



FORT LEE ARMY COMMUNITY SERVICE

Family Advocacy Program

DATING and VIOLENCE...

Should NEVER be a Couple!

Warning Signs...

- They slap, shove or pinch you in a seemingly playful way but it happens often and doesn't seem right.
- They threaten to hurt themselves or others if you break up with them.
- They want your relationship to get serious too quickly.
- When they get angry at you, they call you names, hit or push you.
- Your weight, appearance or grades have changed dramatically since you started seeing this person.
- Your family and friends have warned you about this person or have told you that they're worried about your safety.
- They force you to choose being with them over your family and friends.
- They make you feel that their needs and desires come before yours.
- They blame you for their problems.
- They break or hit things to intimidate you.
- They humiliate you and belittle your opinions.
- They are jealous and possessive about the time you spend with your friends.
- They have severe mood swings or constant bad moods.
- They want to limit your activities so you can "be together more."
- You're frightened of them and worry about how they'll react to things you say or do.
- They blame past bad relationships on everything or everybody else instead of accepting responsibility.
- They pressures you into having sex, or forces you to do sexual things you don't want to.
- They make you feel afraid to express your own thoughts or feelings, make decisions about what to wear, where to go or who to hang out with.
- They blow disagreements out of proportion.
- Threats and anger are followed by vows of love.

Call ACS for more information 734-6388

