



Stay safe.

When you decide to date someone, it is important to pick a person who will be a good friend to you. People who try to control you, put you down or push you around are not good or safe friends.

You have the right to:

- Be treated with respect.
- Pick your own friends.
- Say NO to a partner who tries to control your life... who you talk to, where you go, and what you do.
- Decide when you want to be with your partner and when you want to do other things.
- Get angry if someone mistreats you.
- Have a partner who listens and who cares about your feelings.
- Say NO to unwanted touch and affection.
- Set goals and finish school and to have a partner who does the same.
- Look and dress in ways that feel comfortable to you.
- Ask for help.

24/7 Crisis Care Program
3002 Grand Ave, Waukegan, IL
(847) 377-8088

Community Health Centers

**For appointments, call our
 Patient Access Center:
 (847) 377-8800**

Belvidere Medical Building*
 2400 Belvidere Rd, Waukegan, IL

Grand Avenue Health Center
 3010 Grand Ave, Waukegan, IL

Libertyville Health Center
 18698 West Peterson Rd, Libertyville, IL

Midlakes Health Center*
 224 Clarendon Rd, Round Lake Beach, IL

North Chicago Health Center*
 2215 14th St, North Chicago, IL

North Shore Health Center
 1840 Green Bay Rd, Highland Park, IL

Zion Health Center*
 1911 27th St, Zion, IL

Round Lake Area Student Health and Wellness
 Center* (located inside Round Lake High School)
 800 North High School Dr, Round Lake, IL
 Appointments: (847) 257-1200

Lake County Health Department services are available to all individuals regardless of race, color, national origin, age, sex, disability or sexual orientation. Please inform a staff member if you need an interpreter, assistance, or auxiliary aids.

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Safe Partners

A guide for relationships

Ask yourself these questions:

1. Do they criticize you?
Do they call you names, put you down, insult you? Do they criticize your clothes, your weight or your appearance?
2. Do they act as if they own you?
Do they tell you who to talk to, where you can go, who you can hang out with? Do they want to know where you are all the time? Do they take money and never pay you back? Do they drive too fast to frighten you?
3. Do they destroy your property?
4. Do they act jealous when you are around other people?
Do they want you to spend all your time with them? Do they act as if they don't trust you? Do they accuse you of flirting when you're just being friendly?
5. Do they try to act real tough?
Do they think it's up to them to tell someone what to do? Do they boss you around? Do they think one gender is better than another?
6. Do they cut school? Do they encourage you to cut school?
Do they plan to finish high school? Do they plan to attend college or get a job? Do they have plans for the future? Do they interfere with your study time?
7. Do they use force or violence to solve their problems?
Do they have a quick temper? Do they punch walls, throw or break things when they are angry? Do they pick on smaller people? Do they abuse animals?
8. Have they hit, pushed, slapped or choked you—even once?
9. Are you afraid to break up with them?
Are you afraid to break up with them because they might hurt you? Do they ever say they will hurt or kill themselves if you break up with them?
10. Do they belong to a gang? Do they live with or hang out with violent people?
Do they get into fights at school, home, or in the neighborhood? Do they go along with the crowd or do they think for themselves? Do they get involved in gang fights?
11. Do they have a knife, gun, or other weapons?
Do they ever threaten to use a weapon to get even with someone? Have they ever been in trouble with the law?
12. Do they use alcohol or drugs?
13. Do they trick or force you to be sexual?
Are you afraid to say NO? Do they cut you down if you say NO? Do they make sexual comments or jokes that make you feel uncomfortable?
14. Are you afraid of them?
Do they threaten you? Do you spend time thinking of ways to keep them from getting mad? Do you do what they want to do rather than what you want to do? Are they sometimes nice and sometimes very mean, almost like they are two different people?
15. Do they pressure you to have kids?

If you answered YES to any of the questions above, your partner may be abusing you.

Sometimes people think they can change their partner. They think that if they were nicer, better looking and more agreeable, their partner would stop hurting them.

A person who mistreats you may need help to change. **You cannot change them.** They need to get help on their own. It is very important for you to take care of yourself and not allow anyone to hurt you.

You are a special person and deserve to be treated with respect.

- Trust your feelings. If something they say or does feels wrong, it probably is.
- Do not put up with rude or abusive behavior.
- Remember, it is not your fault!
- The abuse will usually get worse. You can't change them. They have to be willing to change themselves.
- Tell someone who will listen. You may need help getting out of the situation.