DATEING ABUSE
WHERE...
WHAT
IF
WHEN

KNOW YOUR RIGHTS

DATING ABUSE:
What Are My Rights?

A KNOW YOUR RIGHTS GUIDE

dayone
LOVE SHOULD ALWAYS BE SAFE
**DATING ABUSE** is a pattern of controlling, insulting and sometimes violent behavior in casual or serious dating relationships. The abuse happens again and again, and it can get worse over time. However, even one incident of dating violence is not okay and help is available.

Day One uses the pronoun “they” in place of “he” or “she” in order to respect people of all genders reading these guides.

**Know your rights:**

**Dating abuse affects people regardless of race/class, age, gender identity or sexual orientation.**

Even one incident of dating violence is not okay.

**Types of abuse**

**Abusive relationships don’t always involve physical violence.**

- **Verbal abuse**
  - Calling you names, putting you down or not giving you a chance to speak
  - Telling you what to wear and/or what to do
  - Always demanding to know who you’re with and where you are
  - Threatening to hurt you or your friends, family, pets or property

- **Physical abuse**
  - Slapping, punching, kicking, pushing, pinching, pulling hair, shaking, etc.
  - Using objects or weapons to hurt you
  - Choking you or preventing you from breathing easily
  - Throwing things at you, punching walls or windows in order to scare you
  - Restraining your movements, preventing you from leaving a room
  - Withholding items or documents like medication, hormones, passport, etc.
  - Extreme jealousy and possessiveness
  - Isolating you by not letting you hang out with friends and/or family or talking badly about them
  - Threatening to “out” you or using the wrong pronouns
  - Making you feel insane by saying things that aren’t true (Gaslighting)
  - Blaming you for their behavior (Victim blaming)

- **Technology abuse**
  - Excessive unwanted calls, texts, emails, Tweets or Facebook posts
  - Posting intimate photos of you without your permission
  - Accessing your social media or email accounts without your permission
  - Changing your passwords without your permission or creating a fake internet profile of you
  - Unwanted touching or kissing
  - Pressuring or forcing you to have sex or do other sexual acts
  - Trying to manipulate or control your decisions about using birth control (including the use of a condom) or getting an abortion
  - Doing things to create financial dependence or control, including things like not letting you go to school/work, taking your money, or withholding money for basic needs if they had been providing it before

These are just some of the many ways a person can be abusive. If you are concerned that your relationship is abusive, call Day One to talk confidentially about your options. It’s free and confidential.

1 in every 3 young people aged 24 and under experiences some type of abuse in their relationship.

Call Day One at 800.214.4150 to talk about options, text us at 646.535.DAY1 (3291) or email us at info@dayoneny.org. It’s free and confidential.
Tell someone you trust about what’s happening and check in regularly to say you’re okay. Tell that person what to do if you do not check in as agreed.

**Begin to document the history** of abusive behavior in a way that is not accessible to your partner.

**Have an excuse prepared** so you can leave quickly if you feel uncomfortable or scared.

**Plan an escape route** and make sure you know where you are and how to get somewhere safe on your own if you have to leave.

**Pack an emergency bag** and keep it somewhere near you if you need to leave fast.

**Call 1.800.621.HOPE (4673)** in New York City 24 hours a day, 7 days a week if you need to talk to someone or request shelter (shelter might be available if you are 16 years or older).

**Tell...Document...Prepare...Plan...Pack...Call**

**If you have just broken up with the abusive partner:**

**Change your routes** to school or work so you can avoid running into them.

**Arrange a safe place to stay** where they can’t contact you.

**Talk to someone like a counselor or lawyer** to learn what you can do to protect yourself, such as getting an Order of Protection. (See Day One’s guide on Orders of Protection.)

**Every relationship is different, so you should create your own, unique plan to increase your safety.**

**Change...Arrange...Talk**
Whether you are in a relationship or have just broken up, there are things you can do to protect yourself. If you are aged 24 or under, call Day One at 800.214.4150 or text 646.535.DAY1 (3291) to SPEAK CONFIDENTIALLY with a counselor or lawyer about your options.
I HAVE THE RESPONSIBILITY TO:

Listen and be considerate.
Respect my partner's boundaries and identities.
Communicate clearly, honestly and respectfully.
Support my partner's activities, goals and friendships.
Ask for help if I need it.
Not abuse my partner.

SAFETY IN RELATIONSHIPS

MY DATING RIGHTS:

To make choices without feeling guilty or threatened.
To express opinions & have them respected.
To end the relationship. To say no.
To ask for &/or refuse a date.

Day One helps young people recognize the signs of abusive relationships, so they can make healthier choices from day one of dating.

We provide legal and social services, educational workshops and organizing opportunities to teens and young adults aged 24 and under who are experiencing intimate partner abuse. You do not need the permission of a parent or adult for any of the services that we offer. Everything you discuss with Day One will be kept confidential. If you or someone you know needs help, call us toll free at 800.214.4150, check us out online at www.dayoneny.org, text us at 646.535.DAY1 (3291) or email us at info@dayoneny.org.