



brOken hearts:

**DATING VIOLENCE
IN TEEN RELATIONSHIPS**

Some popular music and videos romanticize violence in relationships. For those who experience the violence it is neither romantic nor fun. This booklet features stories and thoughts by teens about violence in relationships. This is their booklet and their stories.

Romanticizing Violence
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CHANTEL'S STORY

"It was love at first sight. He was totally romantic. He'd bring me flowers, and write me poetry and love letters...but pretty soon other things began to happen too. He was jealous of everyone and started treating me like his possession. He'd scream and yell at me about something that made him mad, and call me an idiot. Larry was shoving me, spitting at me, lifting me up and shaking me. I was totally intimidated by him (Levy, 1993)."

CHRIS' STORY

"Mostly I was afraid of what she would do. My biggest thought was that she was going to change and that I was strong and good enough that I could help her change (Levy, 1993)."

JOSE'S STORY

"I was sure I'd never hit a girl because my dad beat my mom. But I felt I had to have control, and I did. I used to hit [my girlfriend], punch her, slap her. I told her she was no good. Now I'm working on my issues in counseling (Levy, 1993)."

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WHAT IS DATING VIOLENCE?

DATING VIOLENCE occurs when one person in a dating relationship threatens physical harm or injures their boyfriend or girlfriend.



The violence is also sometimes called abuse and, can be emotional, verbal, physical, or sexual. Stalking and cyber stalking are also considered dating violence if the person stalking you is a current or past boyfriend or girlfriend. Dating violence is hurtful to guys and girls.

Dating violence is about having **power** and **control** over someone. One person in the relationship wants to control their boyfriend or girlfriend's life. They get that control by using frightening or scary behavior.

Sometimes people who have experienced dating violence think that the violence is their fault. **It's not.** The person using the violence is responsible for his or her own actions. One study shows that more than 1 out of 4 high school students have experienced violence in a dating relationship. (Bergman, 1992).

Serena explained that she always thought the violence in her relationship with Mike was her fault. Then she saw Mike using violence against his new girlfriend. She said,

"I realized that I didn't cause the violence. There wasn't anything bad about me that made him violent. The violence was his problem — he wanted to have control over me..." (MOA, 1997)."

DATING RELATIONSHIP QUIZ

Sometimes it can be difficult to know if a relationship is violent, especially when both abuse and great times are part of the relationship. On the next two pages is a list of questions to ask yourself about your dating relationship. Check the box if the answer to the question is "yes".

In your dating relationship, are you?

- Frightened*** by your boyfriend or girlfriend's temper?
- Afraid*** to disagree with your boyfriend or girlfriend?
- Told not to see friends or family*** anymore because your boyfriend or girlfriend is jealous?
- Accused of ***flirting or having sex*** with others?
- Hit or slapped?***
- Scared*** when your boyfriend or girlfriend ***throws things*** at you?
- Afraid to say no to sex?***
- Forced to have sex*** when you don't want to?

In your dating relationship, do you find yourself...

- Calling your boyfriend or girlfriend **names**?
- Putting down** your boyfriend or girlfriend?
- Telling your boyfriend or girlfriend **not to spend time** with or talk to certain people?
- Threatening** your boyfriend or girlfriend?
- Throwing things** at your boyfriend or girlfriend?
- Hitting or slapping** your boyfriend or girlfriend?
- Having sex with your boyfriend or girlfriend even if he or she said **"no"**?

SCORING THE QUIZ

Add up the check marks from both sets of questions.

0 check marks — Even though you didn't check any of the boxes. **Keep reading!** It's important for everyone to know about dating violence. This booklet also has information about healthy relationships.

1-16 check marks — If you checked one or more boxes, it might be time to take a good, honest look at the relationship. **It may be a violent dating relationship.** Keep reading for more information about dating violence and for ideas about what you can do if your relationship is violent.

Now that you've taken the quiz, here is more information to think about. Dating violence is also abuse. There are generally three kinds of abuse: emotional, physical, and sexual.

EMOTIONAL ABUSE

is when one person in a dating relationship frightens or scares their boyfriend or girlfriend in order to control their feelings or behavior.

The person may try to get this control by using insults, put downs, name-calling, or verbal threats.

Jill explained that her boyfriend was always jealous and possessive. He wouldn't let her talk to other guys and even resented the time she spent with her girlfriends and family.

She said that she was supposed to wait around at home for him to call. *"If I wasn't there, I was interrogated over and over about where I was, who I talked to, even what I wore... I became more and more isolated, more dependent on David, and more afraid of David's temper if I didn't do what he wanted"* (Levy, 1993)."

When asked for examples of **emotional abuse** in dating relationships, teens answered:

hurtful name-calling
the silent treatment
being cruel to pets
not letting you spend time with your family or friends
destroying your property or possessions
verbal threats of physical violence
threatening to commit suicide
being suspicious of who you spend time with and where you spend your time
threatening body language (shaking fist, mean look)
leaving you alone in dangerous places
being possessive and jealous
dangerous driving

verbal put downs
constant criticism
embarrassing you in public
throwing things at you

PHYSICAL ABUSE

is when one person in a dating relationship uses physical force to injure or frighten their boyfriend or girlfriend.

Often, violence in a dating relationship starts out as emotional abuse, but soon gets worse and turns into physical abuse.

Wan described dating violence as *"...a cycle that starts as emotional abuse, but over time it gets worse and worse. Pretty soon you're physically abusing the person you're dating, just because you want control (MOA, 1997)."*

Chris said, *"Terry would hit, push, and slap me. But Terry was always in control. I never had bruises in any place that showed (MOA, 1997)."*

When asked for examples of **physical abuse** in dating relationships, teens answered:

kicking
pinching
pulling hair
grabbing using weapons (gun, knife)
slapping breaking bones causing bruises
causing injuries that require medical treatment
shaking beating up restraining
strangling
punching
biting
homicide

SEXUAL ABUSE

is when one person in a dating relationship uses sexual demands, sexual insults or even forces sex to hurt or frighten their boyfriend or girlfriend.

Chantel reported that frequently when she did not want to have sex with Larry, he manipulated her into saying, "Yes," by threatening to leave her if she did not do what he wanted.

Chantel explained that after the beginning of the relationship, *"...sex turned bad. It hurt. He forced me to do it in positions that were painful. He made me do things that felt humiliating..."* (Levy, 1993)."

Rape can happen in a dating relationship, even if the couple has had sex before.

Anytime one person forces another to have sex against his or her will, it's rape.

Even if:

- ♥ the couple has dated for a long time
- ♥ the couple has touched in intimate ways before
- ♥ either person is drunk or high

Wan said, *"...a guy shouldn't want to have sex with a girl who doesn't want to. It isn't normal. If she's crying or begging him to stop or is afraid of him, and he makes her do it anyway, that's sick. That is rape"* (Levy, 1993)."

When asked for examples of **sexual abuse** in dating relationships, teens answered:

Rape
Sexual name-calling slut, tramp
Sexual put downs or insults
Touching you sexually when you don't want to be touched

Using manipulation to get sex
If you love me you'll do it
Everyone does it

Using threats to get sex
Threatening physical harm to get sex

Wanting to have sex after hitting you
Forcing you to do embarrassing sexual things

STALKING

occurs when someone
contacts another person
over and over
without permission
making them feel
scared or unsafe.

Sometimes a boyfriend or girlfriend becomes jealous and possessive while dating. Possessive behavior is used as a form of control in a relationship. Stalking is another form of control in an abusive relationship.

One study finds that nearly 6 out of 10 women and 3 out of 10 men in the United States have been stalked. The same study found slightly over 1 in 10 females under the age of 18 also reported being stalked (Tjaden and Thoennes, 1998). The majority of stalkers have been in relationships with their victims, but a significant percentage of stalkers have never met their victims. Many are acquaintances such as fellow students, neighbors, friends, or co-workers.

The target of a stalker can be male or female. Nearly 70% of cases are men stalking women, and 30% of cases are women stalking men. A stalker can be someone you know or a stranger. The National Institute of Justice reports that strangers stalk nearly 1/4 of all female victims and over 1/3 of all male victims (National Institute of Justice, 2007).

Unsure if unsigned notes, mysterious gifts, or flowers from a secret admirer are stalking behavior? After all, movies and music videos can make this kind of pursuit and extra attention seem flattering or romantic (Brewster, 2003). Ask yourself, is this happening repeatedly without your permission? Is it making you feel uneasy and scared? Pay attention to your feelings. If your gut reaction is telling you it feels uncomfortable, it may be unsafe.

The following are stalking behaviors if they occur **repeatedly without your permission** and creates a **sense of fear**.

- ♥♥ Writing letters and sending **unwanted** gifts.
- ♥♥ Showing up **unexpectedly** when there are **no plans** to be together.
- ♥♥ Calling, paging, e-mailing, or text messaging **repeatedly**.
- ♥♥ **Continuing contact** through use of the internet.
- ♥♥ **Contacting your family/friends repeatedly** (to inquire about you and/or your whereabouts).
- ♥♥ Communicating **threats of physical harm** through any of the above means.

Stalking also includes threats of harming a person, their loved ones, pets, and damage to property. Stalking does not discriminate, it is an equal opportunity crime.

When asked, What are some examples of stalking behaviors in dating relationships, teens answered:

Trailing your every move

Following you

Showing up everywhere you go

Checking up on you all the time

Asking extra questions all the time, about where you've been and where you're going

He would call my work to check up on me

Calling you all the time, including hang ups

Writing letters to you when you do not want them

When I was out with friends, he would call everyone I was with to make sure I was with them

After we broke up he found out about my new boyfriend, he would stalk me at my new boyfriend's house...wait outside...follow me in his car when we went out...send me crazy voice mail messages...it's hard to move on (in a new relationship) when your ex is watching your every move

CYBER STALKING

occurs when technology is used
to repeatedly pursue, harass,
or contact another person
in an unsolicited fashion.

(National Institute of Justice, 2007)

Stalking also occurs electronically. Cyber stalking uses technology to stalk. Here are some examples of electronic devices used to stalk another person:



- ♥ Phones
- ♥ Cell phones
- ♥ Faxes
- ♥ Cameras
- ♥ Computer spyware
- ♥ The internet

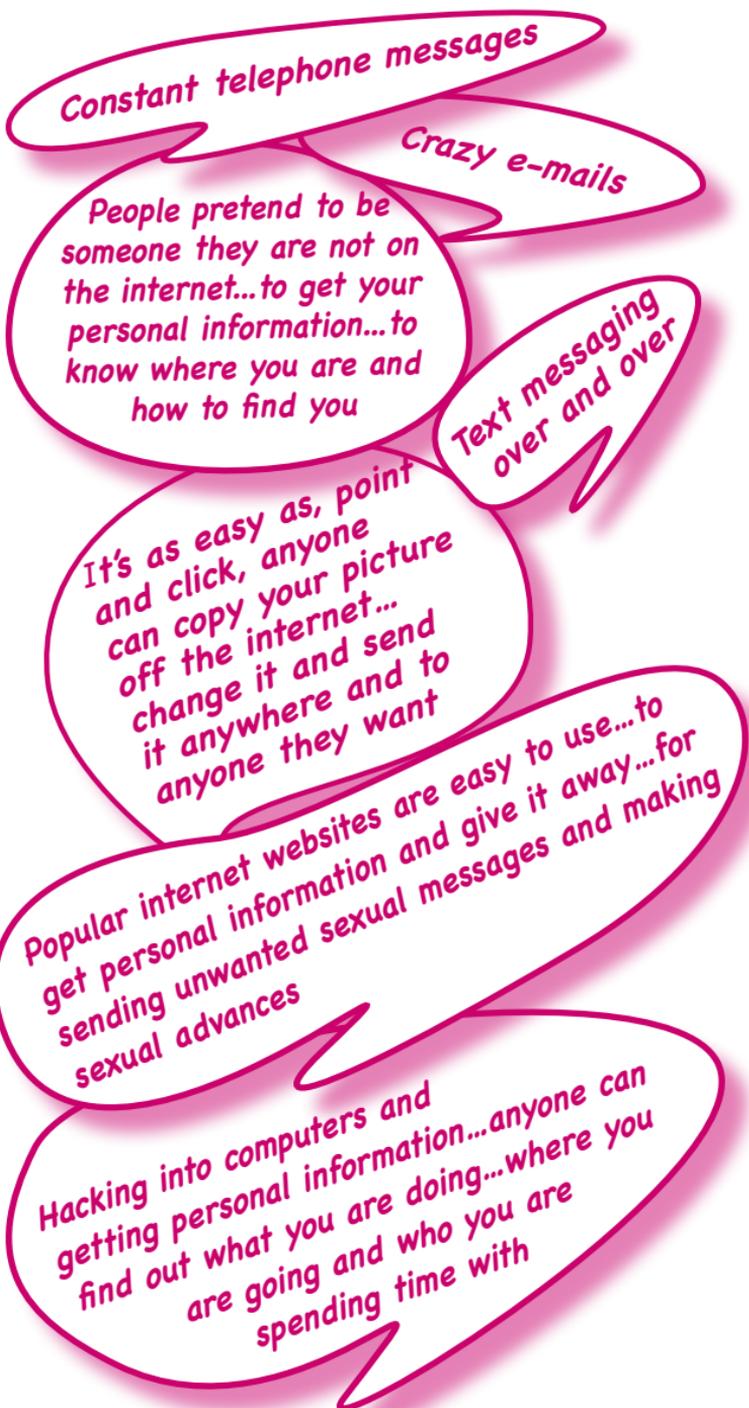
(National Institute of Justice, 2007)



Cyber stalking occurs when the internet is used to stalk someone and includes any of the following behaviors:

- ♥ Sending hurtful and untruthful e-mails to friends and family
- ♥ Creating a website about someone
- ♥ Using online chat rooms to spread information (intimate information, rumors)
- ♥ Instant messaging, paging or text messaging to get a response
- ♥ Sending unwanted or threatening e-mails

When asked for examples of **cyber stalking** in dating relationships, teens answered:



Teens also recommend, "Be extra careful about what personal information is put out in cyberspace because once the information is out there anyone can have access to it indefinitely."

HOW BEING STALKED MAY AFFECT YOU

As mixed up as this may sound, it is possible at first to feel excited and pleased to be receiving the extra attention. Whether the stalker is someone you know, someone you think loves you or a total stranger, the attention can be mistaken for romantic and date-like behaviors. Once you realize stalking is occurring you may feel confused, frustrated, concerned and alone.

Being stalked feels scary. You can have a range of emotional and physical responses.

Emotional

- ♥ Anxious
- ♥ Depressed
- ♥ Angry
- ♥ Afraid
- ♥ Helpless



Physical

- ♥ May not feel like eating
- ♥ May not feel like sleeping
- ♥ May have nightmares when you sleep
- ♥ May find it difficult to remember things

All of these feelings are **normal**.

Stalkers can be **dangerous**.



Being the target of stalking can be scary and disrupt your daily life.



Some people move to a new residence or take a new job in order to escape the stalker's attention. It may feel unfair to be in a situation that requires so much change on your part, especially when all you want is for the stalking to end.

THE CYCLE OF VIOLENCE

Serena said that even though her boyfriend, Mike, abused her sometimes, other times the relationship was wonderful. Serena described Mike as two different people: one who was violent, and then one who was fun. She noticed that Mike's behavior tended to swing back and forth between controlling and loving. This pattern of back and forth behavior is actually common in violent dating relationships. It is the cycle of violence. There are three phases in this cycle:

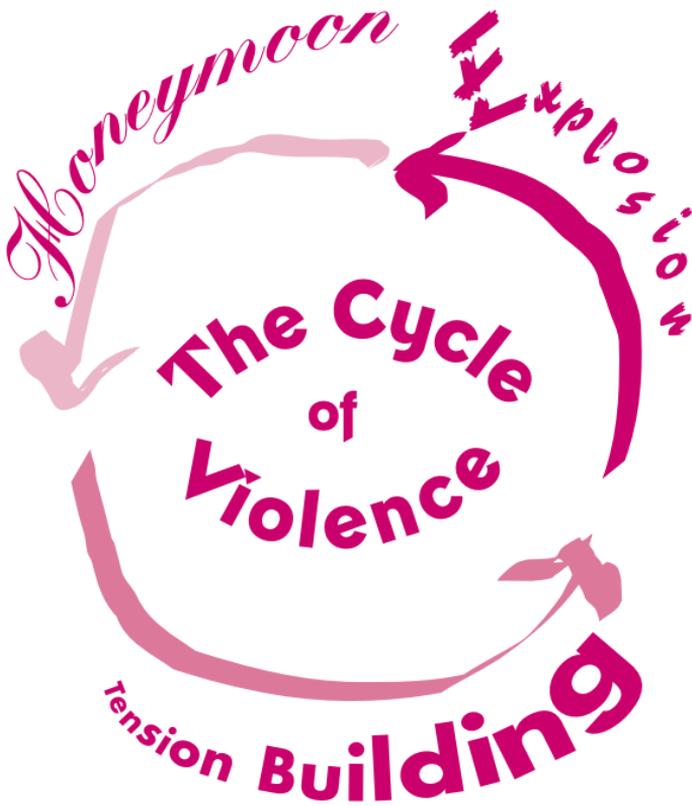
Tension Building, Explosion and *Honeymoon*.

In the **Tension Building** phase, the stress level in a violent relationship starts to build. Serena said that the tension in her relationship with Mike made her feel like she was "*walking on eggshells*". She was always stressed about what she said, or how she acted because she was worried that Mike would explode. Serena found that it didn't matter what she said or did because Mike exploded anyway. **This was his way of controlling the relationship.**

The next phase is the **Explosion** phase. The tension in a violent relationship builds until the abusive person explodes – like opening a shaken soda can. In this phase the abusive person uses **emotional, physical or sexual violence** against their boyfriend or girlfriend. Serena said that during the **Explosion** phase, Mike would push her or hit her. Once, he broke her arm.

The third phase is the *Honeymoon* phase. It's also called the "*hearts and flowers*" phase because the violent person may bring their boyfriend or girlfriend flowers or some other gift to say, "*I'm sorry*" or "*I won't hurt you again.*" The honeymoon phase can make it hard to leave a violent relationship. Serena said that after Mike exploded, he again became the loving person who was fun to be around. In this phase, Mike would promise not to hurt her again. Serena wanted to believe Mike's promise, but he continued to be abusive to her.

The cycle of violence will continue to happen again and again **unless the abusive person wants to change and gets help**. The violence will get worse during each new **explosion** and the *honeymoon* phase will begin to get shorter and shorter.



Eventually the abusive person might even stop apologizing for the violence. By the time Serena ended her relationship with Mike, he was exploding almost every day and there was no longer a *honeymoon* phase.

EVERYONE RESPONDS DIFFERENTLY

People who are in abusive dating relationships experience a lot of different emotions. When asked how the violence in their relationship affected them, teens answered:

- ♥♥ *"I felt angry that this was happening to me."*
- ♥♥ *"I found myself drifting away from my friends and family, not spending any time with them, just with my boyfriend."*
- ♥♥ *"I got depressed and had physical problems, stomach stuff."*
- ♥♥ *"I was afraid of what might happen. I was afraid to break up, but I was afraid to stay."*
- ♥♥ *"I was embarrassed that people knew about the violence. So I tried to hide it, make excuses."*
- ♥♥ *"I thought I could change my girlfriend. Help her stop being violent."*
- ♥♥ *"I thought the violence was my fault."*

These feelings are normal. Who wouldn't be angry or depressed about being in a violent dating relationship? The important thing is what a person chooses to do about these feelings. Some choose to ignore the feelings and hope the violence will go away — but unfortunately, it won't. In fact, it will probably get worse. Others' choose to do something about the violence.

WHAT SHOULD I DO?

Sometimes stalking and cyber stalking can be part of a violent dating relationship. Teens describe their current or former boyfriend or girlfriend showing up everywhere they go, following them everywhere, and calling to check on them all the time. Current or past boyfriends or girlfriends may use these behaviors as a way to maintain **power** and **control** in the relationship.

"Should I break up or stay?" Is probably the most frequently asked question when teens are trying to decide what to do about dating violence. It can be a hard decision to make, especially when there have been some good times in the relationship. It's a decision that each person has to make for him or herself. **Sometimes leaving the relationship is the only way to be safe.**

Serena said, "Away from our abusive fights, I was able to build my self-reliance in small ways. I learned to have fun without Mike, to make decisions...and [to be okay without] seeing him everyday. Slowly, I built my self-confidence. I defined myself on my own terms, rather than seeing myself as Mike's girlfriend (Levy, 1993)."



STAYING SAFE

In some cases, a person may decide to leave the relationship, stay in the relationship, or just think about it for a while longer.

If emotional, physical, or sexual violence is happening in your relationship, or if stalking or cyber stalking is occurring, whether you know the stalker or not, there are many ways to stay safe. Here is some advice from Chantel, Chris, Jill, Jose, Serena, and Wan:

"Tell someone about the violence including any stalking or cyber stalking activities. Talk to an adult you trust about what is going on in the dating relationship. Get support from an agency in the community."

Friends can give good advice, but they can also give bad advice. **Sometimes friends use negative pressure** to make a person do something he or she would not ordinarily do. For example, Jill explained that her friends thought David was a great person and they wouldn't believe that he was violent. Her friends convinced her that she would be stupid to break up with him. She stayed because her friends thought she should.

In addition to talking to friends, it is important to get another perspective. You could talk to any of the following people:

*a relative, your parents, the school nurse,
your favorite teacher, a friend's parents,
or a church leader, a guidance counselor,*

Telling others is a way for you to have emotional support. It helps to know that you are not alone. You may feel embarrassed to talk about the violence or the stalking. Other people may not understand why you are scared. Explain how you are feeling and what is making you afraid.

You may think the story of what is happening to you will sound absurd to other people. It may make you feel like not telling anyone. Even if the story sounds far-fetched, tell someone. Abusers and stalkers count on you to make light of what is happening. Take the violence and stalking seriously.

In cases of stalking, you may feel tempted to respond to the stalker's efforts to contact you.

The stalker may see any response as a reward. It may support and encourage the stalking behavior (APD, 2007).

Unfortunately, some adults do not believe that violence and stalking happen in teen relationships. Others do not understand the intensity of teen dating relationships. **Do not give up!** Keep telling adults until someone believes you and is willing to help.

It might be helpful to talk to someone who knows about dating violence. There are community agencies that know about all the stuff that happens in violent dating relationships. They can help if you are experiencing dating violence, stalking, or cyber stalking. **The people who work at these agencies can help you sort out your feelings and point out your options.**

Chris said, "Both people in an abusive relationship should get help. The person who is abusive needs to know that it's not okay to abuse someone else. The person who is being abused needs to know that there are other options (MOA, 1997)."



Try Contacting:

Local

AWAIC (Abused Women's Aid In Crisis)
(24 Hours) 272-0100

STAR (Standing Together Against Rape)
(24 Hours) 276-7273

National

National Teen Dating Abuse Helpline
(24 Hours) 1-866-331-9474

NCVC (National Center for Victims of Crime)
1-800-FYI-CALL

Stalking Resource Center
(8:30 AM-8:30 PM) 1-800-394- 2255

Agencies often describe their contact numbers as a Hotline, Crisis Line, or Helpline. They each provide a direct link to information, advice, or help. They are free to the caller and offer information over the phone. They also make referrals to local agencies. Calling one can be helpful. Your call is confidential. You can remain anonymous, unless you say you want to hurt yourself or someone else. You might be put on hold for a while but do not hang up. It is worth it once you get through!

Other agencies in Anchorage that help teens in abusive dating relationships are listed in the back of this book.



"Make a plan to keep yourself safe."

- ♥ Listen to your gut feeling. If you don't feel safe, leave immediately.
- ♥ Make a list of ways to keep yourself safe at school, at work or on the weekends. Identify safe places to go and safe people to call if you are in a dangerous situation.
- ♥ Use other people, like friends, family or school staff in your safety plan. Let them help you stay safe. For instance, you could walk to class with a friend or you could ask your parents to drive you to school or work.
- ♥ Tell school staff or the security guard if your boyfriend or girlfriend threatens or hurts you at school.
- ♥ When you go out, let someone know where you are going and when you expect to be back.
- ♥ Take money with you so you can pay for your way home if needed.
- ♥ Change your contact information.
 - Change home and cell phone numbers to a private number.
 - Request a phone line block. This blocks your phone number from view on outgoing calls.
 - Change your internet e-mail address and user ID if you use your name in the ID.
 - Change your internet service provider in the case of cyber stalking.



- ♥♥ Change your driving or walking routine to school or work.
 - Change your daily schedule to upset efforts to track your movements.
- ♥♥ **NEVER meet** with the stalker (Klinkhart, 2007).
- ♥♥ **NEVER Communicate** with the stalker. Do not return phone calls, reply to e-mails, text messages, or letters (Klinkhart, 2007).

“Get medical attention if necessary.”



If you have been abused physically or sexually, go to the hospital or get other medical attention.

If you are sexually assaulted, do not shower, brush your teeth, or change your clothes before going to the hospital. Sometimes important evidence from the assault can be found on your clothes and your body. Collecting it can make it easier for police to follow-up on your case.

When you go to the hospital, if you want to report the sexual assault to police, tell the doctor and the nurse that you want to make a report. The hospital will contact the Anchorage Police Department (APD) who will meet with you to take your report.

If the assault took place within the last 96 hours the officer will call the Sexual Assault Response Team (SART) or Alaska CARES (if you are 15 years of age or younger) for a medical forensic examination. A forensic examination or SART exam is the collection of evidence from your clothes and your body. The evidence can be used to prosecute the offender. The SART team includes law enforcement, specially trained nurses, and an advocate to provide emotional support and information.

If you do not wish to make a report to the police you can be seen at any hospital emergency room, the Municipal Department of Health and Human Services (MOA, DHHS), Reproductive Health Clinic or at your regular doctor's office for a check-up and sexually transmitted disease (STD) testing.

MOA, DHHS, Reproductive Health Clinic
825 L. Street **343-4611**

You can always request to have an advocate from **STAR** come to the hospital for emotional support.

STAR **276-7279**

If you are under 18 years old, the hospital may need to notify the Office of Children's Services, a state protection agency, that you have been sexually assaulted.

Give the doctor or other medical staff complete information about your injuries. Always ask for a copy of your medical record.



**"Use the legal system.
File for a protective order."**

In Alaska, you can receive emergency legal protection if you are stalked, emotionally, physically or sexually abused in a dating relationship. This protection is provided by the court system and is called a "protective order." Protective orders, also called restraining orders, are available in cases of stalking, sexual assault, and domestic violence.

When you seek legal protection from a current or former boyfriend or girlfriend, you can request a **domestic violence** protective order.

If the sexual assault or stalking did not occur in a dating relationship, you can request a **sexual assault** or **stalking** protective order.

Domestic violence protective orders last up to twelve months. Sexual assault and stalking protective orders last up to six months.

Alaska law requires a parent or legal guardian to file a protective order for a person under the age of 18. In some instances teens have turned to other adults they trust to go to the courthouse for the protective order. The court considers these requests on a case-by-case basis.

Chantel said that she had to get a protective order against her boyfriend, Larry. She described what the order covered. *"The court ordered him to stay away from me...and not come around me at school, at my house, or on the street. He couldn't communicate with me by telephone, letters, or e-mail. Most importantly, the court ordered him to stop hurting me (MOA, 1997)."*

To get a protective order, fill out a petition form at the courthouse located at 303 K Street, Domestic Violence Office, M-F, 8:00 am - 9:00 pm, weekends noon to 9:00 pm, Phone: 264-0616. After hours call APD Dispatch at 786-8900 and ask an officer to file an emergency 72-hour protective order. Protective order forms are also available on the Alaska Court web site: <http://state.ak.us/courts>.

The petition asks you to give the following information:

- ♥ Your name, address and date of birth
- ♥ You may request home or telephone information be kept confidential
- ♥ The name, address and date of birth of the person who is abusing you
- ♥ The nature of your relationship (dating, living together, married)
- ♥ How you have been stalked, emotionally, physically, or sexually hurt
- ♥ How you want the court to protect you

After filling out the paperwork, the magistrate or judge will ask some important questions about the situation. Once the petition is granted, **keep a copy with you at all times.**

Give a copy of the restraining order to school staff, especially the principal and other supportive adults.

Once the court has served notice to your boyfriend or girlfriend that a protective order has been granted against them, any contact with you is a violation of the order. Keep a small notebook with you at all times to write down any attempts your boyfriend or girlfriend makes to contact you. Keep track of the date, time, and frequency of all phone calls, voice mail messages, e-mails, letters, drive-bys, and any evidence of contact, such as photos of any damage to property. Provide this information to the police and report any violations of the protective order to police.



“Call the police.”

**If you are in immediate danger
call 911!**

Calling the police can be a hard decision to make. This could be your first time calling for help, someone may have described an unpleasant experience with police, or you may have past legal issues. All of these concerns can effect your decision to call the police. This is a decision only you can make. **Sometimes calling the police is the only way to be safe.**

Jose said he didn't realize he had a problem until he was arrested for beating up his girlfriend.

Jill remarked, *“When the police and the principal at school and the courts responded to what was happening to me, and said that this was a serious crime, I realized how badly I was being hurt (Levy, 1993).”*

Some people do not think ***dating violence or stalking is a crime. It is!*** Alaska law calls physical or sexual abuse of your boyfriend or girlfriend **“assault.”** Others do not think **you can make a report to the police** about dating violence or stalking.

You can! If you are being stalked, physically or sexually assaulted, you can call the Anchorage Police Department at 786-8500 or Alaska State Troopers at 428-7200 to make a report.

The officer will need to obtain as much evidence as possible to show the court what happened. With enough evidence, the police can make an arrest. **The arrest happens because stalking and/or assaulting someone is a crime.**

When you make a report, ask for a case number, and keep your case number.



Reporting Assault

Tell the officer how and where the assault happened. The officer may take pictures or ask questions of witnesses who were there when the assault happened. The officer may need to tape your statement.



Reporting Stalking

Tell the officer you want to report stalking. Describe how scared you felt. If you have any evidence such as taped phone calls, letters, messages, or gifts, keep these available for the police. Provide times and dates of all contact. Tell where and when the stalker contacted you without permission. If the stalker makes contact again, call the police and report the new information. If the stalker approaches you and you are afraid, call 911.

Take all contact seriously!

Report any contact to police!

HEALTHY RELATIONSHIPS

So, you've thought about the relationship, kept yourself safe, and gotten help. What's the next step? Here's some advice from Chantel, Chris, Jill, Jose, Serena, and Wan about starting a **healthy dating relationship**.

- ♥ *"Love yourself before starting a dating relationship. Know what you like and don't like in a dating relationship. Know what you want and what you don't want."*
- ♥ *"Find out about the other person before you start to go out with him or her. Spend time talking about his or her values and beliefs. Ask what's important to him or her in a dating relationship."*
- ♥ *"Spend time together in a group of friends or with your family before spending time alone. Go slowly in the relationship."*
- ♥ *"Let friends or family know where you are going on a date and when you expect to be back."*
- ♥ *"Don't use alcohol or drugs. It's difficult to make good decisions when you're drunk or high. Avoid dating people who use drugs or alcohol. When your boyfriend or girlfriend is using drugs or alcohol, he or she is not able to make good decisions. Using drugs or alcohol can definitely contribute to dating violence."*
- ♥ *"Keep in touch with your friends, even after you start dating someone. It's easy to drift away from friends and only spend time with your boyfriend or girlfriend. When you are isolated from your friends and don't have any support, it is easier for your boyfriend or girlfriend to abuse you."*

When asked for examples of what to look for in a **healthy dating relationship**, teens answered:



After Chantel broke up with Larry, she started a healthy relationship with a guy she described as *"...thoughtful, gentle, comfortable, warm, and safe...We don't have the intense highs and lows that I had with Larry. We make decisions together, and he encourages me to do things that are important to me (Levy, 1993)."*

EVERYONE DESERVES RESPECT!

That sentence is worth repeating.



Each person deserves happiness and respect in his or her dating relationship. It may take time and work, but breaking free from an abusive relationship and starting a healthy and happy relationship is possible!

Serena reflected on her violent dating relationship and explained, *"I can look back at my younger self and see in her the beginnings of a fighter, someone who would insist that she deserve something better than violence. I became someone who loves herself enough to settle for nothing less than happiness and self-respect (Levy, 1993)."*

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COMMUNITY RESOURCES

SERVICES FOR GIRLS OR GUYS:

- AWAIC** 272-0100
24 Hour Crisis Line
Individual and group support
for dating violence issues, 279-9581
for girls and guys. Also a shelter. Business
- The Men and Women Center** 272-4822
Individual and group support
for girls and guys.
- The Recovery Connection** 332-7660
Individual and group support
for girls and guys.
- Community Service Center** 339-4430
750 W. 5th Ave., M-F, 9 am - 7 pm.
A Covenant House program that serves runaway
and homeless youth ages 13-20.
A drop in center for counseling, referrals and
employment assistance.
- Covenant House** 272-1255
609 F Street
Shelter for youth ages 13 - 20.
- STAR (Standing Together Against Rape)** 276-7273
24 Hour Crisis Line
Individual and group support 276-7279
for sexual abuse issues. Business
- Anchorage Community Mental Health Services**
Individual and group support. 563-1000
- Alaska Youth and Parent Foundation** 274-6541
P.O.W.E.R. Program
Individual and group support.
- Southcentral Foundation** 265-4912
Individual and group support for teens.

THE REST OF CHANTEL'S STORY

"I was intimidated by Larry. I knew I deserved more out of a relationship than abuse. I talked to my parents, and then to my guidance counselor. We created a safety plan. I started a group at a local agency. After I broke up with Larry, he still tried to control me by constantly calling and threatening me. He finally started dating someone at a different school; but I heard he's abusing her too. I hope she realizes that she's being abused and gets help like I did (MOA, 1997)."

THE REST OF CHRIS'S STORY

"I finally figured out that I couldn't change my girlfriend. She had to get some help for herself or she wasn't going to change. I decided that I didn't want to be in a relationship with someone who wanted to control me. I wanted to have control over my own life. My teacher at school and my uncle were really supportive and helped me decide what I wanted to do (MOA, 1997)."

THE REST OF JOSE'S STORY

"Counseling has been going really well. It was hard at first because I was embarrassed to talk about my feelings and stuff. But it's better now that I've gotten to know the other guys in my group. The other day I got angry at my girlfriend, but instead of yelling at her, or hitting her like I used to, I just told her how I was feeling, and we talked it out. I don't need to control her to feel good about myself (MOA, 1997)."

NOTES

NOTES

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