

***The Cycle of Domestic Violence Prevention***

***When***

**Dating**

**Mating**

***and***

**Hating**

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***Call for a Free Lecture***

# Dating Violence

happens at all ages



Teens

The **Dating Contract** indicates what is unacceptable behavior and the consequences for violence and abuse.



Adults



Elderly

A person who is violent and abusive in a relationship needs to be in treatment to break their Cycle of Violence.

Statistics indicate same sex relationships have the same frequency of domestic violence as opposite sex relationships. Use he or she as it applies in your situation.

Illustrations by Channing Bete Company

## Teen & Adult DATING CONTRACT

Dating teens must have a parent present to discuss abuses and consequences. Dating adults must have the female's relative/friend present to discuss abuses and consequences.

Both parties may stop seeing each other at anytime for any reason. This relationship will be immediately terminated for any abuses and criminal charges reported for any physical/sexual abuse or threats. A Restraining Order will also be requested.

**\*Physical Abuse:** Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, and/or any other physical contact which may present a physical or emotional injury, etc.

**\*Sexual Abuse:** Makes partner do sexual acts against her will, touching, kissing, hugging/holding, forced sex, attacks the private parts of her body.

**Verbal Abuse:** Name calling, yelling insults, being sarcastic, threatening violence to her and/or children.

**Emotional Abuse:** Put downs, name calling, belittling, insults, blowing money on drugs or alcohol, being drunk/high, intense jealousy, criticizing her looks, insulting her friends, manipulating with lies, making accusations regarding love affairs, keeps her from going to school/work, threatens, laughs at her all the time, ignores her, uses mind games, makes her think she is crazy, threatens physical violence and retaliation.

A safety, protection, and escape plan should be developed by dating teens and adults.

\*These acts will be reported to the police immediately and the victim must seek safety and protection away from the batterer/abuser until his arrest.

Teens and Young Adults should not have possession or access to any weapons.

Have you ever been arrested? Yes  No

Do you have possession or access to any weapons? Yes  No

Have you ever had a Restraining Order against you? Yes  No

Are you willing to request a criminal record report from the State Department of Justice & Federal Bureau of Investigation (FBI)? Yes  No

### Teens

Signatures:

(Teen - Girl): \_\_\_\_\_ (Teen - Boy): \_\_\_\_\_

(Girl's Parent): \_\_\_\_\_ Date: \_\_\_\_\_

(Boy's Parent): \_\_\_\_\_ Date: \_\_\_\_\_

### Adults

Signatures:

(Adults - Female): \_\_\_\_\_ (Adult - Male): \_\_\_\_\_

(Female's Friend/Relative) \_\_\_\_\_ Date: \_\_\_\_\_

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# Mating

## Marriage License Options Contract

can reduce violence and abuse

Many people are reluctant to get married because of domestic violence and problems getting divorced.



The Marriage License Options Contract can help people become more comfortable with getting married and less devastated if things don't work out.



USE AS ADDENDUM TO TRADITIONAL MARRIAGE LICENSE IF APPLICABLE

## Marriage License Options Contract

to reduce domestic violence and divorce

*This contract is not recommended for couples who have children or plan on having children. This contract is for couples experiencing or have a history: marriage phobia (partner that is hesitant/resistant/afraid to get married); partner has criminal history, domestic violence restraining order, child abuse, domestic violence history: one partner wants children the other does not: any addictions, psychiatric problems, history of cheating; or family discontentment, etc.*

### This certifies that:

Prior to getting married, if we have children, we will agree upon child custody and distribution of individual assets each year prior to the marriage anniversary for future years of the marriage

### Marriage Renewal (1-3 years)

We both agree that this marriage license will be annulled if not renewed by

\_\_\_\_\_ (Fill in Date)

### Marriage Expiration (1, 3, 5, 7 years)

We both agree that this marriage license will expire (be annulled) in

\_\_\_\_\_ years on \_\_\_\_\_

(Fill in Date)

### Pre-Nuptial Annulment and Expungement for Domestic Violence

We both agree that this marriage license will be terminated (annulled & expunged) if either one of us is convicted of domestic violence, child abuse, or have a Restraining Order filed against one of us by the other spouse.

I agree to the above checked options:

Female Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Male Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

- ❖ **Renew:** To begin again; take up again; resume
- ❖ **Annul:** To do away with; put an end to; to make no longer binding under the law; invalidate; cancel
- ❖ **Expunge:** To erase or remove completely; blot out or strike out; delete; cancel

Dating and mating can turn into

# Hating



These are safety notification guidelines for all levels of breaking-up in a relationship

- ❖ If you feel unsafe, try never to be left alone.
- ❖ Have a relative/friend with you at all times.
- ❖ Make sure your relatives/friends know about your break-up.
- ❖ Whenever possible notify your ex-partner's relatives/friends.
- ❖ Be aware of your surroundings and who's watching (stalking) you.
- ❖ Pay attention to your ex-partner's reaction to the breakup.
- ❖ 911 and a Restraining Order should always be considered for your safety.
- ❖ Consider changing your telephone numbers/e-mail and moving out of the town, city, state, country.
- ❖ Consider having your telephone numbers and new address unlisted or placed in another person's name.

## Safety Notification Levels of Breaking-Up In a Relationship

### Level One: In-Person Notification

Ex-partner has never exhibited any forms of violence or abuse.

1. Break-up in a public place.
2. Your friends/relatives should be present/nearby/available.



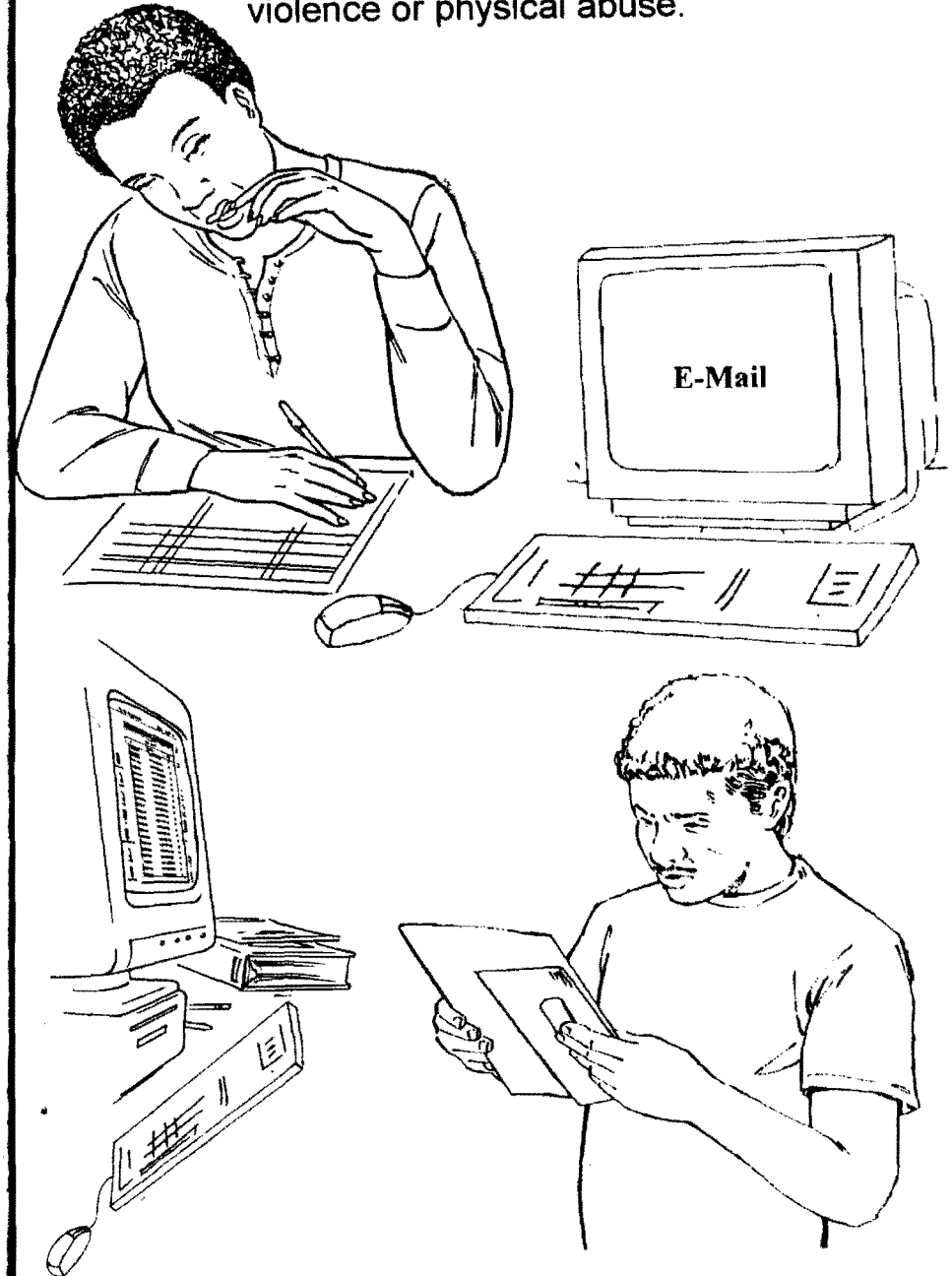
## Level Two: Telephone Notification

Ex-partner has not exhibited any forms of violence or abuse but may get very angry about the break-up. You don't want to see him in person because you think he may become verbally abusive.



## Level Three: E-Mail/Text Postal Notification

Your ex-partner has a history of verbal and emotional abuse but has never exhibited any violence or physical abuse.



## **Level Four: Restraining Order Notification**

*If your dating partner has exhibited any of the following:*

1. Ex-partner has a history of violence and abuse.
2. Has a prior history of being arrested/convicted of domestic violence and/or has ever had a Restraining Order filed against him.

Do not return home until your ex-partner is served and has appeared in court.



If your ex-partner violates the Restraining Order, don't return home until he is arrested, prosecuted, and serving time in custody.



*There is no excuse  
for  
domestic violence  
or  
abuse*

**National Teen Dating Abuse Helpline: 1-866-331-9474**  
**Domestic Violence Hotline: 1-800-799 (SAFE) 7233**  
**Batterers Group Helpline: 1-213-351-0359**  
**Referral for Individual & Couple Counseling: 1-818-788-8667**