

## Taking Action...

*IF YOU WITNESS A FRIEND BEING ABUSED,  
OR IF A FRIEND TELLS YOU THAT THEY ARE  
BEING ABUSED IN A RELATIONSHIP...*

- Listen calmly and take the concern seriously
- Reassure your friend that nobody deserves to be abused
- Support your friend in looking at the risks of more abuse
- Suggest talking to a trusted adult such as a teacher or guidance counselor
- Realize the situation will not change overnight

*A FRIEND TELLS YOU THAT THEY ARE  
ABUSING THEIR PARTNER...*

- Support them for recognizing the problem
- Suggest talking to a trusted adult such as a teacher or guidance counselor

*IF YOU WITNESS A FRIEND ACTING IN AN ABUSIVE  
MANNER (VERBAL OR  
PHYSICAL) TOWARDS THEIR PARTNER....*

- Tell your friend that nobody deserves to be abused
- Help your friends in looking at the risks of more abuse

*IN THE AREA OF PREVENTION,  
STUDENTS CAN....*

- Watch for danger signs when dating (like partners who try to control you, embarrass you in front of friends, or are jealous for no reason)
- Encourage friends to share ideas and concerns to end the silence
- Promote healthy ways to deal with anger and resolve conflict
- Be aware of jokes, movies, TV programs, advertising and music videos that are demeaning to women and may promote violence against women

**Give this brochure to a friend!**

## Women's Rural Advocacy Programs



**Serving Lyon, Lincoln,  
Redwood and  
Yellow Medicine Counties**

Visit our Website at: [www.letswrap.com](http://www.letswrap.com)

### Lyon/Lincoln County

Physical: 700 North 7th St., Marshall, MN  
Mailing: P.O. Box 1193, Marshall, MN 56258-0993  
Crisis Line: 507-532-2350  
Business Line: 507-532-9532  
Fax: 507-532-7361  
[lyon@letswrap.com](mailto:lyon@letswrap.com)

### Redwood County

Physical: 615 N Mill St, Redwood Falls, MN  
Mailing: P.O. Box 1193, Marshall, MN 56258  
Crisis & Business Line: 507-637-3040  
Crisis Line & Business: 507-637-3040  
Fax: 507-637-3610  
[redwood@letswrap.com](mailto:redwood@letswrap.com)

### Yellow Medicine County

Physical: Minnesota West Community &  
Technical College Campus,  
1593 11<sup>th</sup> Ave, RM 260, Granite Falls, MN  
Mailing: P.O. Box 1193, Marshall, MN 56258  
Crisis & Business Line: 320-564-2422  
Fax: 507-532-7361  
[yellowmedpt@letswrap.com](mailto:yellowmedpt@letswrap.com)

[www.letswrap.com](http://www.letswrap.com)

Toll-free Crisis Line: 800-639-2350

**LIVE UNITED**



United Way of Southwest Minnesota

## Women's Rural Advocacy Programs



**Teen Dating Violence  
Prevention**  
*Students CAN make a difference!*

- **RECOGNIZE**
- **TALK**
- **LISTEN**
- **SHARE**
- **SUPPORT**

**And END the Silence!**



## What is Violence in Relationships?

Violence in relationships refers to physical or psychological abuse toward a partner. You do not have to be married to be a batterer or a victim. You may be in a steady or dating relationship. Being a victim of violence can include one or more of the following:

**Physical Abuse**—slapping, kicking, hitting, hair pulling, spitting, biting, pushing, shoving, beating with weapons or objects and murder.

**Sexual Abuse**—forced or coerced sex, unwanted touching, sexual accusations, unwanted sexual acts.

**Emotional/Psychological Abuse**—extreme possessiveness and jealousy, name calling, put downs, manipulation and control, isolation from friends and family, threats of suicide, threats against your life or to harm loved ones and pets, destruction of property.

## People in Healthy Relationships...

- Spend time together and time apart
- Trust each other
- Respect choices
- Respect differences
- Are sensitive to each others feelings
- Are friends
- Have common interests
- Communicate their feelings honestly

# Dating Bill of Rights

## I Have a Right to:

- \*Ask for a date
- \*Refuse a date
- \*Suggest activities
- \*Refuse any activities, even if my date is excited about them
- \*Have my own feelings and be able to express them
- \*Say, "I think my friend is wrong and his actions are inappropriate"
- \*Tell someone not to interrupt me
- \*Have my limits and values respected
- \*Tell my partner when I need affection
- \*Refuse affection
- \*Be heard
- \*Refuse to lend money
- \*Refuse sex any time, for any reason
- \*Have friends and space aside from my partner

## I Have the Responsibility to:

- \*Determine my limits and values
- \*Respect the limits of others
- \*Communicate clearly and honestly
- \*Not violate the limits of others
- \*Ask for help when I need it
- \*Be considerate
- \*Check my actions and decisions to determine whether they are good or bad for me
- \*Set high goals for myself



## Why Do Abusers

### Use Violence Against Victims?

#### Because they...

- Have learned this behavior in their family(75% have witnessed their father assault their mother)
- Try to maintain a "macho" image reinforced by society and the media
- Believe it is an appropriate expression of male power and control
- Have low self esteem and want their partner to remain dependent on them
- Think that there are few, if any ,consequences for such acts.



## Why Do Victims Appear to Accept Violence in Relationships?

#### Because they...

- Want the relationship to work and hope their abuser will change
- Fear the abuser will hurt them or seek revenge
- Feel guilt or shame
- See no other alternative and are unaware help is available
- Believe the abuser needs them
- Have no social or personal supports
- Believe the abuser who is occasionally violent is better than none at all
- Believe that the violence is "normal"
- Think the violence will go away after they get married or have children

