

# Dating Violence Taskforce

## What is Dating Violence?

Dating violence is verbal, emotional, physical, and/or sexual abuse in a dating relationship. A dating relationship is romantic or intimate in nature and not just a casual relationship.

## Warning Signs:

### Victims

- Sudden changes in appearance
- Avoids contact with family & friends
- Spends all of free time with abuser
- Cries a lot; moody
- Is very stressed with physical symptoms
- Sudden changes in behavior
- Defends abuser and his/her actions

### Abusers

- Sudden & drastic mood swings
- Acts macho or cocky
- Jealous and controlling
- Cruelty to animals and/or children
- History of battering
- Constantly checking on partner
- Blames others for their problems

## What to Do:

### Victims

- Decide that any abuse is too much
- Tell someone you are being abused
- Document your injuries
- Call a local hotline for help
- Fill out a personalized safety plan
- Remember that it is **NOT** your fault you are being abused

### Friends & Family

- Learn all you can about abuse
- Teach your loved one about abuse
- Document the injuries you see
- Call a local hotline for more resources
- Listen to your loved one
- Be patient!

## For more information or more copies, please contact:

Ned Searle, Director, Office on Violence against Women and Families,  
Utah State Capitol Complex, East Office Building, Suite E 330  
PO Box 142330, Salt Lake City, Utah 84114-2330  
Telephone (801)-538-1549 Facsimile (801)-538-1024

# Dating Violence Resources:

## Hotlines:

(24 hours a day/7 days a week;  
free calls)

Utah Domestic Violence Link Line:  
1-800-897-LINK (5465)

Rape & Sexual Assault Crisis Line:  
1-888-421-1100

## Websites:

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)  
[www.udvc.org](http://www.udvc.org)  
[www.ucasa.org](http://www.ucasa.org)  
[www.powerinyou.org](http://www.powerinyou.org)  
[www.chooserespect.org/scripts](http://www.chooserespect.org/scripts)  
[www.nomoresecrets.utah.gov](http://www.nomoresecrets.utah.gov)

## Books:

"But I love him, Protecting Your Teen Daughter," Jill Murray, 2000.

"Helping Her Get Free," Susan Brewster, 2006.

"In Love and In Danger," Barrie Levy, 1998.

"Not Another Sarah," Sarah E. Southerland, 2006

"Saving Beauty from the Beast," Vicki Crompton, Ellen Z. Kessner, 2003.

"When Love Goes Wrong," Ann Jones, Susan Schechter, 1993.

## Toolkits (free online kits):

### American Bar Association:

[www.abanet.org/unmet/  
toolkitmaterials.html](http://www.abanet.org/unmet/toolkitmaterials.html)

### Utah Office on Violence Against Women and Families:

[www.nomoresecrets.utah.gov](http://www.nomoresecrets.utah.gov)

### See it and Stop it:

[www.seeitandstopit.org/pages](http://www.seeitandstopit.org/pages)

### National Advisory Council on Violence Against Women:

<http://toolkit.ncjrs.org/default.htm>

## Videos:

To expand our support of Utah's crisis centers, victim advocates, government and non-profit agencies, military bases, school and universities the Utah Coalition Against Sexual Assault and the Utah Domestic Violence Council have lending libraries of videos (and books) relevant to sexual, domestic, and dating violence.

[www.ucasa.org/lendinglibrary.htm](http://www.ucasa.org/lendinglibrary.htm)  
[www.udvc.org](http://www.udvc.org)