HARMFUL DATING BEHAVIORS

Physical Harm

- hitting
- scratching
- pushing
- threatening
- pinching
- choking
- spitting
- shaking
- shoving
- forcing
- biting
- pulling hair
- using a weapon
- throwing things
- keeping a dating partner from leaving
- molestation
- rape
- forcing sexual actions without consent
- damaging personal property
- acting in an intimidating way
- purposefully injuring an animal to scare a partner

Emotional Harm

- calling a dating partner names
- criticizing opinions
- ignoring a dating partner's feelings
- isolating a dating partner from others
- behaving jealously
- telling lies
- scaring a dating partner
- cheating on a dating partner
- making a dating partner feel guilty
- spreading rumors
- threatening to hurt a dating partner
- threatening to hurt oneself
- using sexually derogatory names
- criticizing beliefs about sex
- putting down family and friends
- driving recklessly to scare a dating partner
- humiliating a dating partner in public/private
- insulting a dating partner's beliefs or values
- taking actions that involve a dating partner without their permission
- displaying inappropriate anger
- outing or threatening to out a gay partner

(don't stop now...there's more on the back)

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Harm Caused through Technology

- demanding a partner turn on location services to track them through their phone and apps
- demanding passwords to a partner's phone and/or social media accounts
- accessing private information on their partner's phone without permission
- using a partner's phone, without their permission, to send out messages intended to harm their relationships with others
- incessantly texting
- expecting immediate responses to calls, texts, or other messages
- sending a partner insulting or threatening texts
- pressuring a partner to send nu photos of themselves
- sending a partner repeated texts pressuring them to have sex
- threatening to expose a partner's intimate photos or secrets on social media if they do not comply with sexual demands
- using public platforms to
  - send out unfavorable photos and videos to others without a partner's permission
  - intentionally exclude a partner from activities
  - spread rumors about a partner
  - call a partner derogatory names
  - intentionally flirt with others



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