

## It's Easy to Get Trapped in an Unhealthy Relationship

At first, it may seem that the person you are dating is just showing love and concern. That's flattering and feels good. But, if the attention begins to make you feel frightened and trapped, the person you are dating may be trying to control you. As the relationship progresses, your partner may use violence in order to maintain control over you. These problems get worse. You cannot change the other person.

### What You Can Do About Dating Violence

Talk to a doctor, nurse, teacher, counselor, parent or other trusted adult. Call 911 if it is an emergency. Call a helpline.

If your friend is in an unhealthy relationship, listen to your friend. Tell someone you trust if your friend is in danger.

If there is violence between your parents, talk to another trusted adult. Stay safe; go to a safe place and call 911 during a violent episode.

Maryland Health Care Coalition Against Domestic Violence  
1211 Cathedral Street • Baltimore, Maryland 21201 • 410-539-0872

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**No One Deserves  
to be Abused.**

**Help is Available.**

**DATING**  
MORE THAN BRUISES & BROKEN BONES  
**VIOLENCE**

**Love Doesn't  
Have to Hurt.**

### DOMESTIC VIOLENCE HELPLINES

**Statewide**  
**1-800-MD-HELPS**(634-3577)  
**National**  
**1-800-799-SAFE**(7233)



**MedChi**  
*The Maryland State Medical Society*

**1-800-MD-HELPS**

## Dating Violence

*The abuse of an intimate partner, whether it be within a marriage or a dating relationship, is a pattern of controlling behaviors involving physical, psychological, emotional, verbal, sexual and/or economic abuse.*

### Does Your Boyfriend or Girlfriend...

- ✗ Often get angry or jealous?
- ✗ Keep you away from friends or school activities?
- ✗ Control who you see or where you go?
- ✗ Tell you how to dress?
- ✗ Criticize you or humiliate you in front of others?
- ✗ Pressure you to do things that make you uncomfortable?
- ✗ Pressure you to have sex?
- ✗ Check up on you?
- ✗ Destroy or harm your things or pets?
- ✗ Stalk or follow you?
- ✗ Drive dangerously to frighten you?
- ✗ Blame you or other things or other people for his or her temper?
- ✗ Promise to change over and over?
- ✗ Physically hurt you or threaten you?
- ✗ Threaten suicide?

# ABUSE IS MORE THAN BRUISES & BROKEN BONES

**Tell a Doctor or Nurse  
What is Happening to You.**

## Violence Between Partners is Serious, Widespread & Sometimes... Deadly.

One out of every five teenage girls reports having been physically or sexually abused by a dating partner.

Partner abuse affects people of both genders, and every race, ethnic group, religion, age, income level, educational background and marital status.

A female is more likely to be hurt by her male partner than by a stranger.

## Violence and Stress Can Make You Sick. Abuse Can Lead to Long-Term Health Problems.

### In Ways You Can See...

**Scratches**  
**Bruises**  
**Sprains**  
**Broken Bones**  
**Fractures**  
**Welts**  
**Black Eyes**

### In Ways You Can't See...

**Stomach aches/ headaches**  
**Drug/alcohol abuse**  
**Feeling tired**  
**Trouble sleeping**  
**Sadness / depression**  
**Nervousness / anxiety**  
**Overeating / loss of appetite**

