



City of Danbury – Police Department

Community Service Division

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Healthy Relationships

Dating violence may be something you think only happens to other people. In reality, one in four teens is a victim to dating violence or abuse. Not sure if you're in an abusive relationship? ...

Does your boyfriend/girlfriend...

- ❖ Get jealous and possessive about the time you spend with friends/family?
- ❖ Boss you around, make all the decisions, or not take your opinion seriously?
- ❖ Text or call constantly, asking where you are and what you are doing?
- ❖ Pressure you to have sex or move the relationship too fast?
- ❖ Make your family or friends concerned for your safety?
- ❖ Say that she or he would die if you ever broke up?

What can you do to stop it?

- ❖ Realize that you deserve to be in a safe, healthy relationship
- ❖ Know that you have done nothing wrong. It is not your fault
- ❖ Understand that there is no excuse for abuse
- ❖ Talk to a trusted adult. **Call 800-FYI-CALL**, an anonymous helpline, for support
- ❖ Work with an adult to develop a plan to stay safe as you leave the relationship
- ❖ Know that you are not alone. Teens across the country are involved in violent relationships

Additional Links:

[National crime prevention council](#)
[Women's Center of Greater Danbury](#)
[National Center for Victims of a Crime](#)

