

ANYJCC HEALTH NEWS

RELATIONSHIP AGGRESSION

-by Sarah Rodenberg



Relationship Aggression can affect anyone!

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REMEMBER:

Abuse in relationships doesn't have to be physical. Abuse also includes things such as feeling forced to have sex with your boyfriend or girlfriend, having your boyfriend or girlfriend call you names, or use threats to control your decisions. Abuse can be physical, sexual, verbal or emotional.

Relationship aggression occurs when your boyfriend or girlfriend tries to assert power and control over you by abusing you. This abuse could be sexual, physical, verbal, or emotional, or it could be a combination of any of these. Relationship aggression is not an occasional fight or bad mood, but a pattern of manipulative actions that are used against a boyfriend or a girlfriend. Relationship aggression can affect any student at Job Corps, including students of every sex, gender, nationality, race, ethnicity and sexual orientation. It could happen to anyone.

Listen to Susan's story: Susan arrived at Job Corps last month and is excited to meet new friends. In her first day of her health occupations class she met Luke and they instantly hit it off. Luke always paid attention to her in her classes and during the breaks. After a while they decided to start dating. The first few weeks of their relationship were great and Susan felt that she finally found someone who she could love and spend her life with. After a few weeks Luke started saying hurtful things and call her names in front of their

friends. He accused her of cheating when she would speak to any of her guy friends. Luke also started to say things that were making her feel very guilty for spending time on the weekends with her friends or family instead of spending her time with him. Susan is beginning to believe the things that Luke is telling her, and is embarrassed to tell anyone about her feelings. Have you ever felt like Susan? Or maybe you know someone like Susan.

Maybe you have felt that there was something that wasn't quite right with your relationship. Maybe something about your boyfriend or girlfriend does makes you feel bad or seems wrong. Have you ever wondered whether or not your boyfriend or girlfriend is treating you inappropriately or abusing you? Ask yourself the following questions. Does he or she:

- Call, text or instant message you excessively?
- Check your email or voice mail without your permission?
- Look at you or act in ways that scare you?

- Put you down, call you names or criticize you?
- Try to control where you go, who you talk to, what you wear or what you do?
- Blame you for the hurtful things he or she says or does?
- Try to stop you from seeing or talking to friends and family
- Hit, slap, push or kick you?
- Act jealous and wrongly accuse you of flirting with others?
- Fail to take responsibility for his or her actions?

If you have answered yes to any of these questions you may be experiencing relationship aggression and may want to talk to your counselor or your center mental health consultant for more information.