

## Did You Know

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- Approximately 1.5 million high school students nationwide experience physical abuse from a dating partner yearly.
- Females between the ages of 16-24 experience the highest rate of intimate partner violence (IPV)— almost 3X the national average.
- Nearly half of dating college women report experiencing violent and abusive behaviors.
- 57% of college students say dating abuse is difficult to identify and 58% say they don't know how to help someone who's experiencing it.
- 1 in 3 of dating college students have given a dating partner their computer, email or social network password, which often leads to digital abuse.

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## Empowerment Philosophy

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- We always believe the victim. No matter what.
- We never blame the victim. The abuse is not her/his fault.
- The victim is the expert of her/his situation.
- We never tell a victim what is best for her/him or what she/he should or shouldn't do.
- We give information and options.

# The Dating Bill of Rights

*I have the right to:*

- ♥ trust myself and my instincts
- ♥ be respected as a person
- ♥ change my mind
- ♥ express my feelings
- ♥ refuse a date
- ♥ not be physically, emotionally, or sexually abused

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## Interested in Volunteering?

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DVSCP has several volunteer options available. If interested, call 717-258-4806 or email the agency at [info@dvscp.org](mailto:info@dvscp.org) to learn more.

You can also fill out a volunteer application online at: <http://www.dvscp.org/volunteer/>

*All Volunteers and Interns must be 18 or older.*

The official registration and financial information of Domestic Violence Services of Cumberland & Perry Counties may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania 1 (800) 732-0999. Registration does not imply endorsement.

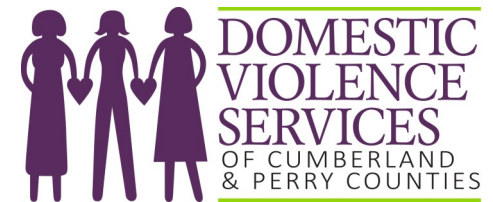


A Program Partner

# Dating Violence

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## Teens & Young Adults



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**Phone:** 717-258-4806

**Hotline:** 1-800-852-2102

**Mailing Address:**

P.O. Box 1039  
Carlisle, PA 17013

**Email:** [info@dvscp.org](mailto:info@dvscp.org)

**Website:** [www.dvscp.org](http://www.dvscp.org)

**Facebook:** [www.facebook.com/DVSCP](http://www.facebook.com/DVSCP)

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## Dating Violence

Dating violence is a cruel reality for many teenagers and young adults. It occurs in all races, religions, and socioeconomic groups. Victims of dating violence may experience multiple forms of abuse, which can occur in person or digitally through text, email, instant messages, or tracking/stalking through phone apps.

### Types of Abuse & Red Flags

- **Emotional** – Name calling, put downs, ignores you or talks over you, seems embarrassed by you, hurts your feelings.
- **Physical** – History of fights, loses temper, brags about violence, destroys your belongings, physically hurts you.
- **Threatening** – Scares you with looks or gestures; threatens to hurt you, leave you, or commit suicide.
- **Controlling** – Decides for you, doesn't value your opinion, constantly calls and texts, asks you to prove your love.
- **Sexual** – Views girls/guys as sexual objects, violates personal space, pressures or guilt trips you for sex or sexual acts.
- **Isolating** – Says jealousy is a sign of love, possessive, insults your family and friends, makes it difficult for you to join activities or gets angry if you talk to other guys or girls.

## Services

All services are **FREE** and **CONFIDENTIAL**:

- 24-hour hotline: **1-800-852-2102**
- 30-day emergency shelter (*minors must be accompanied by a parent*)
- Legal and medical advocacy and accompaniment
- Protection From Abuse Orders (PFA)
- Individual and group counseling (Ages 4+)
- Information and referrals
- Prevention programs or presentations for group, club, class, or organization

*\*\*Minors may call the hotline without an adult. For all other services, one parent must provide consent.\*\**



## Why Do People Stay?

There are a lot of reasons why someone might stay in an abusive relationship. Some reasons may include:

- They still have feelings of love for their partner.
- They are scared that their partner will hurt them if they leave.
- They don't want to get their partner in trouble.
- They keep thinking things will go back to how they "used to be."
- They may be embarrassed about others finding out about the abuse.
- They may not know where to turn for help.

It can be scary to leave, but know that you are not alone and there is help out there. On average, it takes **7 attempts** before a survivor leaves an abusive partner for good. If you are afraid of getting hurt when trying to end the relationship, consider these options:

- Don't go anywhere alone with the abuser.
- Call the police.
- Get a Protection From Abuse Order.
- Develop a safety plan.
- Take advantage of resources in your area (like us!).
- Stay surrounded by people you can trust.
- If you feel comfortable, tell your parents. They may understand and be able to help you more than you think!