

# WARNING SIGNS FOR TEENS

## YOU MAY BE IN A VIOLENT RELATIONSHIP

He tells you he can't live without you.  
She blames you for her problems.  
He breaks or hits things to intimidate you.  
Your weight, appearance, or grades have changed dramatically since you started seeing this person.  
He threatens to hurt himself or others if you break up with him.  
The person you are dating acts jealously, says jealous things, or exhibits aggressive behaviors towards you.  
He pressures you into having sex, or forces you to do sexual things you don't want to do by saying, "If you really loved me you would..."  
She humiliates you and belittles your opinions.  
The person you are dating slaps or shoves you in a seemingly playful way, but it happens often and doesn't seem right.  
He is jealous and possessive about the time you spend with your friends.  
She is constantly checking up on you, and asking where you are and what you are doing.  
The person you date has severe mood swings or constant bad moods.  
She wants to limit your other school activities, so you can "be together more."  
You're frightened of him and worry about how he'll react to things you say or do.  
He wants your relationship to get serious too quickly, and he refuses to take "no" for an answer.  
They blame past bad relationships on everything or everybody else instead of accepting any of the responsibility.  
She abuses drugs or alcohol and pressures you to take them with her even when you don't want to.  
His statements or actions indicate that he thinks men should be in control and women should do what they're told.  
The person you're with treats you like property rather than a person they value.  
When she gets angry she calls you names, kicks, hits, and pushes you.  
He is abusive or aggressive towards inanimate objects and animals.  
The person you are dating forces you to choose being with them over your family and friends.  
She makes you feel that her needs and desires come before yours.  
He makes you feel afraid to express your own thoughts or feelings, make decisions about how to spend your money, what to wear, where to go, or who to hang out with.  
She lashes out or blames you for her bad day.  
Your family and friends have warned you about this person or have told you that they're worried about your safety.  
He may use or own weapons, and has a history of violence and fighting.  
She blows disagreements out of proportion.  
The person you are with tells you they dislike your parents and friends.  
He has hit, pushed, choked, restrained, kicked, or physically hurt you.  
She constantly threatens to break up with you, or constantly accuses you of planning to break up with her.  
He treats his mother disrespectfully.  
The person you're with often loses their temper with you, verbally assaults you, sometimes threatens you, or brags about mistreating others.  
She wants you to be available to her at all times.  
The person you are dating treats their parents badly.  
His threats and anger are followed by vows of love and pleas for your forgiveness.



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## SOMEONE YOU KNOW MAY BE IN A VIOLENT RELATIONSHIP

His girlfriend is always checking up on him, calling or paging him, and demanding to know where he's been and whom he's been with.  
He acts extremely jealous when she talks to other guys, even when only a friendly conversation.  
A teen you know seems to be: emotionally broken down; sad all of the time; constantly bruised; unusually quiet; extremely withdrawn; isolated; nervous when talking around the person they're dating; acting oddly; afraid.  
Your friend seems to be: detached from everyone and everything; constantly distracted; unwilling to listen to your advice about her relationship; uninterested in your observations; ill and out of school a lot; unable to stop crying.  
Her weight, appearance, or grades have changed dramatically since she started dating him.  
He always seems worried about upsetting her.  
Since she started dating him, she frequently cancels plans with you and other friends at the last minute, giving reasons that sound untrue.  
He constantly apologizes for her behavior and makes excuses for her.  
She has injuries she can't explain, or the explanation she gives seems lame.  
You've seen him lose his temper and break or damage things when he's angry.  
She seems depressed a lot since she's been dating him.  
Since they've been dating, he's given up things that used to be important to him, such as spending time with friends or the activities he used to participate in.  
She constantly worries about making him angry.  
He constantly talks about how to do something harmful, or says how 'cool' violent acts are.  
Since he began dating her, he has become more and more isolated from everyone else.  
When she and her boyfriend are together with other people, he tells mean stories about her, calls her names like, "stupid," "slut," "dog," or generally puts her down.  
Someone you know who is in a relationship suddenly seems to have noticeable medical problems: they're always going to the doctor; are out sick a lot; show weight loss and/or hair loss.  
One of the teens has a history of being cruel or abusive in their past relationships.



NEED HELP OR JUST HAVE QUESTIONS?  
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