

# YOUNGER THAN YOU THINK...

Over 50% of men & women who have been physically or sexually abused or stalked by a dating partner, first experienced abuse between the ages of 11-24.

Blasing, M.J., Chen D., &amp; Black, M.C. (2014). Intimate Partner Violence in the United States — 2010. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

**Break the Cycle**  
Because Everyone Deserves a Healthy Relationship

**NO MORE**



TEEN DATING VIOLENCE AWARENESS



Be Real With Us  
FB: letsbereallbr  
Twitter, Snapchat, Spotify: breakthecycle  
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## WARNING SIGNS

Being able to tell the difference between healthy, unhealthy, and abusive relationships can be more difficult than you think. No two relationships are the same, so what's unhealthy in one relationship may be abusive in another. Although there are many signs to pay attention to, look for these common warning signs of dating abuse in a relationship:

- Checking cell phones, emails, or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly pressuring someone to have sex

If you or someone you know sees the warning signs in their relationship, text loveis to 22522. Learn more about healthy, unhealthy, and abusive relationships at [breakthecycle.org](http://breakthecycle.org).

Let's Be Real is a project of Break the Cycle | For more information contact [letsbereall@breakthecycle.org](mailto:letsbereall@breakthecycle.org)

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Adapted from [breakthecycle.org](http://breakthecycle.org)

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