



Relationship Safety & Domestic Violence Prevention

Teen Dating Violence - Would you know the signs?

Teen Dating Violence - also called intimate relationship violence or intimate partner violence among adolescents or adolescent relationship abuse – includes physical, psychological or sexual abuse; harassment; or stalking of any person aged 12 to 18 in the context of a past or present romantic or consensual relationship. Find out more about teen dating violence [here](#).

Take the Quiz

Do you know how to identify unhealthy relationship behaviors when you see them? What would you do if your friend were experiencing abuse?

See how savvy you are when it comes to dating by taking the full [What's Really Going On? Video Quiz](#).

The National Teen Dating Abuse Helpline provides young adults who are in intimate relationships with advice, support, safety tips, and legal help when it comes to relationships and abuse. To begin a chat with a dating advocate:

- Text "loveis" to 22522
- Call 1-866-331-9474 (TTY: 1-866-331-8453)
- Chat live 24/7 at www.loveisrespect.org

No One Deserves to Be in an Abusive Relationship.

Read the signs below to learn whether you might be in an abusive relationship, and for resources that can help. It's time we put an end once and for all to domestic violence.

Does your partner:

- Verbally demean or insult you?
- Insist on knowing your every move every day?
- Limit your access to money and mobility (for instance, a car)?
- Show up unexpectedly or try to control your schedule?
- Put down your ideas or beliefs?
- Physically abuse or hurt you?
- Constantly apologize and make promises to stop?

If you answered "yes" to any of the above, you might be in an abusive relationship. To learn more about the signs of domestic violence and to find way to help stop it, explore [The No More Campaign](#) online.

If you are ever in immediate danger, dial **9-1-1**.

ACTS 24-Hour Emergency Hotlines:

Crisis Hotline: **703-221-4951**

Virginia Adult Protective Services: **1-888-832-3858**

Virginia Child Protective Services: **1-800-552-7096**

SAVAS (for Victims of Sexual Assault): **703-368-4141**

Virginia Family Violence & Sexual Assault: **1-800-838-8238**

Michele Arft - Domestic Violence Resource Specialist

Fauquier County Sheriff's Office, 78 W Lee Street, Warrenton, VA 20186

(540) 422-8656 Monday – Friday during business hours

Non-Emergency (540) 347-3300

SAFE, Inc. (Culpeper): **Daytime: (540) 825-8891 or toll free (800) 825-8816**

VINE – www.vinelink.com

Are You Being Stalked?

According to the Stalking Resource Center, stalking - or a series of actions that makes you feel afraid or in danger - is a serious crime that can end violently or can escalate over time.

Stalking is no joke and an unacceptable dating practice. If someone repeatedly calls you, follows you, sends unwanted gifts or messages, threatens you, or appears in places you are unexpectedly, you should take it seriously and get help. Develop a safety plan and eliminate communication with the stalker as soon as possible. Keep all evidence of stalking and contact the Police. [Are You Being Stalked?](#)

If you are in immediate danger, dial **9-1-1**.

To learn about making a safety plan, your rights, or other means of help in your area, call the Stalking Resource Center at **1-800-FYI-CALL** (1-800-394-2244) or visit [The National Center for Victims of Crime](#) online.

Choosing the Right Self-Defense Strategy

Being prepared with carefully chosen self-defense tactics, techniques and strategies can make all the difference between life and death for the person who finds him- or herself in a violent situation. In addition to personal weapons mastered through practice in a self-defense program, personal protection devices such as Tasers, keychains, pepper sprays, and firearms (just to name a few) are options for self-defense. However, it is important to consider these tips if you decide to take advantage of the use of personal protection devices.

No matter which device you choose, training in the use of the device is absolutely necessary before it can be used effectively and responsibly.

If you are close enough to an attacker to use a personal protection device, that device should act as a distraction to allow escape – not as an incapacitator. Consider learning self-defense tactics to prepare for escape, and so that should your personal protection device be taken and used against you, you are able to fight for it.