## RED FLAGS Dating Violence Quick Screen

### Relationship Status
- Are you dating anyone?
- Does your relationship seem like it got serious really fast?
- How old were you when you started dating?

### Emotional Abuse
- Does your boyfriend or girlfriend (bf/gf):
  - Put you down or criticize you?
  - Say hurtful things about the way you look, dress, or do your hair?
  - Invade your privacy?
  - Use physical intimidation, "mad-dogging," or breaking things?
  - Lie or threaten to be unfaithful?
  - Excessively text or call you?
  - Share private things about you on MySpace, Twitter, or Facebook?
  - Forward your private texts to people without your permission?
- Make you feel like you have to "sext" or something bad will happen?
- Make you feel bad, call you names, threaten to break up with you, hurt or force you if you say no to sex, want to practice safe sex or use birth control?
- Do you ever think about hurting yourself because of your relationship?
- Cause "drama" or try to stop you from going to school, doing homework, or participating in sports or other extra-curricular activities?
- Do you ever feel worried or scared when your bf/gf drinks or uses drugs?
- Has your bf/gf ever hurt or scared you when they drink or use drugs?
- Do you ever find yourself drinking or using to cope with abuse or anger?
- Does your bf/gf support you spending time with your friends or family?
- Does your bf/gf text or call over and over when you are spending time with friends or family?
- Do friends and family say they are worried about your relationship?
- Does your bf/gf know where you are or what you’re doing all the time?

### Drug or Alcohol Use
- Does your bf/gf ever feel worried or scared when your bf/gf drinks or uses drugs?
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### Friends and Family
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### Lethality Assessment
- If you respond to many of the indicators of RED FLAGS above, you may be at risk for serious and potentially deadly dating violence. Section A will help you assess the level of risk or lethality.
- If your arguments gotten worse lately?
- Does your bf/gf ever act aggressively or violently in an argument?
- Does your bf/gf have a history of being abused or acting abusively to others?
- Does your bf/gf have any weapons? Has your bf/gf ever threaten you with a weapon?
- Does your bf/gf threaten to or hurt animals?
- Has your bf/gf ever tried or talked about hurting themselves or others to deal with jealousy, anger or when facing a breakup?

### Give Youth-Centered Resources
- Youth who identify multiple serious risks in Section A need safety resources immediately. Section G below provides a list of confidential youth-centered resources they can access to increase their safety.

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### Lethality Assessment
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- If your arguments gotten worse lately?
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### Give Youth-Centered Resources
- Youth who identify multiple serious risks in Section A need safety resources immediately. Section G below provides a list of confidential youth-centered resources they can access to increase their safety.
Safety planning is an important first step when youth identify they are experiencing dating violence. Youth-centered safety should involve the following things:

- Support youth in developing their own individualized safety planning. A good resource for individualized teen safety planning can be found at: http://www.thesafespace.org/pdf/handout-safety-plan-workbook-teens.pdf
- Strategize with the youth on how to involve their friends in their safety plan.
- Encourage youth to develop a code word with their parents and friends to indicate they are unsafe.
- Include tech and internet abuse in their safety plan.
- Role play with youth on safe birth control negotiation.
- Encourage youth to tell someone they trust about the abuse. Breaking the silence saves lives!
- Remind them to keep a cell phone charged with minutes.
- Help them to memorize important numbers instead of just storing them in their cell phones.

**National Resources**

**Love is Respect National Dating Abuse Helpline (24/7 Crisis Line with Youth Advocates Available 4 p.m.- 2 a.m.)**

- Break the Cycle http://www.breakthecycle.org/
- Love is Not Abuse http://loveisnotabuse.com/web/guest
- That’s Not Cool http://www.thatsonotcool.com/

**New Mexico Resources**

- Enlace Comunitario (English/Spanish) 505.246.8972 http://www.enlacenm.org/
- New Mexico Asian Family Services (Not for Emergencies) 505.934.5139 http://nmacf.org
- New Mexico Coalition Against Domestic Violence 505.246.9240 (Not for Emergencies) http://www.nmcdav.org/
- New Mexico Coalition To Stop Violence Against Native Women 505.243.9199 (Not for Emergencies) http://www.csvanw.org/
- Rape Crisis Center of Central New Mexico Crisis Line (24/7) 1.888.811.8282 or 505.266.7712 http://rapecrisiscnm.org/

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