

Take Action

- **Make a note** - Note the date/time of incidents which concern you or when you were physically abused
- **Tell someone** – tell a parent, trusted friend, school counselor, teacher, or school resource officer
- **Take photos** – photograph any injuries or damage done to personal property
- **Keep your messages** - You can screen capture FB messages, keep text messages, emails, or any electronic/ written contact
- **Stay close** - to friends or family when the abuser is around

Your Legal Rights

You have the right to:

- File a police report about any threats or violence
- Prosecute the person abusing you
- Obtain an Order of Protection that will order your abuser to stay away from you, your home, and your family – that means no contact including electronically
- Free assistance in obtaining counseling concerning your abuse
- Assistance with transportation to a safe location
- Assistance in finding a shelter if you desire

Domestic Violence Programs and Assistance in the Nashville, TN area

YWCA Domestic Violence Program

615-242-1199

Morning Star Domestic Violence Program

615-860-0003

Sexual Assault Center

615-259-9055 or 800-879-1999

Legal Aid Society of Nashville, TN

615-244-6610

Child Support Services of TN

615-726-0530

Metro Nashville Police/ Domestic Violence Div.

Free Counseling Services

615-880-3000

Mary Parrish Center

Counseling / Referrals

615-256-5959

Jean Crowe Advocacy Center

615-862-4767



Metropolitan Nashville Police Dept.

Domestic Violence Division

600 Murfreesboro Pike

Nashville, TN 37210

Register with Smart 911

www.smart911.com

TEEN DATING VIOLENCE



LOVE
IS NOT
ABUSE

Get the Facts

Reality Check

Does your Partner:

- Control what you do, who you see or talk to, or where you go?
- Constantly call, text or IM you or leave messages on your Facebook or other accounts?
- Stop you from seeing or talking to friends or family?
- Take your money, make you beg for money, or refuse to give you money?
- Make all the decisions?
- Humiliate you in front of others?
- Destroy your property or threaten to hurt your pet(s)?
- Threaten to break up with you?
- Constantly degrade you, destroying your self-esteem?
- Pretend abuse is no big deal, blame you, or even deny it?
- Shove, grab or restrain you, slap or hit you?
- Force or coerce you to have sex?
- Intimidate you with weapons?

If you checked even one of these items, you may be in an abusive dating relationship.

If you need to talk, call us.

Support is free and confidential.

**DV COUNSELORS CAN BE REACHED
AT: 615-880-3000**

Did You Know...

- 1 in 3 teens report knowing a friend or peer who has been hit, punched, kicked, slapped, or physically hurt by their dating partner.
- Violent relationships begin at an average age of 15.
- Females ages 16-24 are more vulnerable to intimate partner violence than any other age group.
- Hitting your girlfriend or boyfriend is a crime, just like robbery or rape. It's against the law.
- 50% of teenage girls ages 14 to 17 report knowing someone their age who has been physically abused.
- Physical and sexual abuse against adolescent girls in dating relationships increases the likelihood that the girl will abuse drugs, alcohol (or both), develop an eating disorder, consider and/or attempt suicide, engage in risky sexual behavior, and/or become pregnant.

What Can You Do?

- DO - Help your friends. Let them know they are not alone.
- Listen without judging.
- Tell them it is NOT their fault.
- Suggest they develop a safety plan to include a safe place to stay, and a support number to call.
- Help them identify resources.
- Call for help; DV Counseling Section can help with counseling/safety planning.



Dating Violence isn't an argument every once in a while or a bad mood after a bad day.

Warning signs can be extreme jealousy and quick involvement in the relationship.

Remember, you always have a choice with whom you date! Know the warning signs and leave a relationship before it gets serious.

Dating violence (or relationship violence) is a **PATTERN of violent or controlling behavior** that someone uses against a girlfriend or a boyfriend.

Warning – Allowing abuse to continue can cause injury and even death. Remember, abuse doesn't have to be physical; it can include verbal and emotional abuse, constant insults, isolation from friends and family, name calling, control, and sexual abuse.

Warning...

It can happen to anyone, at any age, regardless of race, religion, level of education, or economic background. Dating violence also occurs in same-sex relationships.

**Support is free and confidential!
MNPD DV Counseling Section
615.880.3000**

