



Empowering teens, adults, and children impacted by Relationship abuse in St. Louis County and Surrounding areas.



SIGNS OF RELATIONSHIP ABUSE

EMOTIONAL/VERBAL/PHYSICAL/SEXUAL/FINANCIAL

- Isolation
- Threats of Self-Harm
- Name Calling
- Playing Rough
- Jealousy or Possessiveness
- Unwanted touch
- Controlling Behavior
- Non-Consensual Sex
- Double Standards
- Violence

24/7 Crisis Line, Call 314.993.2777 or chat online at www.alivestl.org

RELATIONSHIP BILL OF RIGHTS:

I hereby declare that I have the following rights in my relationships:

- To always be treated with respect.
- To be in a healthy relationship. (Characteristics of a healthy relationship include open communication, respect, trust, honesty, boundaries, and mutual consent.)
- To have and express my own feelings and opinions, regardless of whether others agree.
- To communicate in manners respectful to my partner and safe for me.
- To say "no" to physical closeness or any other act that makes me feel uncomfortable.
- To have my own friends and to maintain relationships with those friends.
- To spend time with my family.
- To participate in hobbies or activities that may not include my partner.
- To control my own money and possessions.
- To end a relationship involving threats, harassment, guilt, stalking, revenge, or violence.

KNOW ITS NOT YOUR FAULT

- Be clear and honest when firmly, but gently, telling your partner you want to end the relationship. Avoid wishy-washy statements that may lead your partner to believe they can change your mind. Do not be cruel; it is inappropriate to try to make your partner feel badly.
- It is okay to remain friends, but is a good idea to limit your time together so each of you have time to process your feelings and move on. Don't be surprised if your partner does not want to be friends.

YOU ARE NOT ALONE

- Talk to a friend if you have not already disclosed what is happening in your relationship. Ask them to listen without trying to solve the problem for you.
- Try taking a break. If you are not happy with the way you are being treated but you are not sure what to do, consider taking some time alone to think about it.
- Consider talking to an adult. If you feel your situation is too big to handle alone, it may help to find an adult you trust. If not your parent, you can approach a teacher, the parent of a friend, or a counselor.

***33% of US teens experience some form of relationship abuse.**

SAFETY PLANNING

Why?

Everyone deserves healthy, supportive relationships. If you are in a harmful relationship, it is important to identify ways to keep yourself safe from abuse. While you cannot control your partner's choices, you can take action to protect yourself.

What?

A safety plan is a practical guide to lower risk of being hurt by a partner. It is specifically tailored to you in order to best secure your safety. An effective safety plan helps you respond to risks in ways to keep you as safe as possible.

***An estimated 1.5 million+ high school students experience physical abuse from a dating partner each year.**