



# Teen Dating Violence:

## .R.E.S.P.E.C.T.<sup>2</sup> Does it affect you?

RELATIONSHIP EMPOWERMENT for STUDENTS, PARENTS, EDUCATORS & COMMUNITY THROUGH THEATRE

### Does the Definition Apply to Me? Take The Quiz\*

- Are you afraid of his/her temper or to disagree with him/her?
- Does he/she yell at you or make fun of you in front of your friends?
- Does he/she keep checking up on you several times a night? Or showing up unexpectedly wherever you are?
- Does he/she blame you for how he/she feels?
- Does he/she ever treat you roughly – grab, push, pinch, shove or kick you to “get your attention,” throw things at you or hit you?
- Does he tell you what to wear and how much makeup to use?
- Has he/she ever threatened you to get his/her way? Or threatened to hurt himself/herself if you break up? Or to hurt you?
- Does he/she play with guns or use them to protect himself/herself against other people?
- Do you keep things from him/her so as not to upset him/her?
- Does he/she put down your accomplishments or goals?
- Does he/she tell you that you are nothing without him/her?
- Does he/she try to keep you from leaving after a fight? Or leave you somewhere after a fight to “teach you a lesson”?
- Does he/she tell you which friends you can see?
- Have you been frightened by his/her violence toward others?
- Has he/she wrongfully and repeatedly accused you of flirting or making out with others?

\*Any “yes” response is cause for concern and discussion.

### How to Help Yourself

- Go to a friend, school, teacher or principal, parent, clergy, physician, family member or a counselor. They can be very helpful getting more help
- In the Omaha area, call the YWCA completely confidential 24-hour hotline: (402) 345-7273
- Outside of the Omaha area, call the state hotline: 1-800-876-6238
- Outside of Nebraska, call the National Domestic Violence Hotline: 1-800-799-SAFE (7233).

### Teen Dating Relationship Bill of Rights

- I have the right to be treated with respect.
- I have the right not to be abused – physically, emotionally or sexually.
- I have the right to say no and be heard.
- I have the right to express my own opinions.
- I have the right to private time and my own space.
- I have the right to have my needs considered as much as my partner’s.
- I have the right to have friends of my own.
- I have the right to pursue my own special interests – and not be criticized for pursuing them.
- I have the right to accept a gift without having to give anything in return.
- I have the right to hear about my strengths and assets.
- I have the right to ask others for help if I need it.
- I have the right to live a violence-free life.
- I have the right to change my mind – to “fall out of love: and live with no threats.