

Resources

- Middlesex District Attorney's Office
781.897.8300
www.MiddlesexDA.com
- Middlesex Partnerships For Youth, Inc.
781.897.6800
www.MiddlesexPartnershipsForYouth.org
- REACH Beyond Domestic Violence
800.899.4000
www.reachma.org
- National Teen Dating Violence Helpline
866.331.9474 • 866.331.8453 TTY
www.loveisrespect.org
- Break the Cycle
310.286.3383
www.breakthecycle.org
- Jane Doe Inc.
617.248.0922
www.janedoe.org
- Futures Without Violence
415.678.5500
www.futureswithoutviolence.org



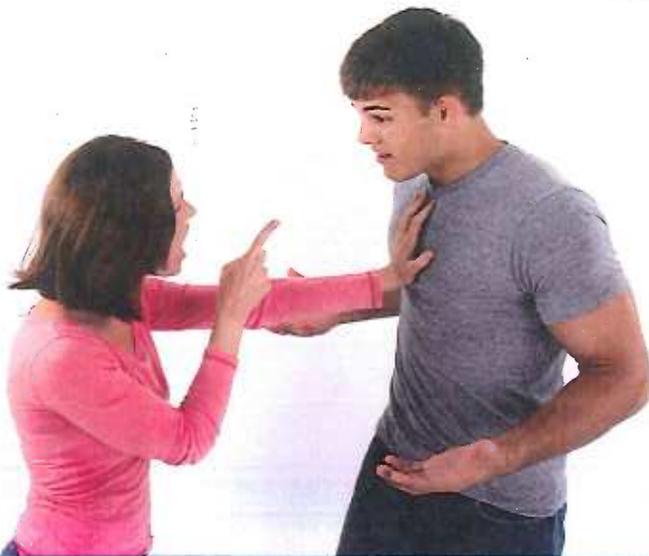
**Middlesex District Attorney
Marian Ryan**

**IN PARTNERSHIP WITH
MIDDLESEX PARTNERSHIPS FOR YOUTH, INC.**

www.middlesexpartnershipsfor youth.org

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**What's
Behind Your
Relationship?**



Does Your Boyfriend/Girlfriend Display These Signs?

Physical Abuse

- Slaps, kicks, punches, pushes, strangles, throws objects, threatens you, invades your space;
- Prevents you from leaving a room or vehicle during an argument; and
- Tries to make you consume drugs or alcohol.



Emotional Abuse

- Controls you;
- Wants to change the way you act, dress, or think;
- Wants to always know where you are and who you are with at all times;
- Checks up on you by constantly calling, texting, or emailing;
- Goes through your phone or computer to check who you are communicating with;
- Displays extreme signs of jealousy;
- Tries to make you feel guilty when you want to spend time with others;
- Makes you feel like you cannot do anything right;
- Isolates you from friends or family;
- Manipulates you;
- Blames you or others for his/her problems;
- Threatens to break up with you if you don't do what he/she wants; and
- Threatens to harm him/herself, you, or others.

Verbal Abuse

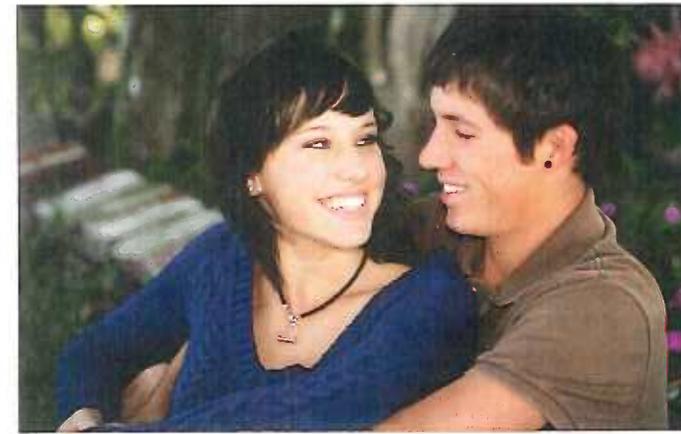
- Belittles you;
- Puts you down;
- Calls you names;
- Yells at you;
- Lies to you; and
- Spreads rumors about you.

Financial Abuse

- Prevents you from working;
- Makes you miss work or gets you in trouble at work by repeatedly calling or showing up unannounced; and
- Steals your money.

Sexual Abuse

- Forces you or pressures you to participate in unwanted, unsafe, or degrading sexual acts;
- Pressures you to take or pose for nude photos; and
- Threatens to show nude photos of you to others.



Your relationship is healthy if your boyfriend/girlfriend...

- Accepts you for who you are;
- Treats you with respect;
- Trusts you and you trust him/her;
- Encourages you to spend time with your friends;
- Doesn't expect you to be with him/her 24/7;
- Creates a relationship that is based on more than a physical attraction;
- Doesn't make you lie to protect him/her or cover for his/her mistakes;
- Makes important decisions with your input;
- Encourages you to say what you think and you don't have to always agree with him/her; and
- Doesn't pressure you to do things which make you feel uncomfortable.

Dating abuse can happen to people of any age, sex, gender identity, race, sexual orientation or economic background.

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Remember Abuse Is Not Just Physical!

If your boyfriend/girlfriend displays signs of abuse, or you suspect a friend or peer may be experiencing abuse, help is available. Talk to a trusted adult.