

## How To Report and Get Help

### REPORTING VIOLENCE:

- Call the **Douglas County Sheriff's Office** by dialing **911** for emergencies or **303-660-7500** to make a report.
- After reporting, you may ask to speak with a **Victim Advocate** who can assist you with a **safety plan and resources** for you or your family.
- Speak with your **School Resource Officer** who can also take a report.



If you are in  
**IMMEDIATE** danger—  
Call 911

### GETTING HELP:

- If you think you are in an abusive relationship, get help immediately. Don't keep your concerns to yourself.
- Being a victim of dating violence is not your fault. Nothing you say, wear, or do gives anyone the right to hurt you.
- Talk to someone you trust like a parents, teacher, school counselor, or nurse.
- Call your local domestic violence shelter for resources and information—**Women and Family Crisis Center** at **303-688-8484**.

**Victim Assistance can provide teens and parents with:**

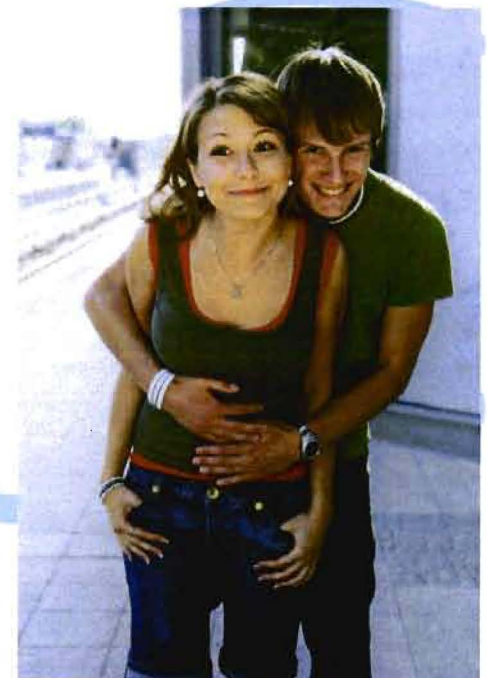
- **Information on crime victims' rights and services available to those who have experienced victimization.**
- **Safety planning for ideas to keep safe.**
- **Information on what to expect at different points during the investigative process.**
- **Advocacy and accompaniment during legal proceedings.**
- **Referrals to other community agencies for additional resources and for long-term support.**

## **DOUGLAS COUNTY SHERIFF'S OFFICE VICTIM ASSISTANCE**

4000 Justice Way  
Castle Rock, CO 80109  
Phone: 303-660-7535  
[www.dcsheriff.net](http://www.dcsheriff.net)

## **DOUGLAS COUNTY SHERIFF'S OFFICE VICTIM ASSISTANCE**

## Dating Violence



Telephone: 303-660-7535

## What is Dating Violence?

Dating violence is controlling, abusive, and aggressive behavior in an intimate relationship. It can include verbal, emotional, physical, sexual abuse, or a combination of all these. It can be boyfriends being abusive toward girlfriends and it can also be girlfriends being abusive toward boyfriends. It can happen in straight or gay relationships.

### Examples of controlling behavior:

- Calling or texting you frequently to find out where you are, who you are with, and what you are doing.
- Not letting you hang out with your friends.
- Having to be with you all the time.
- Telling you what to wear.

### Examples of verbal & emotional abuse:

- Calling you names.
- Jealously
- Belittling you (Cutting you down)
- Threatening to hurt you, someone in your family, or themselves if you do not do what they want.

### Examples of physical abuse:

- Shoving
- Hitting
- Kicking
- Hair pulling
- Strangling
- Pushing
- Slapping
- Pinching
- Intimidation (Blocking doorways so you can't leave or throwing objects)

### Examples of sexual abuse:

- Unwanted touching or kissing
- Forcing you have sex
- Not letting you use birth control
- Forcing you to do other sexual acts

## Warning Signs of an Abusive Person

- Will not take "NO" for an answer
- Is jealous and possessive
- Makes all the decisions
- Dismisses other people's opinions and feelings
- Wants to control a person's friends and activities
- Puts constant pressure on someone
- Demands to know where someone is all the time
- Uses guilt trips, "If you really loved me, you would..."
- Has a history of bad relationships
- Blames the other person for their feelings and actions— "You asked for it" or "You made me mad"
- Apologizes for violent behavior and promises not to do it again

## Excuses for Abuse

People who are abusive in a dating relationship use excuses all the time to justify their hurtful behavior. People who hear them may start doubting whether or not their concerns about the relationship are valid, and they will put up with the abuse.

- "I was having a bad day"
- "Jealously is a normal part of any relationship"
- "I was drunk or high. Drugs made me do it"
- "I had a bad childhood"
- "I should be more important than your friends"
- "You got me upset or angry"

Information in this brochure provided by: The National Center for Victims of Crime. (2007). *Teen Tools: Dating Violence*. Available at <http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspxnz?DocumentID=45314>.

ChooseRespect.org (N.D.). *What is Dating Violence?, Warning Signs, Excuses for Abuse, and Safety Tips*. Available at <http://chooserespect.org/scripts/index.asp>

## Why It Can Be Hard to Leave an Unhealthy Relationship...

**LOVE:** You may sincerely love your dating partner even if you may hate some of their behaviors.

**PROMISES:** Your partner may sugar-coat their words and promise the abuse won't happen again.

**CONFUSION:** You may be confusing genuine love and controlling love, especially if you have grown up in an abusive and/or unsupportive family.

**DENIAL:** Trying to downplay or minimize abuse is a common reaction. Maybe you think "It could be worse," but that still does not make abuse okay.

**GUILT:** You may feel like the abuse is your fault, and your partner may blame you for it.

**FEAR:** You may be afraid of what would happen if you told the truth. Or you may fear being alone if the relationship ends.

**BELIEF YOU CAN CHANGE YOUR PARTNER:** You may think you can try to change your partner if you try hard enough or put enough time and devotion into it.

**LOW SELF-ESTEEM:** If you are a victim of emotional or verbal abuse, you may feel unlovable or unworthy of love. You may stay in an abusive relationship because you think you'll never find someone better.

**FALSE HOPES:** You may think the violence may stop, Abuse is a pattern of behavior and most times it continues to escalate.

**PEER PRESSURE:** You may be afraid of what your friends might think if you were single.

