What is a healthy relationship?

Healthy relationships should make you feel:

- Loved/Liked
- Respected
- Valued
- Safe
- Supported
- Listened to
- Trusted

You should also feel that you can talk openly with your boyfriend/girlfriend.

Dating abuse not only happens in straight relationships, but it also happens in gay, lesbian, and bisexual relationships.

SIGNS OF AN UNHEALTHY RELATIONSHP

A relationship is unhealthy if it involves mean, disrespectful, controlling or abusive behavior.

- Physical Abuse: Like being pinched, hit, pushed, punched, shoved, slapped
- Emotional Abuse: Like being called hurtful or mean names, threats, bullying, teasing
- Controlling: Try to keep you away from friends and family. Tells you what to wear, how much makeup to put on, tries to control where you go.

What to do if you are being abused?

Sometimes people are afraid or embarrassed to tell someone that they are being abused by their boyfriend/girlfriend. Some might feel that they somehow caused the abuse. You don't have to go it alone! Talk to someone that you trust, like a parent, friend, teacher, sibling, doctor, clergy, or someone you feel safe with.

BEACON PROGRAM

What is the Beacon Program?

The Beacon Program at UNC Hospitals helps people who are in abusive relationships or have experienced abuse in the past. The program provides information, and support.

What services does The Beacon Program provide?

- Someone to talk to who will understand and listen.
- Help you decide how to stay safe.

Who is eligible?

Any person who has experienced fear, physical danger, threats, emotional abuse, sexual abuse, or other violence from a current or former partner and would like confidential advice or assistance.

www.med.unc.edu/beacon

LOCATION

Services are provided at UNC Hospitals and its clinics. Services are also provided over the phone. Whether you call or you ask your doctor to call, a Beacon staff member is available to talk with you.

HOURS OF OPERATION

8:00 am to 5 pm
Monday-Friday (except holidays)
(919) 966-9314

After HOURS

Crisis intervention services are provided by the Beacon staff. You can reach us at 1-888-378-0551 twenty four hours a day. The phone number is a pager which immediately contacts the Beacon Program. At the tone, enter a telephone number where you can be reached. A staff member from the Beacon Program will call you back and help you by:

- Talking with you about the abuse
- Providing support
- Helping you to recognize when the violence will occur and how to help you remain safe
- Helping you to explore services provided by community agencies that may be appropriate for you
- Exploring future options with you

Remember, no one deserves to be abused. Nothing you say or do justifies an abuser's violence.

Visit us on the web at:

WWW.MED.UNC.EDU/BEACON

RESOURCES

National Teen Dating Abuse Helpline: 1-866-331-9474

UNC Hospitals
Beacon Program
(919) 966-9314

Alamance County
Family Abuse Services
(336)226-5985

Chatham County
Family Violence Rape Crisis Center
(919)542-5445

Durham County
Durham Crisis Response Center
(919)403-6562

Orange County
Family Violence Prevention Center
(919) 929-7122

UNC HOSPITALS BEACON CHILD AND FAMILY PROGRAM

INFORMATION FOR TEENS ON DATING ABUSE

WWW.MED.UNC.EDU/BEACON