



## When 'Love' Hurts

- 1 in 4 women will experience domestic violence.
- 73% of family violence victims are female.
- Boys who witness domestic violence are twice as likely, as adults, to abuse their partners and children.
- Domestic violence costs more than \$5.8 billion each year.

—National Coalition Against Domestic Violence

## Check Your Relationship With This Quiz

Answer yes or no to these questions. The person I am with:

1. Is very supportive of the things I do.
2. Encourages me to try new things.
3. Likes to listen when I have something on my mind.
4. Understands that I have my own life too.



1. Is not liked by my friends.
2. Says I'm too involved in different activities.
3. Texts or calls me all the time.
4. Thinks I spend too much time trying to look nice.
5. Gets extremely jealous or possessive.
6. Accuses me of flirting or cheating.
7. Constantly checks up on me or makes me check in.
8. Controls how I look.
9. Tries to control what I do and who I see.
10. Tries to keep me from seeing or talking to my family and friends.
11. Has big mood swings — angry and yells at me one minute but sweet and apologetic the next.
12. Tries to keep me from seeing or talking to my family and friends.

13. Puts me down, calls me names or criticizes me.

14. Makes me feel I can't do anything right or blames me for problems.

15. Makes me feel that no one else would want me.

16. Threatens to hurt me, my friends or family.

17. Threatens to hurt herself or himself because of me.

18. Threatens to destroy my things.

19. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.

20. Breaks things or throws things to intimidate me.

21. Yells, screams or humiliates me in front of other people.

22. Pressures or forces me into having sex or going farther than I want to.

Score 1 point for each time you answered no to the first set of questions and yes to the second set.

Score: 1-2, there are a few unhealthy signs in your relationship that need to be watched.

3-4, you may be seeing warning signs of an abusive relationship.

5 or more, you are seeing warning signs. Make a safety plan now.

—www.loveisrespect.org

## February Is Teen Dating Violence Awareness Month

*Tips from the City of Meriden, Youth Service Bureau*

**T**eens deserve happy and healthy relationships with their friends. They also deserve respectful and caring dating relationships.

Dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner. It does not discriminate; it can happen to boys or girls, any person of any economic status, any ethnicity or any religion.

It is important for others to be aware of signs that a teen might be involved in a violent or abusive relationship:

**Physical abuse:** Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

**Verbal or emotional abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.

**Sexual abuse:** Any action that impacts a person's ability to control his or her sexual activity or the circumstances in which sexual activity occurs, including rape, force or restricting access to birth control.



**Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner.

This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts or stalking on Facebook or other social media.

If you or someone you know is in a violent relationship, please get some help.

Here are free and confidential local services:

- Meriden Wallingford Chrysalis — 24 hour hotline — 203-238-1501
- Women and Families Center Sexual Assault Crisis Service — 24 hour hotline — 1-888-999-5545 (English) or 1-888-568-8332 (Spanish)
- Pam Kudla, Crisis Intervention Specialist, City of Meriden — 203-630-6253

You deserve to be happy and free from violence. You have your whole life ahead of you!

*Source of information: <http://www.teendvmonth.org/>*

These health-related books can be found on the “New Books” shelves:

### New Books at the Meriden Public Library



**HAPPY  
HEALTHY  
GUT**

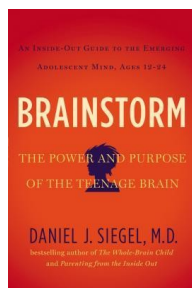
The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders



JENNIFER BROWNE

*Happy, Healthy Gut: The Natural Diet Solution to Curing IBS and Other Chronic Digestive Disorders* by Jennifer Browne, 616.34 BR

*Happy, Healthy Gut: The Natural Diet Solution To Curing IBS And Other Chronic Di-*



*Brainstorm : The Power And Purpose Of The Teen-age Brain* by Daniel J. Siegel, 155.5 SI



*Military Mental Health Care: A Guide For Service Members, Veterans, Families, And Community* by

Cheryl Lawhorne and Don Philpott, 616.85 LA