HARMFUL DATING BEHAVIORS

Physical Harm

- hitting
- scratching
- pushing
- threatening
- pinching
- choking
- spitting
- shaking

- shoving
- forcing
- biting
- pulling hair
- using a weapon
- throwing things
- keeping a dating partner from leaving

- molestation
- rape
- forcing sexual actions without consent
- damaging personal property
- acting in an intimidating way
- purposefully injuring an animal to scare a partner

Emotional Harm

- · calling a dating partner names
- criticizing opinions
- ignoring a dating partner's feelings
- · isolating a dating partner from others
- behaving jealously
- telling lies
- · scaring a dating partner
- · cheating on a dating partner
- · making a dating partner feel guilty
- spreading rumors
- threatening to huit a dating partner

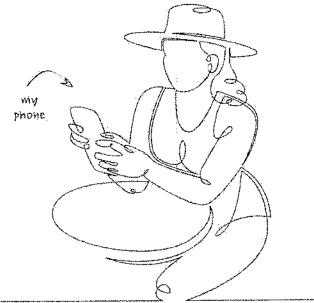
- · threatening to hurt oneself
- using sexually derogatory names
- criticizing beliefs about sex
- putting down family and friends
- driving recklessly to scare a dating partner
- · humiliating a dating partner in public/private
- · insulting a dating partner's beliefs or values
- taking actions that involve a dating partner without their permission
- displaying inappropriate anger
- · outing or threatening to out a gay partner

(don't stop now. there's more on the back)

Harm Caused through Technology

- demanding a partner turn on location services to track them through their phone and apps
- demanding passwords to a partner's phone and/or social media accounts
- accessing private information on their partner's phone without permission
- using a partner's phone, without their permission, to send out messages intended to harm their relationships with others
- . incessantly texting
- expecting immediate responses to calls, texts, or other messages
- sending a partner insulting or threatening texts
- pressuring a partner to send nu photos of themselves

- sending a partner repeated texts pressuring them to have sex
- threatening to expose a partner's intimate photos or secrets on social media if they do not comply with sexual demands
- · using public platforms to
 - send out unfavorable photos and videos to others without a partner's permission
 - intentionally exclude a partner from activities
 - spread rumors about a partner
 - call a partner derogatory names
 - intentionally flirt with others



FRIENDS WHEEL

Don't Gossip Talk in private. Don't tell other people without your friend's Believe Give Help permission. the Story Know the resources in Listen and believe your vour school and community. friend. Acknowledge Is there a hotline? What feelings, and let your legal, medical, or counseling friend know they options are available? are not alone. helping a friend Make a Safety Plan Tell the Person What has your friend done They Didn't Deserve in the past to keep safe to Be Abused from the abuse? Is it working? Do they have The perpetrated abuse: Let Your a safe place to isn't your friend's fault. Friend Make escape to, if No one deserves Their Own Decisions necessary? to be abused. Respect your friend's right to make a decision when they are ready. Each of us is an expert on our own life.