

Common Warning Signs of an Abusive Relationship

Does your partner...

- Embarrass or make fun of you in front of your friends, family, or teachers?
- Put down your accomplishments or goals?
- Blame you for bringing out the worst in him or her?
- Try to control what you do, say, wear or spend?
- Threaten you or treat you roughly—grab, push, shove, or hit you?
- Use drugs or alcohol as an excuse?
- Prevent you from going places or doing things that you enjoy?
- Isolate you from your friends and family?
- Make you feel like everything that doesn't go right is your fault?

Do You...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants to do instead of what you want to do?
- Stay with your partner only because you are afraid of what will happen if you break up?

FOR HELP OR MORE INFORMATION CALL OUR HOTLINE:

**24-HOUR
HOTLINE** **888.438.8700**
FREE & CONFIDENTIAL

LOVE SHOULDN'T HURT is an awareness, intervention, and prevention initiative that addresses the serious issue of abuse in dating relationships. Its purpose is to help young people become empowered with the skills to distinguish between relationships based on power and control and those based on equality, respect and trust. Young people also learn strategies to help themselves and their peers confronting abuse.

THERE ARE THREE COMPONENTS TO LOVE SHOULDN'T HURT:

Workshops

We conduct interactive workshops in middle schools, high schools, colleges and community-based sites. Young people are empowered with potentially life-saving information on abuse, learn about community resources, and receive hotline cards and other resource information that encourages them to call if they or a friend need help with abuse. We offer our educational workshops throughout Westchester County. Contact STAR@HopesDoorNY.org for more information.

STAR Peer Leadership Program

Young people that accept our challenge to join STAR (Students Terminating Abusive Relationships) come together in their schools and communities to design and implement awareness events that promote healthy relationships based on equality, respect, and trust.

Teen Symposium

At our annual symposium, students learn about healthy relationships and dating violence, engage in a dialogue about the issue, and are challenged to make a difference by joining our STAR peer leadership program. We also offer separate workshops for educators and counseling professionals at the symposium.



HOPE'S
DOOR

Embracing Life Free
From Domestic Abuse

PO Box 203, Pleasantville, NY 10570 www.HopesDoorNY.org

star
students terminating
abusive relationships

**DATING
ABUSE
AWARENESS**

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WHAT IS STAR?

STAR (Students Terminating Abusive Relationships) is a Peer Leadership Program that any High School Student can join.

OUR MISSION:

To speak out against interpersonal and societal violence and to promote healthy relationships based on equality, respect, and trust.

STAR MEMBERS:

Serve as mentors to their peers on the issue of dating abuse and promote respect in dating relationships.

WHAT IS EXPECTED OF STAR MEMBERS?

STAR members are expected to be the primary contact in their schools to provide their peers with information about where they can go for help and support.

HOW DO THEY HELP SERVE THE COMMUNITY?

STAR members assist in coordinating awareness events and activities in their schools and communities.

*"The STAR program helped me create a new group of friends, open new doors, and find closure. I can honestly say that I am stronger and wiser than the day I entered the storm."
-STAR member*



What is An Abusive Relationship?

Abusive relationships revolve around the abusive partner establishing and maintaining power and control over the other person. The attempt at gaining power often starts out very slowly, and then intensifies over time. An abuser gains this power through **emotional, verbal, physical, sexual and financial** tactics.

Abusive relationships often begin with subtle manipulation, isolation from friends and family and putting the other person down.

Talking to your Teen About Dating Violence

It's never too early to talk to your teens about healthy relationships and dating violence. Starting conversations - even if you don't think your teen is dating - is one of the most important steps you can take to help prevent dating violence.

Starter Questions

- Are any of your friends dating? What are their relationships like? What would you want in a relationship?
- Have you witnessed dating violence at school or among friends? How did it make you feel? Were you scared?
- Do you know what you would do if you witnessed or experienced abuse?
- Does your partner (continually) post things online that make you uncomfortable? What would you do?
- Would you have the courage to tell your partner to stop if they were constantly texting you and asking what you are doing?



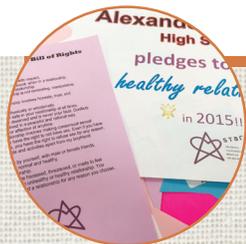
STAR CHAPTERS

- Pleasantville (Hope's Door Pleasantville - For any student who does not have a chapter at their school)
- Alexander Hamilton MS/HS (Elmsford)
- Hendrick Hudson HS (Montrose)
- Ossining HS
- New Rochelle High School
- Scarsdale HS
- The Ursuline School (New Rochelle)
- Walter Panas High School (Cortlandt)
- Westlake HS (Mt. Pleasant)
- White Plains HS
- Yorktown HS

www.HopesDoorNY.Org

Follow Us!    

@STARatHopesDoor (No space in between words or apostrophe when searching on Twitter and Skype)



To start a STAR chapter or for more information on the Teen Program contact: STAR@HopesDoorNY.org

