

Get the Truth about
Teen Dating and
Violence
&
Domestic Violence



2003

WHAT IS DOMESTIC VIOLENCE?



HEALTHY RELATIONSHIP QUIZ:

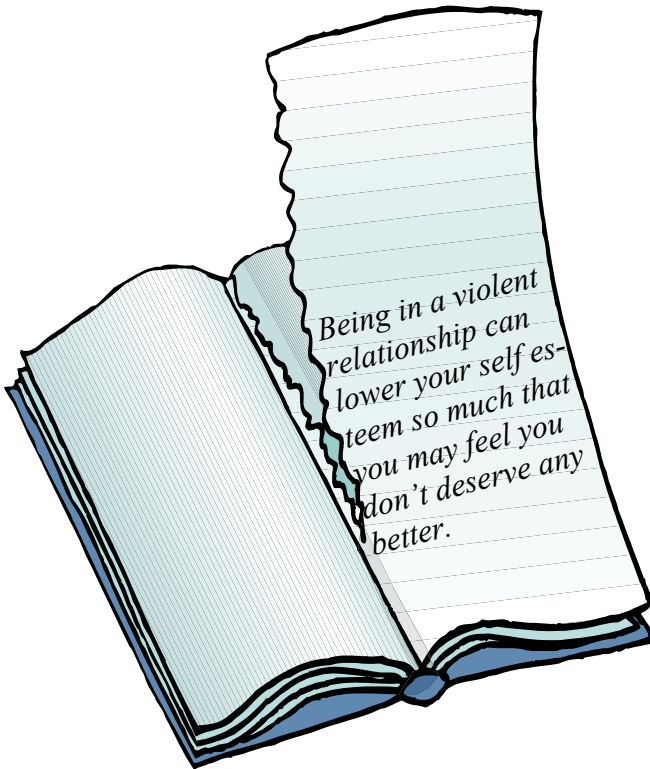
Domestic violence includes all types of family, relationship and intimate abuse. It is more than just physical abuse, it also involves verbal abuse, emotional abuse, sexual abuse and controlling someone's money.

1. Is your boyfriend very jealous or possessive? Does he accuse you of flirting or cheating on him? Does he consistently check up on you?
2. Does he tell you how to dress or how much makeup to wear?
3. Does he try to control what you do and who you see? Does he isolate you from your family and friends?
4. Does he have big mood swings where one minute he is angry and/or yelling at you, and the next minute he is sweet and apologetic and says he can't live without you?
5. Does he put you down or criticize you and make you feel like you can't do anything right or that no one else would want you?
6. Does he yell, kick, shove, punch, slap, hold you down, throw things or hurt you in any way?
7. Does he threaten to hurt you or somebody you care about (like himself, your family, your friends or your pets)?
8. Does he force or pressure you into having sex or going further than you want to?

If you answered yes to some of these questions, your relationship may not be as healthy as you deserve.

YOU HAVE THE RIGHT TO:

- Refuse a date.
- Suggest activities or refuse activities, even if your date is excited about them.
- Have your own feelings and be able to express them.
- Say you think your partner is wrong about something or that his actions are unfair or inappropriate.
- Refuse to lend money.
- “Say no” (you can refuse sex with anyone, anytime, for any reason).
- Have friends and space aside from your partner.
- Be loved.



MANY BATTERED TEENS FEEL:

- ◆ Constant anxiety
- ◆ Powerless
- ◆ Fearful
- ◆ Worthless or depressed
- ◆ Isolated
- ◆ Responsible for problems in the relationship



HOWEVER...

- ◆ There are lots of reasons why breaking free may be hard, may not be what you want or may put you in even more danger.
- ◆ You may have mixed feelings toward your abuser. It's hard to think about breaking up with someone you love most of the time.
- ◆ From a very early age, we get the idea that having a romantic relationship is the most important thing in the world and is worth any sacrifice.
- ◆ Going out with someone can be a status symbol, a way to feel more secure, or a way to break into a new circle of friends.
- ◆ Some people just don't like to be alone. They may feel that any relationship is better than no relationship.
- ◆ Many teenagers don't want to go to their parents for help.
- ◆ Lesbian, gay, or bisexual teens might worry that people will see one violent relationship as proof that all same sex relationships are unhealthy.
- ◆ Research has shown that in some cases danger increases if the abuser is arrested or if the victim leaves the relationship.

TYPES OF ABUSE

Domestic violence involves a pattern of abusive behavior. This abuse can be physical, sexual, verbal or emotional, or a combination of some or all of these.

Physical Abuse is any intentional unwanted contact with the victim's body caused by the abuser.

EXAMPLES:

Scratching	Punching
Biting	Kicking
Pinching	Burning
Pulling Hair	Choking
Pushing	Using a weapon on the victim
Slapping	

SEXUAL ABUSE is any uninvited sexual behavior that violates the victim's right to "say no."

EXAMPLES:

- Date rape
- Unwanted kissing or fondling
- Forcing the victim to go further than she wants
- Unwanted rough or violent sexual activity
- Refusing to let the victim use birth control or protection against sexually transmitted diseases.

VERBAL/EMOTIONAL ABUSE is anything that the abuser says or does to the victim which causes fear, affects the victim's self esteem or controls or manipulates the victim's emotions.

Examples:

- Name-calling
- Insulting remarks about the victim, her family or friends
- Yelling and screaming
- Threats of violence and harm to you or your child
- Embarrassing the victim in front of others
- Isolating her from friends and family
- Ordering you what to do
- Making her feel responsible for causing the violence

Stalking
Harming or threatening to harm her pets
Threatening suicide
Using your immigration status against you

THE CYCLE OF VIOLENCE

Although each situation is different, there are common patterns and warning signs of abuse. Abusive relationships often follow a pattern called the “cycle of violence,” which involves a continuous cycle from a honeymoon stage, to tension building to an explosive incident, and then back to the honeymoon stage.

Early on in the relationship, it can be difficult to recognize abusive and controlling behaviors as a part of a pattern of abuse. As a result the victim and others may see the first explosive or violent incident as an isolated one. This, along with the abuser’s apologies and promises that he will never do it again, often convince the victim to stay and “work it out.”

Later, fear, isolation and confusion caused by the continued cycle of abuse can keep a victim “walking on eggshells,” afraid to tell anyone what is happening or to reach out for help.

Does abuse happen Only in a serious long-term relationship?

No! Many acts of abuse occur during causal dating.

Forced sex (sometimes called “date rape” or “acquaintance rape”) can sometimes happen the first or second time two people go out, especially when one person has very little dating experience and is afraid to say “no”.



THE IMPORTANCE OF CULTURAL BELIEFS

Your relationships may be affected by your cultural and ethnic background. You might be from a culture where dating is taken very seriously. If you are dating someone your parents would not approve of, you may be afraid to tell anyone.

If you have strong feelings of loyalty to your family or culture, or if your family has had to cope with a lot of hardship or discrimination, this may make it hard to seek outside help if you are being abused. Also, some teens feel they should not have dreams and goals that are different from their family's, or that their future totally depends on finding someone to live and provide for them. This may make it harder to leave an abusive relationship.

SO WHAT ARE THE STEPS I SHOULD TAKE?

Step I: Take it seriously. Listen to yourself. Trust your feelings. Ask yourself questions like:

Does my partner hit me?

Does my partner use drugs and alcohol to the point where his/her behavior gets unpredictable?

Am I pregnant? (The abuser's possessiveness and violence often increases after the woman becomes pregnant).

Do I have a disability that makes it more dangerous for me to be in an abusive relationship?

Step II: Once you have questioned how dangerous your situation is, you can think about your options:

Sometimes it may be safe to leave an abusive relationship. Other times, the safest option is to plan to leave later. Some people choose not to leave a relationship at all, but try to stay safe within the relationship.

WHETHER OR NOT YOU DECIDE TO LEAVE THE RELATIONSHIP, THERE ARE CERTAIN THINGS YOU SHOULD DO TO KEEP YOURSELF AND YOUR CHILDREN SAFE.

HOW CAN YOU INCREASE YOUR SAFETY WHILE YOU ARE STILL IN THE RELATIONSHIP?

1. Keep important phone numbers (police, hotlines or shelters, family, friends) with you at all times and always have change for a phone call.
2. Tell as many people as you can about the violence and ask them to call the police if they ever think you are in danger.
3. Develop code words to use with friends and family when you are in immediate danger.
4. Make a list of four places you could go to be safe if you needed to get away in a hurry.
5. Find a place where you can leave emergency money, keys and clothes.
6. Get counseling or join a support group for victims of dating and domestic violence.

HOW CAN YOU INCREASE YOUR SAFETY WHEN THE RELATIONSHIP IS OVER?

1. Go to court get a restraining order and give copies of the order to the police, your school, your work or any other place where you spend time. Keep an extra copy with you at all times.
2. Tell the people close to you about the violence and that you are no longer in the relationship and ask them to look out for you and get help if they think you are in danger.
3. If possible, change the locks in your house that the abuser has keys to.
4. Make an escape plan in case you are in danger and have to leave home suddenly.
5. Try not to be alone in isolated areas.
6. Find someone you feel comfortable talking to when you need some extra support or are afraid you might go back to the abuser.
7. Join a support group for victims of dating and domestic violence.

Items to take if I must leave Home:

1. ID, Social Security card, driver's license, green card.
2. Address Book
3. Change for a phone call
4. Money, checks or credit cards
5. Keys
6. A change of clothes for you and your children
7. Any medications you or your children need
8. Any papers you need for school or work
9. Photo of the abuser for police identification
10. Copy of your apartment lease (if you have one)
11. Birth, Marriage, Divorce documents or any other court documents related to your case.

WHAT IF I HAVE A FRIEND WHO'S IN TROUBLE?

COMMON CLUES that someone you know may be experiencing violence in their relationship:

- ◆ She has physical bruises or other signs of physical injury.
- ◆ She is truant or misses or fails classes, withdraws from after-school activities; drops out of school
- ◆ She is suddenly more socially isolated.
- ◆ She has difficulty making decisions; avoids eye contact.
- ◆ She has sudden changes in mood or personality.
- ◆ She has begun to use alcohol or drugs.
- ◆ She feels pregnancy will help her get out of a bad situation.
- ◆ She cries for no apparent reason.
- ◆ She overreacts to minor incidents.

WHAT CAN YOU DO IF SOMEONE YOU KNOW IS BEING ABUSED?

- ◆ Listen to her without judging her.
- ◆ Help her to recognize what's happening is not normal.
- ◆ Help your friend talk to trusted adults to get help.
- ◆ Encourage your friend's strength and courage.
- ◆ Invite her to take part in activities with you.
- ◆ Help her develop a safety plan.
- ◆ If she is able to break off the relationship, continue to be supportive of her once she is alone.

IF YOU ARE THE ONE DOING THE HURTING

11.

- ☞ For your own sake and for the sake of the person you love, get help! The problem of hurting people when you're angry or frustrated or jealous is not going to go away on its own. Even if you honestly think you're sometimes justified in your actions, you need to talk over this behavior with someone who can give you some new ideas about how to handle your feelings.

- ☞ Drinking alcohol or using drugs does not make you hurt someone. It can have unpredictable effects, though and can change the way you view situations. You can never use drugs and alcohol as an excuse for abusive behavior. You should make it a reason to go for help for substance abuse.

- ☞ Nobody is ever justified in hurting someone else to get their way. You're not going to get what you're looking for - love, respect, kindness, affection, a happy time with someone who loves and trusts you – unless you learn how to deal with your frustrations in a way that is not hurtful to others.

- ☞ You are not a bad person – just someone who needs help to stop a bad behavior. You can learn new ways to deal with our anger, to fight fair, to communicate and to give and receive love in relationships. Don't let shame or fear stop you. Talk to a parent, teacher, religious leader, doctor, nurse, psychologist, or guidance counselor today.

DOMESTIC VIOLENCE RESTRAINING ORDERS

WHAT IS A DOMESTIC VIOLENCE RESTRAINING

ORDER?

A domestic violence restraining order is a court order that orders the abuser not to contact or come near you. There is no fee for a domestic violence restraining order.

HOW DO I QUALIFY FOR A DOMESTIC VIOLENCE RESTRAINING ORDER?

*Your immigration status does not matter!
(No one should ask you about it).*

There are two requirements:

- (1) a “domestic relationship” and
- (2) abusive behavior
 - (A) The abuser must be your current or former spouse, someone you have lived with, dated or been engaged to, the parent of your child, or a relative by blood, marriage or adoption.
 - (B) The abuser must have caused or attempted to cause you bodily injury or to sexually assault you, or have threatened you with imminent and serious bodily injury and there is reason to believe that he will carry out those threats.

What can a Domestic Violence Restraining Order Do?

A domestic violence restraining order can order the abuser:

- Not to contact you
- To Stay 100 yards away from you, your home, school, work or your children's school
- To move out of your home
- To reimburse you for out-of-pocket costs directly caused by the violence against you
- To attend batterers' treatment counseling
- To return items of your personal property to you

The restraining order can also contain custody, visitation and child support orders.

Violation of a Domestic Violence Restraining Order is a crime.

SHOULD I GET A RESTRAINING ORDER?

While a domestic violence restraining order can be a useful tool to help you break free from an abusive relationship, it is not a bullet proof shield and cannot guarantee your safety. A restraining order is not the answer for everyone.

HOW LONG DOES A DOMESTIC VIOLENCE RESTRAINING ORDER LAST?

First you can get a temporary restraining order (called a TRO). This protects you for approximately three weeks, until the date of the court hearing for the permanent restraining order. A permanent domestic violence restraining order can last up to three years and may be renewed after that.

REASONS TO GET A RESTRAINING ORDER

- To feel stronger or good about yourself for taking control of the situation
- To encourage police assistance before the abuser hurts you again
- To establish an official record of the abuse
- To make the abuser move out of your home
- To establish a safer visitation schedule for your children
- To allow you to enjoy school, work and other activities with less threat of harm

REASONS NOT TO GET A RESTRAINING ORDER

- You think it will make the abuser more violent and will put you in greater danger
- You do not want to report the abuser to the police
- You do not want friends or family to know about the abuse
- You are afraid of peer or gang retaliation
- You are moving far away
- You do not want to spark the abuser's interest in your children and you believe he will not otherwise try to get visitation or custody

WHERE TO GET A RESTRAINING ORDER

- **If it is an emergency, call 911.** When the police come, ask them to get you an Emergency Protective Order (EPO), Which is good for 5-7 days, until you can go to court to get a long restraining order.
- If it is not an emergency, there are people who can help you. Call one of the numbers listed in the back of this brochure.
- Go to your local courthouse. Many courthouses have programs where experts are available to help.

WHAT IF YOU ARE UNDOCUMENTED?

If you are undocumented and you or your child are being abused, there is a special immigration law that may help you get legal status.

The “Violence Against Women Act” (VAWA) is a law to help undocumented adults and children who have been abused by a spouse, parent, or step-parent who is a U.S. Citizen or Lawful Permanent Resident (“green card” holder). Under VAWA, you can apply for immigration benefits on your own. You do not have to depend on your abuser to file the immigration application. Call a domestic violence or immigration assistance program for more information. (See the resources in the back of this booklet).

WHERE TO GET HELP

If you or someone you're with is hurt or in danger, get away and get help from a friend or neighbor. **Call 911 for ambulance and/or police assistance.**

Legal Assistance:

Asian Pacific American Legal Center 213/977-7500
1145 Wilshire Boulevard, 2nd Floor
Los Angeles, CA 90017
Monday-Friday 9:00 a.m. – 5:00 p.m.
Appointments Only

Break the Cycle..... 310/286-3366
Or 888/988-TEEN
Free legal services and referrals related to teen/youth domestic violence

Legal Aid Foundation of Long Beach..... 562/435-3501

Legal Services Program for Pasadena and San Gabriel-Pomona Valley..... 714/622-1417
243 East Mission Boulevard
Pomona, CA 91766
Tuesday, Thursday Call after 9:30 a.m.

Los Angeles Center for Law and Justice..... 323/980-3500
1241 South Soto Street
Suite, 102
Los Angeles, CA 90023
Appointments only

Public Counsel..... 213/385-2977
Children's Rights Project..... ext. 500
Immigrants' Rights Project..... ext. 100
SERVICES: VAWA: Individual representation in domestic violence related immigration cases. Free, if meets low-income guidelines.

Neighborhood Legal Services..... 818/896-5211
13327 Van Nuys Boulevard
Pacoima, CA 91331
Monday-Friday 9:00 a.m. – 5:00 p.m.
Appointment Only

Court Based Programs

Maynard Toll Domestic Violence Clinic

Los Angeles County Superior Court
111 North Hill Street, Room 245
Los Angeles, CA 90012
Walk-ins: Monday, Wednesday, Friday 8:30 a.m.- 11:30 a.m.
And 1:30-3:30 p.m. except for holidays, first come, first served.
COST: Free
Guidelines: Income restrictions
Services: Provides brief legal advice and counseling,
Referrals to not for profit legal service agencies, reviews and/or
Prepares court forms, provides self-help materials.
No interpreters available.

BURBANK DOMESTIC VIOLENCE CLINIC

300 East Olive Avenue, Room 216
Burbank, CA 91502
Hours: Monday-Friday, 8:30 a.m.-12:00 noon
Apts: No appointments. Walk-ins only.
COST: Free for low-income individuals.
GUIDELINES: None.
SERVICE: Assistance in preparing paperwork for Restraining Orders.

DOMESTIC VIOLENCE CLINIC

Community Legal Services/sponsored by the Los Angeles
Superior Court
200 W. Compton Blvd. Room 902
Compton, CA
(310) 638-6194
HOURS: 9:00 a.m. – 11:30 a.m. Monday-Friday
COST: Free
GUIDELINES: Income and geographic restrictions
SERVICES: Restraining Orders

DOMESTIC VIOLENCE CLINIC

Legal Aid Foundation/sponsored by the Los Angeles Superior Court.

415 W. Ocean Blvd., Room 102
Long Beach, CA 90802

No phone available-For information or assistance,
Call (562) 435-3501

COST: No fee-assistance to low-income families

HOURS: 10:30 a.m. – 3:30 p.m., Monday-Friday

SERVICES: Restraining Orders

DOMESTIC VIOLENCE PROJECT (SPONSORED BY LOS ANGELES COUNTY BAR ASSOCIATION)

Pasadena Superior Court
300 E. Walnut Street, Room 100B
Pasadena, CA 91101

(213) 624-3665 (For more information)

APPTS: No appointment needed

HOURS: 9:00 a.m. – 12 p.m.

SERVICES: Assistant with Domestic Violence and Restraining Orders

GUIDELINES: Party must be a resident of Pasadena of the San Gabriel Valley area.

COST: \$20.00, may be waived if party qualifies.

DOMESTIC VIOLENCE CLINIC

(Neighborhood Legal Services)

900 Third Street
San Fernando, CA 91340
(818) 898-2684

HOURS: Monday – Friday, 8:30 a.m. to 12:00 p.m.

Services: Assistance to persons seeking Restraining Orders

DOMESTIC VIOLENCE CLINIC

Legal Aid Foundation/sponsored by the Los Angeles Superior Court 1725 Main Street, Room 121

Santa Monica, CA

(310) 899-6200

HOURS: 8:30 a.m. – 11:00 a.m.

Walk-ins only

GUIDELINES: No geographical or income restrictions

SERVICES: Help with preparing Restraining Orders

COST: Free

DOMESTIC VIOLENCE CLINIC

Torrance Superior Court
825 Maple Ave., 4th Floor, Rm. 430B
Torrance, CA 90503

HOURS: Monday-Friday, 8:30 a.m.– 2:00 p.m.

Walk-ins only

GUIDELINES: No geographical or income restrictions

SERVICES: Help with preparing Restraining Orders

Cost: Free

Hotlines and Counseling:

Center for Pacific Asian Family

24 hour hotline 323/653-4042

Emergencies only 800/339-3940

Offers emergency shelter for Asian women/children victims of domestic violence, sexual assault & child abuse. Non-Pacific Asians also served. Counseling for non-residents.

Crime Survivors Services 310/390-8896

Monday-Sunday 9:00 a.m. – 9:00 p.m.

Sliding fees. Multilingual.

Didi Hirsch Community 310/390-8896

Mental Health Center

Individual and group counseling.

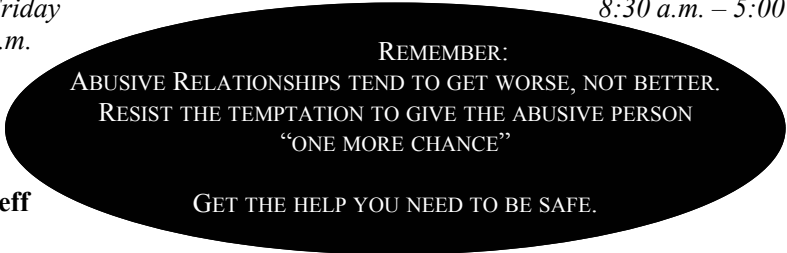
Families Stress Clinic

Abused Children ages 3-11..... 818/993-9311

Monday-Thursday 8:30 a.m. – 7:00 p.m.

Friday 8:30 a.m. – 5:00

p.m.



Jeff

GET THE HELP YOU NEED TO BE SAFE.

Griffith Gay &

Lesbian Youth

Center 323/461-8163

Los Angeles Commission on Assault Against Women

(LACAAW) 213/626-3393

24 hour hotline 310/392-8181

Counseling for dating violence, rape survivors, child abuse.

Also phone counseling; referrals.

RAIN

(Rape, Abuse, Incest Hotline) 800/656-4673

24 hours At Santa Monica Hospital.

Listen to taped messages for instructions.

TEEN LINE 800/TLC-TEEN

800/852-8336

Valley Trauma Center 24-hour hotline..... 818/886-0453

For Sexual assault victims in San Fernando Valley.

Venice Family Clinic

Victims of Crime Resource Center 800/842-8467

Monday-Friday 8:00 a.m. – 6:00 p.m.

Information and referrals.

Youth Crisis Line (24 hours)..... 800/843-5200


Much of the previous information refers to abusers as “he” and victims as “she” because approximately 95% of all people battered in relationships are women, and over 95% of those who batter are men. However, abuse also happens to men and can happen in same sex relationships.

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While this publication is designed to provide accurate and current information about the law, readers should contact an attorney or other expert for advice in particular cases, and should also consult the relevant statutes and court decisions when relying on cited materials.

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You may find this booklet and other Public Counsel booklets at www.publiccounsel.org (First click on “Legal Arena” on the left side of the web page; second click on “Children’s Rights Project”; select the booklet of your choice)



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or

800/870-8090

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www.publiccounsel.org