

What is Dating Violence?

Dating violence is when one person hurts or scares someone they are dating on purpose. Dating violence happens to people of all races, cultures, incomes, and education levels. It can happen on a first date, or when you are deeply in love. It can happen whether you are young or old, and in heterosexual or same-sex relationships. Dating violence is always wrong, and you can get help.

Dating violence includes:

- **Physical abuse** like hitting, shoving, kicking, biting, or throwing things
- **Emotional abuse** like yelling, name-calling, bullying, embarrassing, keeping you away from your friends, saying you deserve the abuse, or giving gifts to “make up” for the abuse.
- **Sexual abuse** like forcing you to do something sexual (such as kissing or touching) or doing something sexual when you cannot agree to it (like when you are very drunk).

Dating violence often starts with emotional abuse. You may think that behaviors like calling you names or insisting on seeing you all the time are a “normal” part of relationships. But they can lead to more serious kinds of abuse, like hitting, stalking, or preventing you from using birth control.

Dating violence can cause serious harm to your body and your emotions.

What is Domestic Violence?

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence does not discriminate.

- Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence.
- It can happen to people who are married, living together or who are dating.
- It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that:

- physically harm and arouse fear,
- prevent a partner from doing what they wish or force them to behave in ways they do not want.

It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation.

Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

Resource
[Women's Health](#)

Warning Signs of Domestic Violence

It's not always easy to tell at the beginning of a relationship if it will become abusive. In fact, many abusive partners may seem absolutely perfect in the early stages of a relationship. Possessive and controlling behaviors don't always appear overnight, but rather emerge and intensify as the relationship grows.

Domestic violence doesn't look the same in every relationship because every relationship is different. But one thing most abusive relationships have in common is that the abusive partner does many different kinds of things to have more power and control over their partner.

Some of the signs of an abusive relationship include a partner who:

- Tells you that you can never do anything right
- Shows extreme jealousy of your friends and time spent away
- Keeps you or discourages you from seeing friends or family members
- Insults, demeans or shames you with put-downs
- Controls every penny spent in the household
- Takes your money or refuses to give you money for necessary expenses
- Looks at you or acts in ways that scare you
- Controls who you see, where you go, or what you do
- Prevents you from making your own decisions
- Tells you that you are a bad parent or threatens to harm or take away your children
- Prevents you from working or attending school
- Destroys your property or threatens to hurt or kill your pets
- Intimidates you with guns, knives or other weapons
- Pressures you to have sex when you don't want to or do things sexually you're not comfortable with
- Pressures you to use drugs or alcohol

Resource
[Women's Health Hotline](#)