

# Love Shouldn't Hurt

Teen dating abuse is a systematic pattern of abusive behavior to gain and maintain power and control perpetrated by one partner against another during and/or after the relationship.

Types of abuse include physical, emotional, sexual, financial, technological and stalking.

## Dating Tips:

### Both people should:

- Be honest with each other.
- Listen to each other.
- Compromise when you disagree.
- Give each other support.
- Respect each other's privacy.
- Encourage each other.
- Respect each other's boundaries.
- Be equal.
- Trust each other.
- Have fun!

## Red Flags

### Does your partner or ex-partner:

- Need to know where you always are?
- Call you names or put you down?
- Discourage you from participating in activities?
- Make fun of your clothes, hair, or body?
- Threaten to hurt you, themselves, your family, friends or pets?
- Pressure you to have sex or to go further than you want to go?
- Get jealous of your friends or when you spend time with others?
- Call or text you too much?

## Tips on Staying Safe:

Block the other person online and on your phone.

Have a friend with you between classes. Find a new, safer way to get to and from school, work, or practice.

Text a trusted friend when you go somewhere.

Get a new phone number and change your passwords.

Get your schedule changed at school.

Save harassing texts, comments, voicemails and emails.

Keep a list of the days and times when abuse happens.

## What You Can Do:

Talk to a trusted adult.

Get a Peace or Protective order to have the person ordered to not contact you.

Tell the police if you are assaulted, threatened or stalked.

Go to Adventist HealthCare Shady Grove Medical Center if you have been sexually assaulted, strangled or physically assaulted.

## FREE Montgomery County Resources

The Montgomery County Family Justice Center

240-773-0444

[safe@montgomerycountymd.gov](mailto:safe@montgomerycountymd.gov)

*\*If under age 16, parental consent needed*

Montgomery County Trauma Services

240-777-4763 (HOPE)

*\*For ages 12 and over*

Montgomery County Crisis Center

240-777-0444

24 hours

*\*For ages 12 and over*

 YOU ARE NOT ALONE. WE ARE HERE TO HELP. 