SAC Cares
A Culture of Respect

DATING VIOLENCE

LOVE IS RESPECT.

10 WARNING SIGNS OF ABUSE

- Checks your cell phone or email without your permission
- Constantly puts you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Makes false accusations
- Mood swings
- Physically hurts you in anyway
- Possessive
- Tells you what to do

1 in 4 women and 1 in 7 men report experiencing Stalking, Rape or Physical Violence by their intimate partner.

Unhealthy, abusive, or violent relationships can have severe consequences and short and long-term negative effects.

- Symptoms of depression and anxiety
- Engagement in unhealthy behaviors, such as tobacco, drug use and alcohol use
- Involvement in antisocial behaviors
- Thoughts of suicide

Dating Violence is a controlling, abusive and aggressive behavior in an unmarried relationship. It can happen in both gay and straight relationships.

DATING VIOLENCE CAN BE:

- **PHYSICAL** - This occurs when a partner is pinched, hit, shoved, slapped, punched, or kicked.
- **SEXUAL** - This is forcing a partner to engage in a sex act when he or she does not or cannot consent. This can be physical or nonphysical, like threatening to spread rumors if a partner refuses to have sex.
- **STALKING** - This refers to a pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.
- **PSYCHOLOGICAL / EMOTIONAL** - This means threatening a partner or harming his or her sense of self-worth .Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- **VERBAL** – This refers to name calling, insults and belittling

Get Help Now!!!

ALAMO COLLEGES DISTRICT
San Antonio College
Student Conduct & Title IX Office

For more information contact (210) 486-0926
or email sac-cares@alamo.edu