

Name: \_\_\_\_\_

**GETTING OUT OF AN  
ABUSIVE RELATIONSHIP**

Breaking up with an abusive partner is often very difficult. Abused young people should know they deserve better treatment, that they are not alone, and that the abuse is not their fault.

**What to do to stay safe and end an abusive relationship:**

- Take the abuse seriously—tell the abuser to stop and help him or her to get counseling.
- Avoid being alone with the abuser or being alone in situations where he or she might unexpectedly appear and threaten you.
- Do not meet the abuser alone. Do not let the abuser in your home or car when you are alone.
- Tell others about the abuse—the more isolated you are from friends and family, the more power he or she has over you and more opportunity your abuser has to control and abuse you.
- Always tell others where you are going and when you expect to return.
- If the abuse happens at school, report it to a school counselor or security officer.
- Keep a log of the abuse. You may need it for evidence if you have to take legal action.
- Develop a safety plan and rehearse what you will do in the event that the abuser becomes violent.
- Get help from professionals. There are places in your community where you can get information and help: Rape crisis centers, shelters, health services, counseling centers, youth organizations, doctors, churches or spiritual centers, emergency hotlines and the legal system can help keep you safe.

**Things to remember:**

- You deserve better. Do not put up with abuse.
- You are not alone. People from all different backgrounds and all across the country are in or have been in abusive relationships.
- It is not your fault that your partner abuses you. It is a choice the abuser makes.
- The longer you stay in the abusive relationship, the more intense the violence will become. It does not get better over time.
- Being drunk or high is not an excuse for being abusive.
- No one is justified in hurting you just because he or she is angry.