

## Safe Dates Pre-/Post-Test

Name: \_\_\_\_\_ Class period: \_\_\_\_\_

**Write your answers in the spaces provided.**

1. List three examples of emotional dating abuse.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. List three examples of physical dating abuse.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. List two warning signs, or "Red Flags," that a person may be a victim of dating abuse.

a. \_\_\_\_\_

b. \_\_\_\_\_

4. List two warning signs, or "Red Flags," that a person may be abusing his or her girlfriend or boyfriend.

a. \_\_\_\_\_

b. \_\_\_\_\_

5. How can you help a friend who is in an abusive relationship?

\_\_\_\_\_

\_\_\_\_\_

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6. List two things you can do to keep your anger from getting out of control.

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

7. List two things you can do to protect yourself from sexual assault on a date.

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

Write "T" for True or "F" for False on the line in front of each question below.

\_\_\_\_\_ 8. Emotional and physical abuse are equally serious.

\_\_\_\_\_ 9. Any forced sexual activity is sexual assault, even kissing.

\_\_\_\_\_ 10. Both females and males abuse other people.

\_\_\_\_\_ 11. Abuse goes away over time if you just ignore it.

\_\_\_\_\_ 12. Abuse may be used to control the way a person thinks, acts, or feels.

\_\_\_\_\_ 13. Sometimes a person's response to anger is uncontrollable.

\_\_\_\_\_ 14. Conflict will occur in all relationships.

\_\_\_\_\_ 15. Gender stereotyping can lead to abuse.

\_\_\_\_\_ 16. Both males and females are victims of abuse.

\_\_\_\_\_ 17. Date and acquaintance rape victims are most often teenagers.



## Dating Abuse Red Flags

\*\*\*\*Red Flags\*\*\*\*  
for People Who May Be in an Abusive Relationship

- \* being physically hurt
- \* feeling afraid of your girlfriend or boyfriend
- \* feeling isolated, maybe even alone
- \* losing your friends
- \* changing your behavior because of your girlfriend's or boyfriend's jealousy
- \* feeling embarrassed, put down, ashamed, or guilty
- \* being threatened
- \* feeling manipulated or controlled
- \* being afraid to express your own feelings of anger
- \* feeling a nervous or sick feeling in your stomach when your girlfriend or boyfriend is irritated, frustrated, or angry
- \* feeling a pounding or fluttering in your chest when your boyfriend or girlfriend isn't happy
- \* not being allowed to, or being afraid to, make decisions for yourself
- \* noticing that your girlfriend or boyfriend has very traditional (stereotypical) beliefs about women and men
- \* noticing that your boyfriend's or girlfriend's beliefs about the position of men and women in society are different from your own
- \* feeling as if your date gets too personal or touches you in an unwanted way
- \* not having your thoughts or wishes for personal space respected

