

Teen Dating Violence

Dating violence can happen between people who are dating. These people may be in an intimate relationship or moving towards one. Dating violence happens in all types of relationships. It can take many forms:

- physical: pushing, kicking, slapping, hitting, biting, or any type of physical aggression
- sexual: unwanted or forced sexual touching, kissing, or intercourse
- psychological: name-calling, insults, making threats
- cyber stalking: threatening or abusive e-mails or text messages, threats or abusive comments on social networking sites, tracking your Internet or cell phone use ([click here](#) for more on cyber stalking)

What are the warning signs?

You could be in, or heading towards, a violent relationship if your boyfriend or girlfriend:

- gets too serious too quickly
- bullies you
- wants to make all the decisions
- blames you for everything that's not right in the relationship
- uses guilt to make you do what he or she wants (ex: "If you loved me, you would...")
- hits, punches, twists your arm, bites or is physically abusive in any way
- abuses alcohol or drugs and pressures you to take them
- calls you names, yells at you, insults you or gives you the silent treatment
- tries to touch you in ways that make you uncomfortable, and continues after you say no
- intimidates and threatens you
- follows and watches you (stalking)
- stops you from spending time with family and friends
- becomes very jealous and checks up on you all the time (asking where you are and who you're with)
- takes, steals or controls your money or possessions without your permission
- makes fun of your beliefs
- posts nasty messages or pictures, spreads rumours, shares personal information about you on the Internet or a cell phone, or social networking sites like Facebook or Twitter

Many agencies funded through Family Violence Prevention Program have teen services.

For more help, call:

Wahbung	204-925-4610 (Winnipeg)
Ma Mawi Wi Chi Itata Inc.	204-925-0300 (Winnipeg)
Kids Help Phone	1-800-668-6868 (toll free)
Klinic	204-786-8686 (Winnipeg), 1-888-322-3019 (toll free)
Suicide Prevention Line	1-877-435-7170 (toll free)
Ka Ni Kanichihk	204-953-5820 (Winnipeg)
MacDonald Youth Services	204-477-1722 (Winnipeg)

Ndinawemaaganag Endaawaad	204-586-2588 (Winnipeg)
New Directions	204-786-7051 (Winnipeg)
Resource Assistance for Youth	204-783-5617 (Winnipeg)
Sexuality Education Resource Centre Manitoba	204-982-7800 (Winnipeg), 204-727-0417 (Brandon)
Women's Health Clinic	204-947-1517 (Winnipeg)

Manitoba Justice, Victim Services has more information on how domestic violence affects children. There is also a list of resources and services. [Click here](#) for more information.

For more about services and resources for teenage girls: [click here](#). *4 Girls Only* is also available for downloading at this website. For a paper copy, call 204-945-6281; or toll free 1-800-263-0234; or contact the Manitoba Status of Women office at 409-401 York Avenue in Winnipeg

Without help, abusive relationships only get worse.

Help is available

Contact one of the resources (see link below) for more information and find out how to create your own protection plan. If you are in an abusive relationship, or you know someone who may be, call 1-877-977-0007.

If you are in immediate danger, call 911

[Click here for information on creating a protection plan](#)

[Click here for a list of resources and supports in Manitoba](#)