

Get the **Truth**
About
Teen Dating
&
Domestic Violence



What is Domestic Violence?

Domestic violence includes all types of family, relationship and intimate abuse. It is more than just physical abuse, it also involves verbal abuse, emotional abuse, sexual abuse and controlling someone's money.



HEALTHY RELATIONSHIP QUIZ

QUESTIONS TO ASK

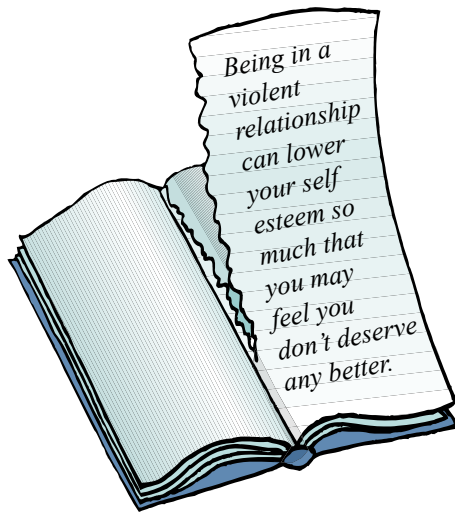
Does the person I am dating:

- Get extremely jealous or possessive?
- Accuse me of flirting or cheating?
- Constantly check up on me or make me check in?
- Control what I wear or how I look?
- Try to control what I do and who I see?
- Try to keep me from seeing or talking to my family and friends?
- Have big mood swings—get angry one minute be sweet the next?
- Make me feel nervous or like I'm "walking on eggshells"?
- Put me down, call me names or criticize me?
- Make me feel like I can't do anything right or blame me for problems?
- Make me feel like no one else would want me?
- Threaten to hurt me, my friends or family?
- Threaten to hurt him or herself because of me?
- Threaten to destroy my things?
- Grab, push, shove, choke, punch, slap, or hurt me in any way?
- Break things or throw things to intimidate me?
- Yell, scream or humiliate me in front of others?
- Pressure or force me into having sex or going farther than I want to?

* If you answered yes to any of these questions, your relationship may not be as healthy as you deserve.

You Have The Right To:

- Refuse a date.
- Suggest activities or refuse activities, even if your date is excited about them.
- Have your own feelings and be able to express them.
- Say you think your partner is wrong about something or that his/her actions are unfair or inappropriate.
- Refuse to lend money.
- “Say no” (you can refuse sex with anyone, anytime, for any reason).
- Have friends and space aside from your partner.
- Be loved.



Many Battered Teens Feel:

- Worried all the time
- Powerless
- Fearful
- Worthless or depressed
- Isolated
- Responsible for problems in the relationship

There are lots of reasons why breaking free may be hard, may not be what you want or may put you in even more danger.

- You may have mixed feelings toward your abuser. It's hard to think about breaking up with someone you love most of the time.
- From a very early age, we may get the idea that having love is the most important thing in the world and is worth any sacrifice.
- Going out with someone can be a status symbol, a way to feel more secure, or a way to break into a new circle of friends.
- Some people just don't like to be alone and feel that any relationship is better than no relationship.
- Many teenagers don't want to go to their parents for help.
- Lesbian, gay, or bisexual teens might worry that asking for help will make people think all same sex relationships are unhealthy.
- Sometimes the most dangerous time is when a victim tries to leave.

However, everyone deserves to be in a safe and healthy relationship and there are people who can help. For ideas see the back of this booklet.

Types of Abuse

Domestic violence involves a pattern of abusive behavior. This abuse can be physical, sexual, verbal, emotional, or a combination of some or all of these.

PHYSICAL ABUSE is any unwanted contact with the victim's body

EXAMPLES:

- | | |
|--------------|------------------|
| ♦ Scratching | ♦ Slapping |
| ♦ Burning | ♦ Using a weapon |
| ♦ Punching | ♦ Pushing |
| ♦ Biting | ♦ Choking |
| ♦ Kicking | ♦ Pulling Hair |
| ♦ Pinching | |

*****The unwanted contact does not have to hurt or leave marks to be physically abusive.**

SEXUAL ABUSE is any unwanted sexual behavior that violates the victim's right to "say no."

EXAMPLES:

- ◆ Date rape
- ◆ Unwanted kissing or fondling
- ◆ Forcing the victim to go further than agreed
- ◆ Unwanted rough or violent sexual activity
- ◆ Refusing to let the victim use birth control
- ◆ or protection against sexually transmitted diseases.
- ◆ Pressuring the victim into prostitution or pornography

VERBAL/EMOTIONAL ABUSE is anything that the abuser says or does which causes fear, affects the victim's self esteem or controls or manipulates the victim's emotions.

EXAMPLES:

- ◆ Name-calling and insults about the victim her family or friends
- ◆ Yelling and screaming
- ◆ Threats of violence and harm to the victim or a child or other family member
- ◆ Embarrassing the victim in front of others
- ◆ Isolating the victim from friends and family
- ◆ Giving orders, controlling the victim's actions
- ◆ Making the victim feel responsible for causing the violence
- ◆ Stalking
- ◆ Harming or threatening to harm your pets
- ◆ Threatening suicide
- ◆ Using your immigration status against you

Does abuse happen Only in a serious long-term relationship?

No! Many acts of abuse occur during casual dating.

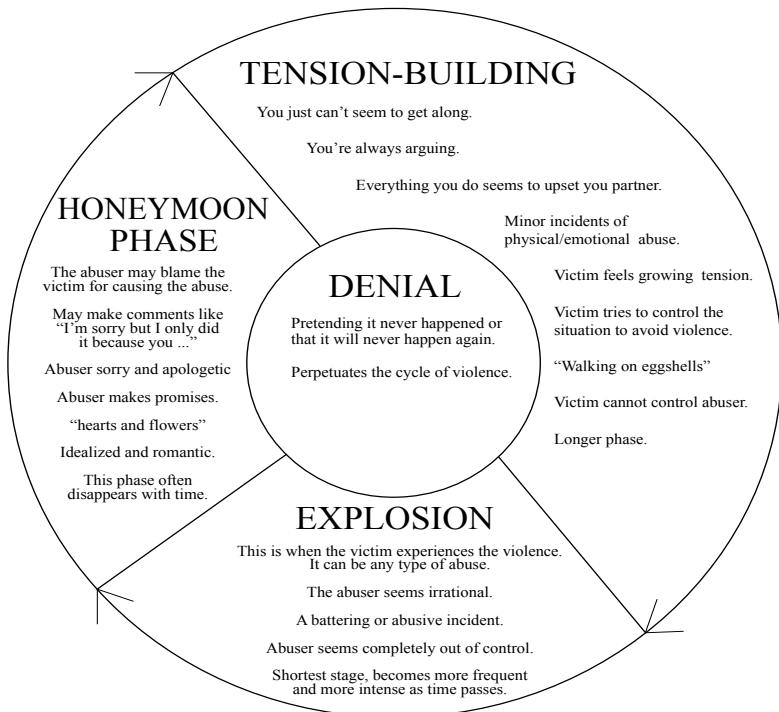
Forced sex (sometimes called "date rape" or "acquaintance rape") can sometimes happen the first or second time two people go out, especially when one person is afraid to say "no."

The Cycle of Violence

Although each situation is different, there are common patterns and warning signs of abuse. Abusive relationships often follow a pattern called the “cycle of violence,” going from a honeymoon stage, to tension building to an explosive incident, and then back to the honeymoon stage.

Early on in the relationship, it can be difficult to recognize a pattern of abuse. As a result the victim and others may see the first explosive or violent incident as an isolated one. This, along with the abuser’s apologies and promises that he will never do it again, often convince the victim to stay and “work it out.”

Later, fear, isolation and confusion caused by the continued cycle of abuse can keep a victim “walking on eggshells,” afraid to tell anyone what is happening or to reach out for help.



Cycle of Violence

The Influence Of Your Background On Your Relationships

The nature of your relationship may be influenced by your religion, culture, community, sexual orientation, gender, age and many more qualities that are unique to you. Your background may affect:

- What you accept in a relationship
- Whether you decide to end a relationship
- Whether you talk about the abuse or seek help
- How you think your friends and family view you and your relationship
- Your feelings of loyalty to your family, especially if your family has had to cope with a lot of hardship
- Whether you believe you are expected to be in a relationship at all times, even if it is abusive

**HOWEVER, EVERYONE DESERVES TO BE IN A
SAFE RELATIONSHIP**

So if any of the things on the list above describe you, there are people who can help you figure things out (See referral list at the back of this booklet.)

**If You Are Not Ready To Leave The
Relationship There Are steps you can take
to keep yourself and your child safe.**

Step I: Take it seriously. Listen to yourself. Trust your feelings. Ask yourself questions like:

- Does my partner hit me?
- Does my partner use drugs and alcohol to the point where his/her behavior gets unpredictable?
- Am I pregnant? (The abuser's possessiveness and violence often increases during pregnancy)
- Do I have a disability that makes it more dangerous for me to be in an abusive relationship?

Step II: Once you have questioned how dangerous your situation is, you can think about your options:

- Sometimes it may be safe to leave an abusive relationship. Other times, the safest option is to plan to leave later. Some people choose not to leave a relationship at all, but try to stay safe within the relationship.

*You can't control your partner's abusive behavior,
but you can take steps to protect yourself*

How do I Stay Safe?

Whether you decide to stay or to end your relationship, you should consider creating a SAFETY PLAN. This is a practical plan for reducing your risk of being hurt by your partner. It can help you avoid dangerous situations and know the best way to react when you are in danger.

Even if you are not ready to leave your partner, you should make a safety plan. Your safety plan is a list of changes you will make to your daily lifestyle to better protect you at home, school, work and in the community. Consider making these changes as part of your safety plan:

- Tell people you trust about the abuse so they can help you stay safe. Create code words to use with family and friends when you are in danger.
- Carry a cell phone or, phone card so you can make a phone call for help. Make sure you have a way to call the police quickly in an emergency. Make sure you have a way to call the police quickly in an emergency.
- Have a list of places unknown to your partner where you could go in an emergency.
- Keep a hiding place for important things you will need in an emergency, including clothing, money, keys, and medication.
- Avoid dangerous or isolated places during a conflict.
- Plan escape routes from your house, work, school, and other places you often stay.
- Change all the passwords that your partner may know, including your voicemail, email, and bank accounts.
- Know how to contact a shelter in case you need a safe place to stay.
- Learn about your rights to a restraining order in case you decide to end your relationship.
- If you live with your partner, begin gathering important documents to take with you if you need to leave quickly, including your passport, ID cards, credit cards, birth certificate, leases, bank statements, and papers you need for school or work.

If you decide you are ready to end your relationship

If you decide you are ready to end your relationship, you may need to take more steps to protect your safety. Because breaking up may be a dangerous time consider adding these changes to your safety plan:

- Stay at a confidential shelter or the home of a trusted friend where your partner can't find you, at least temporarily.
- If you decide to stay in your home, change your locks and add other safety locks wherever possible.
- Tell people at your school or workplace about the abuse so they can take steps to keep you safe there.
- Call the police if your partner harasses, threatens, or harms you.
- Consider getting a restraining order to make it a crime for your partner to contact or come near you.
- Change your daily schedule and the routes you travel so your partner can't easily find you.
- Avoid being alone whenever possible.
- Join a domestic violence support group for help and guidance.
- Break all contact with your partner.
- If you have children with your partner, talk to a lawyer about your rights to custody and visitation.

Items to take if you must leave Home:

1. ID, Social Security card, driver's license, green card.
2. Address Book
3. Cell phone or phone card
4. Money, checks or credit cards
5. Keys
6. A change of clothes for you and your children
7. Any medications you or your children need
8. Any papers you need for school or work
9. Photo of the abuser for police identification
10. Copy of your apartment lease (if you have one)
11. Birth, Marriage, Divorce documents or any other court documents related to your case.

How Can I Help Someone In An Abusive Relationship

- Bruises or other signs of physical injury.
- Truancies, missing classes, failing classes, withdrawing from after-school activities; dropping out of school
- Withdrawn from friends, family, & social activities.
- Sudden changes in mood or personality.
- Beginning to use alcohol or drugs.
- Feeling that pregnancy will help her get out of a bad situation.
- Crying for no apparent reason.

Remember that your friend has been mistreated and disrespected. Show your friend respect by letting them make their own decisions. There are many ways you can help your friend decide to escape abuse and be safe.

- Listen without judging
- Trust your friend's instincts and decisions
- Help your friend recognize that abuse is not normal or acceptable
- Instead of saying negative things about the abuser as a person, focus on the abuser's unsafe and unhealthy behavior.
- Encourage your friend to get help from a trusted adult
- Help you friend avoid becoming isolated by inviting your friend to take part in activities with you
- Help your friend create a safety plan

If You Are The One Doing The Hurting

- For your own sake and for the sake of the person you love, get help! The problem of hurting people when you're angry or frustrated or jealous is not going to go away on its own. Even if you honestly think you're sometimes have a good reason for your actions, you need to talk over this behavior with someone who can give you new ideas about how to handle your feelings.
- Drinking alcohol or using drugs does not make you hurt someone, though it can make things worse.. Using drugs and alcohol is never an excuse for abusive behavior. If you are concerned about your alcohol or drug use, you may need to get help for substance abuse as well.

- It is never OK to hurt someone to get your way. You're not going to get what you're looking for - love, respect, kindness, unless you learn how to deal with your frustrations in a way that is not hurtful to others.
- You are not a bad person – just someone who needs help to stop a bad behavior. You can learn new ways to deal with your anger, to fight fair, to communicate and to give and receive love in relationships. Don't let shame or fear stop you. Talk to a parent, teacher, religious leader, doctor, nurse, psychologist, or guidance counselor today.

What is a Domestic Violence Restraining Order? Do I Qualify To Apply for a Restraining Order?

A Domestic Violence Restraining Order (sometimes referred to as a protective order) is a court order that makes it a crime for your partner to contact you or come near you. A restraining order can last up to 5 years, and can also be renewed after that. A restraining order can order your abuser to:

- Not contact you directly or indirectly, including by telephone, email, text message, internet, by letter, or through friends
- Stay up to 100 yards away from you, your home, other members of your household, your school or work
- Move out of your home
- Return personal items to you
- Pay you for costs caused by the abuse, including medical bills and damage to your property
- Attend a treatment program for abusive partners
- Comply with court orders about custody and visitation of your children
- Pay attorney's fees
- Refrain from having or using a gun.

In California, you have to be 12 years old or older to apply for a restraining order on your own (Cal Civ. Proc. Code § 372). If you are younger than 12 years old, you will need the help of a parent, guardian, or other trusted adult to apply for a restraining order. If you are under 18 and living with a parent or guardian, a copy of the restraining order must be sent to a least one parent or guardian, unless the judge decides it would not be in your best interest. You can apply for a restraining order even if you are undocumented; the court will not ask about your immigration status. (Citation for minor access to Ro: Cal. Civ. Proc. Code § 372) Restraining orders are free (no fees apply).

There Are Two Other General Requirements To Get A Restraining Order. Is a Restraining Order the Right Choice for Me?

1. You must have a relationship to your abuser to get a domestic violence restraining order. The abuser must be either:
 - Your current or former boyfriend, girlfriend, fiancé/fiancée husband or wife (opposite sex or same sex), or
 - Someone you have lived with, or
 - Related to you by blood, marriage or adoption
2. You will have to show a judge that because your partner has hurt you or threatened to hurt you, you have a reasonable fear that your partner will hurt you in the near future. You may show this through a pattern of physical, sexual, verbal and emotional abuse. If you would like to obtain a temporary restraining order, you can find the forms on line at:
<http://www.cortinfo.ca.gov/selfhelp/protection/dv/formsyouneed.htm>.

Combined with a safety plan, a restraining order can help keep you safer during a difficult time. There are many ways that a restraining order can protect you:

- Makes the police, school officials and other authorities more likely to help protect you from your abuser.
- Allows you to call the police for help as soon as your abuser contacts you or comes near you; you do not have to wait for the abuser to hurt you.
- Create an official record of the abuse.
- Can include custody and visitation orders to protect you children
- Can make the abuser move out of a home that you share.
- Makes it a crime for you abuser to criminal penalties for contacting you or come near you. While the restraining order is a powerful tool, it can't guarantee your safety or change your abuser. It also cannot
- Get the abuser completely out of your life, especially if you have a child together.
- Protect you against other people, like you abuser's friends or gang members

This is an important decision. Talk to people you trust about options, and consider talking to a professional to help you decide whether a restraining order is right for you.

Where To Get A Restraining Order?

- In an emergency, call 911. When the police come, ask them to get you an Emergency Protective Order (EPO). Which is good for 5-7 days, until you can go to court to get a restraining order.
- If it is not an emergency, there are people who can help you decide about getting a restraining order. Call one of the numbers listed in the back of this brochure.
- Go to your local courthouse. Many courthouses have programs where experts are available to help.

What If You Are Undocumented?

If you are undocumented and you or your child are being abused, there is a special immigration law that may help you get legal status.

The “Violence Against Women Act” (VAWA) is a law to help undocumented adults and children who have been abused by a spouse, parent, or step-parent who is a U.S. Citizen or “green card” holder.” Under VAWA, you can apply for immigration benefits on your own. You do not have to depend on your abuser to file the immigration application. There are also other immigration laws that may help you, such as the U Visa program for victims of crime, and the T Visa program for victims of human trafficking. Call a domestic violence or immigration assistance program for more information. (See the resources in the back of this booklet).

Where to Get Help

If you or someone you're with is hurt or in danger, get away and get help from a friend or neighbor. **Call 911 for ambulance and/or police assistance.**

Legal Assistance:

Asian Pacific American Legal Center 213/977-7500
1145 Wilshire Boulevard, 2nd Floor
Los Angeles, CA 90017
Monday-Friday 9:00 a.m. – 5:00 p.m.
Appointments Only

Break the Cycle 310/286-3366
Or 888/988-TEEN

Break the Cycle is a non-profit that works with youth, to prevent and end dating violence. Break the Cycles website, <http://www.thesafeplace.org>, is a great online resource. The youth-focused website is a place for teens to find information and connect with Break the Cycle's experts to ask questions about dating violence and healthy relationships. Teens can either browse the website or email Break the Cycle directly at http://askanything@breakthecycle.org. Teens can also 24/7 livechat online at <http://www.loveisrespect.org>

Los Angeles Center for Law and Justice 323/980-3500
1241 South Soto Street, Suite, 102
Los Angeles, CA 90023
Appointments only

Peace over Violence-Legal Advocacy Project 626/584-6191

PUBLIC COUNSEL 213/385-2977
Children's Rights Project ext. 500
Immigrants' Rights Project ext. 100
SERVICES: VAWA: Individual representation in domestic violence related immigration cases. Free, if meets low-income guidelines.

NEIGHBORHOOD LEGAL SERVICES.....818/896-5211
800/433-6251

13327 Van Nuys Boulevard
Pacoima, CA 91331
Monday-Friday 9:00 a.m. – 5:00 p.m.
Appointment Only

Court Based Programs

MAYNARD TOLL DOMESTIC VIOLENCE CLINIC

Los Angeles County Superior Court
111 North Hill Street, Room 245
Los Angeles, CA 90012

Walk-ins: Monday, Wednesday, Friday 8:30 a.m.- 11:30 a.m.
And 1:30-3:30 p.m. except for holidays, first come, first served.
COST: Free for low-income individuals

Provides brief legal advice and counseling, Gives Referrals to non-profit legal
service agencies, reviews and/or
Prepares court forms, provides self-help materials.

BURBANK DOMESTIC VIOLENCE CLINIC

300 East Olive Avenue, Room 216
Burbank, CA 91502

Hours: Monday-Friday, 8:30 a.m.-12:00 noon
Appts: No appointments. Walk-ins only.
Free for low-income individuals.
Assists in preparing paperwork for Restraining Orders.

DOMESTIC VIOLENCE CLINIC (310) 638-6194

Community Legal Services/sponsored by the Los Angeles
Superior Court
200 W. Compton Blvd. Room 902
Compton, CA
HOURS: 9:00 a.m. – 11:30 a.m. Monday-Friday
Free to low-income individuals in certain areas.
Restraining Orders

DOMESTIC VIOLENCE CLINIC (562) 435-3501
Legal Aid Foundation/sponsored by the Los Angeles
Superior Court.
415 W. Ocean Blvd., Room 102
Long Beach, CA 90802
Free to low-income individuals.
HOURS: 10:30 a.m. – 3:30 p.m., Monday-Friday
Restraining Orders

DOMESTIC VIOLENCE PROJECT (213) 624-3665
(SPONSORED BY LOS ANGELES COUNTY BAR ASSOCIATION)
Pasadena Superior Court
300 E. Walnut Street, Room 100B
Pasadena, CA 91101
No appointment needed
HOURS: 9:00 a.m. – 12 p.m.
Assists with Domestic Violence Restraining Orders
for residents of Pasadena or the San Gabriel Valley area.
Cost: \$20.00, may be waived.

DOMESTIC VIOLENCE CLINIC (818) 898-2684
or (818) 898-2684
(Neighborhood Legal Services)
900 Third Street, #1026
San Fernando, CA 91340
HOURS: Monday – Friday, 9:00 a.m. to 12:00 p.m. Please arrive promptly at
9 a.m. to assure you receive services.
Free, no income restrictions
Assists persons seeking Restraining Orders

DOMESTIC VIOLENCE CLINIC (310) 899-6200
Legal Aid Foundation/sponsored by the Los Angeles Superior
Court 1725 Main Street, Room 121
Santa Monica, CA
HOURS: 8:30 a.m. – 11:00 a.m.
Walk-ins only
Free to low-income individuals in certain areas.
Assists with preparing Restraining Orders

DOMESTIC VIOLENCE CLINIC

Torrance Superior Court

825 Maple Ave., 4th Floor, Rm. 430B

Torrance, CA 90503

HOURS: Monday-Friday, 8:30 a.m.– 2:00 p.m.

Walk-ins only

Free, no income restrictions

Assists with preparing Restraining Orders

Hotlines and Counseling:

Center for Pacific Asian Family

24 hour hotline800/339-3940

Multilingual

Offers emergency shelter for Asian women/children victims of domestic violence, sexual assault & child abuse. Non-Asians also served. Counseling for non-residents.

Crime Survivors Services.....310/390-8896

Monday-Sunday 9:00 a.m. – 9:00 p.m.

Sliding scale fees.

Mental Health Center

Individual and group counseling.

Family Stress Clinic

Abused Children ages 3-11..... 818/993-9311

Monday-Thursday 8:30 a.m. – 7:00 p.m.

Friday 8:30 a.m. – 5:00 p.m.

Jeff Griffith Gay & Lesbian Youth Center..... 323/860-2280

Peace Over Violence

24 hour hotlines 213/626-3393

310/392-8381

626/793-3386

*Counseling for dating violence, rape survivors, child abuse.
Also phone counseling; referrals.*

RAIN

(Rape, Abuse, Incest Hotline). 800/656-4673
24 hours At Santa Monica Hospital.
Listen to taped messages for instructions.

TEEN LINE. 800/TLC-TEEN
800/852-8336
Hours: 6:00 p.m. - 10:00 p.m.

Valley Trauma Center 24-hour hotline 818/886-0453
For Sexual assault victims in San Fernando Valley.

Venice Family Clinic
Victims of Crime Resource Center 800/842-8467
Monday-Friday 8:00 a.m. – 6:00 p.m.
Information and referrals.

Youth Crisis Line (24 hours) 800/843-5200

REMEMBER:

ABUSIVE RELATIONSHIPS
TEND TO GET WORSE,

NOT BETTER.

RESIST THE TEMPTATION TO
GIVE THE ABUSIVE PERSON

“ ONE MORE CHANCE”

GET THE HELP YOU NEED TO

BE SAFE!

Notes:

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While this publication is designed to provide accurate and current information about the law, readers should contact an attorney or other expert for advice in particular cases, and should also consult the relevant statutes and court decisions when relying on cited materials.

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or

800.870.8090 ext. 500

www.publiccounsel.org