

Resources

- Middlesex District Attorney's Office
www.MiddlesexDA.com
- Middlesex Partnerships For Youth, Inc.
www.MiddlesexPartnershipsForYouth.org
- REACH Beyond Domestic Violence
1.800.899.4000
www.reachma.org/pavenet
- National Teen Dating Violence Helpline
1.866.331.9474
1.866.331.8453 TTY
www.loveisrespect.org
- Liz Claiborne, Inc.
www.loveisnotabuse.com
- Jane Doe Inc.
www.janedoe.org
- Futures Without Violence
www.futureswithoutviolence.org



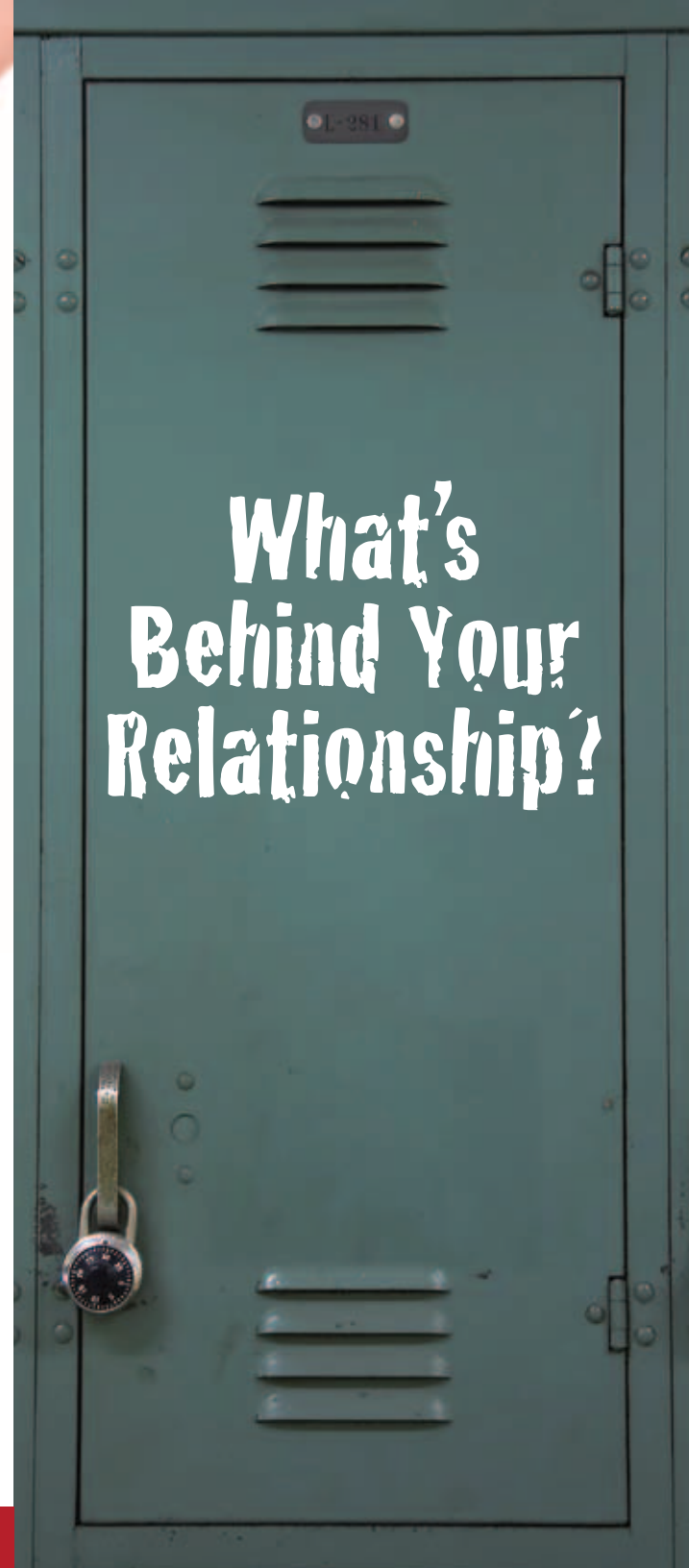
**Middlesex District Attorney
Marian Ryan**

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

www.middlesexpartnershipsfor youth.org

Office of the District Attorney
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Woburn, MA 01801
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What's Behind Your Relationship?

Does Your Boyfriend/Girlfriend Display These Signs?

Physical

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



Emotional

- Controls you
- Wants to change the way you act, dress, or think
- Wants to always know where you are and who you are with
- 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
- Gives you a guilt trip 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
- Threatens to harm him/herself, you, or others

Verbal

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

Financial

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

Sexual

- Forces you or pressures you to participate in unwanted, unsafe, or degrading sexual acts
- Pressures you to take or pose for nude photos
- 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 amounts to more than a physical attraction
- Doesn't make you lie to protect him/her or cover for his/her mistakes
- Makes important decisions together
- Encourages you to say what you think and you don't have to always agree
- 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.

**www.middlesexpartnershipsfor youth.org
(781) 897-6800**

Remember, Abuse 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.