



## OFFICE OF THE SHERIFF

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# TIP OF THE WEEK

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**FOR IMMEDIATE RELEASE**

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## THE ABCs OF TEEN DATING VIOLENCE

Teen dating violence is what happens in a teen dating relationship when one person uses abuse to gain power and keep control over his or her partner. This abuse can be physical, emotional, or sexual. October has been recognized as Domestic Violence Awareness Month so we offer the following information from the [Office of the Clerk of the Circuit Court of Cook County, Illinois](#).

**A**n anyone can be a victim of dating violence. It makes no difference what sex, race, or ethnic background a person is. Anyone can be a victim. Anyone can be an abuser.

**B**e safe. Be a survivor, not a victim. Understand the three types of abuse.

**C**ontrol. Abuse is about control, not love. Learn the difference. Be safe.

**D**ating violence is a consistent pattern of verbal (or emotional) abuse, physical abuse, or sexual abuse.

**E**motional abuse can be as serious as physical abuse. Does your partner call you names? Humiliate you? Isolate you from your friends? Make all the decisions? Threaten you? Make you afraid?

**F**amily and friends can help you. Don't keep any abuse secret. The more people who know, the safer you are.

**G**et help. Call a domestic violence program. You are not alone.

**H**elp your friends who may be victims. They need you as a friend now more than ever.

**I**ntervention and prevention begin with you. Do not accept any abuse from anyone or to anyone.

**J**udges know the problems of dating violence. If you have to get an order of protection to be safe, do it.

**K**icking, hitting, and punching are types of physical abuse. Once is too many.

**L**ove should be special. It is never controlling. It is never about one person telling the other person what to think, do, or how to act.

**M**urder is the ultimate horror of dating violence. It is the cause of 24% teen homicides.

**N**o one likes being hit. Victims are afraid to leave abusers because they are afraid of being hit harder. Leave. Be a survivor.

**O**rders of protection tell the abusers what they can and cannot do.

**P**hysical abuse doesn't always leave bruises, but always leaves scars.

**Q**ualified counselors are available to help teen dating violence victims 24 hours a day. Call now for support.

**R**ead and remember everything you can about dating violence. It could be a real lifesaver.

**S**exual abuse can be anything from ruining your reputation, to touching you improperly, to rape.

**T**ell. The abuser wants you to think that no one will believe you and that no one cares about you. The abuser is wrong. People believe. People care. Abuse should not be a secret. Tell.

**U**nderstand that you are not alone: friends, family, teachers, police, judges, are all there to help.

**V**ictory is in becoming a survivor. You do not have to be a victim. Only you can begin to make that change.

**W**inning the battle against teen dating violence is everyone's job. Listen to your friends. You can make a difference.

**X**-rays don't show all the hurt. Teen dating violence hurts everyone. Help stop the hurt.

**Y**early, about 25% of all teens are dating violence victims. Don't be a statistic.

**Z**ero tolerance is the only acceptable level of teen dating violence.

If you or someone you know is being abused, one agency to call for assistance is My Sister's Place at 541-574-9424, 541-994-5959 or 1-800-841-8325. Also report suspected abuse to the police. Don't let the abuse continue.

For more information and tips, visit our website at [www.lincolncountysheriff.net](http://www.lincolncountysheriff.net) and Like us on Facebook at Lincoln County Sheriff's Office – Oregon.