

resources

Bridge Over Troubled Waters
617.423.9575 www.bridgeotw.org
(Monday-Friday; daytime only)

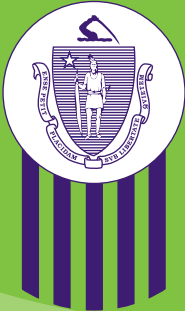
Boston Gay and Lesbian
Adolescent Social Services
(GLASS): 617.266.3349 www.jri.org/glass

Boston Area Rape Crisis Center
1.800.841.8371 www.barcc.org

Jane Doe, Inc. Massachusetts
Coalition Against Sexual
Assault & Domestic Violence
617.248.0922 www.janedoe.org

who can help

- Friends and Family
- Teachers
- School Counselors
- School Resource Officer
- Coaches
- Campus Security
- A Faith-Based Leader
- A Mentor
- Police



MICHAEL W. MORRISSEY
NORFOLK DISTRICT ATTORNEY

norfolkda.com

dating
SHOULD NEVER BE ABUSIVE



WE CAN HELP

Are you dating someone who...

Wants to get too serious about the relationship before you are ready?

- Is jealous and possessive, wants to pick your friends, checks up on you, will not accept breaking up, accuses you of cheating?
- Tries to control you by being very bossy, giving orders, making all the decisions, not taking your opinions seriously?
- Puts you down in front of friends, tells you that you are worthless without him or her?

Uses guilt trips "If you really love me, you would..."

- Scares you? Makes you worry about things you say or do? Drives recklessly when you are a passenger in the car? Uses or owns weapons?

Threatens to hurt you or to hurt themselves? "If you leave me, I'll..."

- Pressures you for sex or makes you feel uncomfortable?
- Abuses alcohol or other drugs and pressures you to take them?
- Makes your family and friends uneasy and concerned for your safety?
- Is violent? Grabs, pushes, shoves, or hits you?

technology safety

- Keep your passwords private. Sharing passwords is not a requirement for being in a relationship.
- Do not text any pictures or messages that you are uncomfortable with or do not want shared.
- Save all abusive, harrassing or disturbing messages in case you decide to contact the police or get a restraining order.
- Do not answer calls from unknown, blocked or private numbers.
- If you are leaving an unhealthy relationship, block your ex on Facebook and other social network sites.
- If the abuse doesn't stop, change all user names, e-mail addresses and cell phone numbers.

VIOLENCE CAN TAKE MANY FORMS

- PHYSICAL
shoving, hitting, punching
- VERBAL
yelling, screaming, put-downs, threats
- EMOTIONAL
spreading rumors, lying, possessiveness
- SEXUAL
unwanted touching or forced sexual contact
- PSYCHOLOGICAL
manipulation, mind games, guilt trips



Creating a healthy relationship

- Nearly 1.5 million high school students experience physical abuse from a dating partner in a single year.
- 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner.
- 1 out of 4 high school girls have been victims of physical or sexual abuse.

loveisrespect.org

Healthy v. Unhealthy Relationship?

A healthy relationship is based on:

- Trust
- Open communication
- Shared decision-making
- Compromise
- Recognizing differences
- Respect
- Taking responsibility for one's own actions

An unhealthy relationship may include:

- Bullying
- Stalking or harrassment
- Jealousy
- Humiliation
- Pressure to have sexual contact
- Possessiveness
- Intimidation
- Manipulation
- Fear

If you are in an abusive or violent dating relationship and you want out:

- Tell a friend, parent, teacher, counselor or someone else you trust and who can help.
- Call police or 911 in an emergency.
- Call a domestic violence hotline (24 hours) or a domestic violence advocate in the Norfolk District Attorney's Office (business hours only) to get support and information about what you can do. You can call without giving your name.
- Go to court for a protective order. A victim/witness advocate will be available to help you.
- Avoid being alone with your partner.
- Be aware of your surroundings.
- Keep your cell phone with you.
- Plan for your safety - whether you are still together or ending the relationship.

How to help a friend

Most teens talk to other teens about their problems. If a friend tells you he/she is in a violent or controlling dating relationship, here are some suggestions on how you can help:

- Express your concern and support. Tell your friend you're worried. Support, don't judge.
- Encourage your friend to confide in a trusted adult.
- Help your friend by reaching out to an adult. See "Who Can Help" in this brochure.

police - CALL 911

Norfolk District Attorney's Office

- **Domestic Violence Unit 781.830.4800**
- **Brookline District Court 617.738.5072**
(Brookline)
- **Dedham District Court 781.251.0216**
(Dedham, Dover, Medfield, Needham, Norwood, Wellesley and Westwood)
- **Quincy District Court 617.479.7454**
(Braintree, Cohasset, Holbrook, Milton, Quincy, Randolph and Weymouth)
- **Stoughton District Court 781.344.9227**
(Avon, Canton, Sharon and Stoughton)
- **Wrentham District Court 508.384.3788**
(Foxborough, Franklin, Medway, Millis, Norfolk, Plainville, Walpole and Wrentham)

Batterer Intervention Programs

- **Billings Human Services 781-762-0060**
- **Common Purpose 617.522.6500**
- **Emerge 617-547-9879**

Helpful Websites

- www.loveisrespect.org
- www.loveisnotabuse.com
- www.thatsnotcool.com

You deserve to be safe and happy in your relationship.

24 HOUR hotLines

Domestic Violence Resources

SHELTER & SUPPORT SERVICES

- **DOVE, Inc. 1.888.314.3683**
- **New Hope, Inc. 1.800.323.4673**
- **SafeLink: Massachusetts Statewide Hotline 1.877.785.2020 (multiple languages)**
(Makes connections to available shelters)
- **REACH Beyond Domestic Violence 1.800.899.4000**

GLBT Domestic Violence Services

- **Gay Men's Domestic Violence Project 1.800.832.1901 (hotline)**
- **The Network/La Red 617.742.4911**
- **Fenway Community Health Violence Recovery Program 1.800.834.3242**

Multilingual Domestic Violence Services

- **Asian Task Force Against Domestic Violence 617.338.2355**
(Multilingual services available)
- **A New Day 1.888.293.7273**
(Services available in Cape Verdean Creole, Portuguese, Spanish and English)

TTY/TDD users dial 711 for Massachusetts Relay Service (24/7)

Voice: 1.800.439.0183
Customer Service: 1.800.720.3479