

# Dating Violence

## Personal Safety Tips

If the person you are dating is abusing you in any way, it is not your fault. Abuse doesn't end just because your boyfriend or girlfriend says it will stop. It only gets worse. It is very important that you get help. It is also important to follow these safety tips.

If you cannot leave the relationship safely right now or if you decide to stay in the relationship:

- Go out with your partner to public places
- Make sure your friends or family know where you are going
- Take a self-defense class
- Spend time with people other than your boyfriend or girlfriend
- Stay involved in or start doing activities you enjoy
- Try not to be alone with your partner
- Tell your friends, counselors, parents or a trusted adult what is going on
- Keep important numbers with you, such as numbers for the police, friends and family and domestic violence hotlines
- Take money with you when you go out with your partner so you don't have to rely on him/her for a ride or if you need to call someone
- Develop code words to use to alert friends or family that you are in danger
- Write down all incidents of violence, but be sure to keep them in a place that your partner cannot find it

If you have left or are leaving your boyfriend/girlfriend:

- Break up with your boyfriend/girlfriend in a public place
- If you feel scared or think your ex will come after you, get a restraining order and give copies to the police, your school, your work, and any other place you spend time
- Make sure your friends and family know you are no longer in the relationship and if you can, let them know what is going on in case your ex tries to find you
- Change your routine, such as school schedule, when you get home from school, and if possible, when you work
- Try not to be alone, especially with your partner
- Avoid walking home from school alone and being in isolated areas



## Myths vs. Facts

### *Myth*

She must have brought it upon herself.

### *Fact*

No one ever deserves to be abused.

### *Myth*

Only females are abused.

### *Fact*

Although 90-95% of victims of abuse are women, there are still men who are abused. Not all abusers are men either, though 95% of them are.

### *Myth*

He's not hitting me so he's not abusing me.

### *Fact*

Abuse happens in many ways. Abuse can be emotional, spiritual or financial. Put-downs and insults are just as abusive as hitting.

### *Myth*

He just can't control his temper

### *Fact*

If that were true, he'd be hitting everyone who ever made him mad, such as coworkers or friends. If he just hurts

you, it isn't his temper.

*Myth*

It's not that bad, just a bruise.

*Fact*

About 30% of all female murder victims are killed by husbands or boyfriends. Bruises can turn into broken bones, fractured skulls, or worse.

*Myth*

Dating violence only happens in heterosexual couples.

*Fact*

The prevalence of domestic violence and dating violence is the same for homosexual couples as it is for heterosexual couples- approximately 25%.

**FIND HELP:**

New Mexico Domestic Violence  
Hotline: **1-800-773-3645**

National Domestic Violence Hotline:  
**1-800-799-SAFE (7233)**

NM Attorney General's Office  
**1-505-222-9000**

Ask to speak to a domestic violence  
advocate



GARY K. KING  
NEW MEXICO ATTORNEY GENERAL

ALBUQUERQUE OFFICE  
111 Lomas Blvd. NW, Ste. 300  
Albuquerque, NM 87102  
Phone: (505) 222-9000

SANTA FE OFFICE  
408 Galisteo St.  
Santa Fe, NM 87501  
Phone: (505) 827-6000

LAS CRUCES OFFICE  
201 N. Church St., Ste. 315  
Las Cruces, NM 88001  
Phone: (505) 526-2280

**1-800-678-1508**

[www.nmag.gov](http://www.nmag.gov)

# TEEN DATING VIOLENCE

## Safety Tips and Facts

