

Dater's Bill of Rights

- ◆ I have the right to refuse a date without feeling guilty.
- ◆ I can ask for a date without feeling rejected or inadequate if the answer is no.
- ◆ I do not have to act macho.
- ◆ I may choose not to act seductively.
- ◆ If I don't want physical closeness, I have the right to say so.
- ◆ I have the right to start a relationship slowly, to say, "I want to know you better before I become involved."
- ◆ I have the right to be myself without changing to suit others.
- ◆ I have the right to change a relationship when my feelings change. I can say, "We used to be close, but I want something else now."
- ◆ If I am told a relationship is changing, I have the right not to blame or change myself to keep it going.
- ◆ I have the right to an equal relationship with my partner.

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He says
he is
sorry

Resources



- ⇒ **Alliance Against Domestic Violence and Sexual Assault**
24 Hour Hotline Crisis Intervention
(661) 327-1091
- ⇒ **Domestic Violence Hotline:**
1-800-799-7233
- ⇒ **District Attorney's Victim Services Unit:**
1215 Truxtun Ave. 3rd Floor
(661) 868-2400
- ⇒ **ASPIRE**— a phone app that looks like a newsfeed but can notify a designated person when you need help.
- ⇒ **Greater Bakersfield Legal Assistance**
615 California Ave
Bakersfield CA 93304
(661) 325-5943



To contact the
Kern County Sheriff's Office:

Emergency: **9-1-1**
Non-Emergency: **(661) 861-3110**
Non-Emergency Outlying Areas:

1-800-861-3110

Sheriff's Report Desk (Bakersfield only):
(661) 391-7471

Text A Tip: [KERNSHERIFF](https://www.kernsheriff.com) to 888777

WWW.NIXLE.COM

Teen Dating Violence



Resource Information

This brochure is a publication of the
Kern County Sheriff's Office
Crime Prevention Unit
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Teen Dating Violence

Teen Dating Violence affects nearly one in every three intimate partner relationships. It affects every race, culture, economic class, educational background, age, and sexual orientation.

Domestic Violence occurs when an individual exerts POWER and CONTROL over his/her intimate partner using 1) PHYSICAL, 2) EMOTIONAL, 3) PSYCHOLOGICAL or 4) SEXUAL abuse.

A serious problem

- Girls and women between the ages of 16 and 24 experience the highest rate of intimate partner violence.
- Approximately 25% of all violence-related hospital emergency room visits by women are a result of domestic violence.
- Nearly 10% of high school students report being hit, slapped or physically hurt by their boy/girlfriend.
- Homicide is the leading cause of death in pregnant women. Teens (15-19) are most at risk.
- Violent behavior typically begins between the ages of 12 and 18 years old.

Drug and Alcohol Link

Research shows:

Alcohol and drug abuse increase the likelihood of domestic abuse.

Substance abusers are violent more frequently and inflict more serious injuries.



Cycle of Violence



The Cycle of Violence is never-ending. A minor incident escalates into an explosion of violence. After which the abuser apologizes and promises never to do it again. Over time, tension begins to grow again and the victim is “walking on egg shells” to avoid another incident which inevitably happens again.

Healthy Relationships

Relationships are not always easy. Here are some tips to help you build a strong and healthy relationship with your boyfriend/girlfriend:



- ⇒ **Communication**– Communicating your wants and expectations is an essential part of a good relationship.
- ⇒ **Respect**– Every person wants to feel valued. Respect each others privacy, feelings, thoughts and boundaries.
- ⇒ **Boundaries**– Restrictions in a relationship are necessary for each partner to feel comfortable and more relaxed knowing that a certain line will not be crossed.

If you have suffered Dating Violence it is not your fault

Abusive Relationship Quiz

Does He or She:

1. Use force to “get your attention”?
2. Display extreme jealousy or insecurity?
3. Keep track of you, your cell and e-mails?
4. Have an explosive temper? (Angers easily, road rage)
5. Abuse drugs or alcohol?
6. Break or throw things and/or hit objects?
7. Discourage your relationship with family and friends?
8. Blame you or others for his/her problems?
9. Humiliate or call you hurtful names?
10. Check up on you several times a night or show up unexpectedly wherever you are?
11. Discourage or keep you from leaving after a fight?
12. Treat you roughly or physically hurt you– i.e. grabbing, pushing, kicking, slapping, punching?
13. Put down your accomplishments?
14. Have a history of abuse?
15. Threaten to use a weapon against you?



If you answered “yes” to any of these questions, You may be in an abusive relationship. Seek help from a trusted adult, school counselor or hotline immediately.