

DATING VIOLENCE

The intent of one partner to intimidate, physically assault, sexually assault, and/or use other abusive behaviors against the other as part of a systematic pattern of power and control.

THREE OAKS OFFERS:

- * 24 hour crisis information from experienced counselors.
- * 24 hour emergency shelter.
- * Safety planning.
- * Individual counseling.
- * Referrals and advocacy.
- * In house children's program.
- * Interpreters.
- * Support groups for women.
- * Help to find and keep new safe housing.
- * Public Education presentations.
- * College student placements.



24 Hour Crisis Line

613-966-3074

1-800-267-0533

Centre Hastings

613-473-1976

www.threeoaks.ca

“HE
CHECKS
MY TEXTS
BEFORE I
DO.”



Dating Violence

**Signs that you may
be in an abusive
relationship &
information on where
to get help.**



YOU MAY BE IN AN ABUSIVE RELATIONSHIP IF YOUR PARTNER:

- Won't let you talk to other people, even if they are your friends.
- Partner is very jealous.
- Constantly puts down what you wear and what you do.
- Likes to scare you by driving too fast or doing reckless things.
- Wants to know where you are and who you are with at all times.
- Tells other people about things you did or said that embarrass you or make you feel stupid.
- Gets 'carried away' during horseplay and hurts you, or holds you down and makes you feel helpless until you give in or feel humiliated.

Becomes very angry about small things; like not being ready on time for a date or wearing the 'wrong' clothes.

Puts your friends down and asks you to stop seeing them.

Does not like your friends or your family.

Does not want to do any of the things that are you interested in.

Is often depressed or withdrawn but won't talk about their feelings; puts blame on everyone else.

Becomes angry or violent when using alcohol or drugs.

Forces you to do anything sexually that you don't feel ready to do; either by physical force, put downs, threats or other emotional pressure (will tell your mom what you did this last year).

If you are a young woman 16 years of age and over a Community Outreach Worker can help you with counseling, safety planning and support. For more info call the crisis line at 613-966-3074.

Continually tells you that you are stupid, fat, lazy, ugly, and so on.

Has old fashioned traditional ideas of what men and women should be and do.

Makes awful jokes about women or men.

Makes threats about hitting you, hurting your friends or pets, or threatening to kill themselves if you don't obey.

Has ever hit you or yelled at you, regardless of how sorry they may feel afterwards.

IT'S NOT YOUR FAULT

You may love your partner and hope that things will get better. No matter how hard you try, the abuse almost always gets worse. You can't control the violence because it is not your fault. The abuser is responsible for the abuse.