims of domestic violence and sexual assault, can provide information to students, teachers, parents, and other interested people and groups. Topics include healthy and unhealthy relationships, teen dating violence, date rape/sexual assault, domestic violence, and the effects of domestic violence on children.

**ALL SERVICES AT ST. JUDE HOUSE ARE FREE AND CONFIDENTIAL.**



Family Violence Prevention Center & Shelter

 Sponsored by the Franciscan Sisters of Chicago

12490 Marshall Street  
Crown Point, IN 46307

**24-HOUR CRISIS LINE**

(219) 662-7061 or (800) 254-1286

ADMINISTRATION - (219) 662-7066

FAX - (219) 662-3478

Visit our website at [www.stjudehouse.org](http://www.stjudehouse.org)



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What every person needs to know.



Family Violence Prevention Center & Shelter



My boyfriend doesn't seem to care that every time he twists my arm or shoves me against the wall, that it hurts me. Yes, he always apologizes and is very nice to me afterwards, but he behaves this way every time we don't see eye-to-eye. Last week he wanted me to go home and change my clothes because he said my skirt was too short. Today, he told me that I should spend all my extra time with him and no one else. He said if I loved him I'd do anything he asks, but is this love?

**IS IT NORMAL?**

## ASK YOURSELF THE FOLLOWING QUESTIONS ABOUT YOUR RELATIONSHIP.

- Am I afraid of my girl/boyfriend?
- Does my girl/boyfriend call me names, put me down, and/or embarrass me?
- Does my girl/boyfriend say that no one else would ever go out with me?
- Does my girl/boyfriend tell me where I can go, who I can see and talk to, and/or what I can wear?
- Do I feel cut off from my friends and family?
- Am I afraid of how my girl/boyfriend will react to what I say or do?
- Does my girl/boyfriend make decisions for me?
- Does my girl/boyfriend's jealousy stop me from doing or saying things?
- Does my girl/boyfriend accuse me of flirting?
- Has my girl/boyfriend ever pushed, slapped, punched, kicked, or hurt me? Am I afraid that she/he will?

**IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, YOU ARE IN A DATING RELATIONSHIP THAT IS OR COULD BECOME VIOLENT.**



## WHAT TYPE OF ABUSE OCCURS?

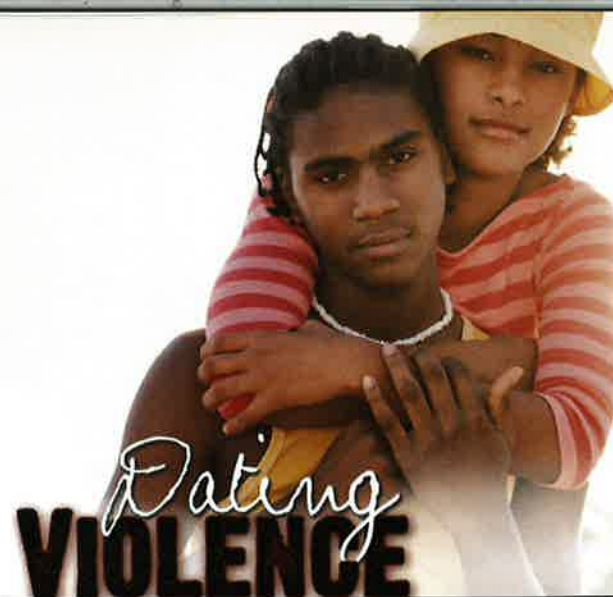
**Physical Abuse** – Slapping, arm twisting, kicking, shoving, biting, punching.

**Emotional/Psychological Abuse** – Ignoring or giving you the “silent treatment.” Playing mind games or making you feel crazy. Isolating you from others. Never taking responsibility for hurting others.



**Verbal Abuse** – Name calling, yelling, criticizing, public humiliation, put-downs, repeated interrogation.

**Sexual Abuse** – Treats you like a sex object rather than a whole person. Unwanted or uncomfortable touching. Forced sex.



## WARNING SIGNS

- Your girl/boyfriend is jealous and possessive toward you, won't let you have friends, checks up on you, or won't accept breaking up.
- Threatens you, uses or owns weapons.
- Your girl/boyfriend's behavior frightens you to the point that you are afraid to disagree with her/him about anything.
- Uses technology like cell phones, texting and social networking to track your whereabouts.
- Your girl/boyfriend gets too serious about the relationship too quickly.
- Blames you for the mistreatment you get. Says you provoked the abuse, pressed buttons, or just made it happen.
- Abuses you when she/he doesn't get their way.
- Abuses small children or animals.

Abuse in a dating relationship is not an act of love or commitment. It is an act of violence that is more likely to occur again and again.

## CYCLE OF VIOLENCE

**Phase One – Tension Building Stage**  
Increased anger, blaming and arguing

**Phase Two – Explosive Stage**  
Battering, hitting, slapping, kicking, choking, use of objects or weapons. Sexual abuse. Verbal threats and abuse.

**Phase Three – Calm Stage**  
Your girl/boyfriend may become apologetic, buy flowers, give presents, or write love letters or poems. They will say sorry and promise it will never happen again, but it will.

## SAFETY TIPS

- Tell a trusted adult what you are experiencing.
- Screen calls and save messages of harassing calls to use when making a police report.
- If your girl/boyfriend has had access to a key to your house, consider making changes to limit their access.
- Be aware that drugs or alcohol will decrease your ability to make good decisions.
- Know exact plans before leaving on a date and share them with a parent or friend.



## IF SOMEONE YOU KNOW NEEDS HELP...

- Always be supportive and encouraging by keeping communication open.
- Don't keep dating violence a secret between friends. Seek adult intervention.
- Watch for signs of abuse, such as, isolation, injury, truancy, substance abuse and failing grades.
- Be available to listen. Don't be afraid to express concern in a non-judgmental way.
- If she/he denies being in danger, make sure she/he knows what to do in an emergency.
- Give her/him good information about abuse and provide resources like, hotline phone numbers, domestic violence shelter phone numbers and always dial 911 in an emergency situation.

Call St. Jude House 24-Hour Crisis Line at (219) 662-7061 or (800) 254-1286 to help you assess your personal safety or for advice.