



love is respect org

National Teen Dating Abuse Helpline

1-866-331-9474 1-866-331-8453 TTY

Are You Abusive?

Are you concerned that you may be abusing your girlfriend or boyfriend? Have friends or family ever told you they thought you were abusive or controlling? Abuse is not part of a normal relationship, even if it doesn't happen every day. **Ask yourself these questions.**

Do you ever:

- Call your girlfriend/boyfriend **names**?
- Text or call them **excessively** and get upset when they don't respond?
- **Monitor** their email or profile on a social networking site?
- Feel you **have a right or need to know** where they are most of the time?
- Get **jealous** or **angry** when they spend time with friends or family?
- Ask them to **change** their clothes or style of dress?
- Get **in their face** during a disagreement?
- **Push, slap,** or **punch** them for any reason?
- **Restrain** them to keep them from leaving during an argument?
- **Guilt or force** them into having sex?
- **Threaten** to hurt them or yourself if your relationship ever ends?

If you said yes to even one, you may be creating an abusive relationship. Call us if you need to talk. We're here **24 hours a day, 365 days a year**. All calls and chats are anonymous and confidential.

Contact us by phone at 1-866-331-9474 (1-866-331-8453 TTY) or chat online from 4pm - 2am CST.