

# Break-up Violence

**Break-up violence:** when a person is physically hurt by the ex-partner after a relationship ends.

Youth break-up violence is on the rise.

For those already involved in a violent relationship, 75% of homicides and serious assaults occur when a partner decides to leave the abuser.

Even in relationships that have NOT been physically aggressive, the time around a break-up is full of volatile emotions. Many youth are not yet well-equipped to deal with the strength of these emotions, and shame and regret can lead to anger. Extreme anger can lead to violence, even from someone you never thought would hurt you. Learn how to cope with a break-up in healthy ways; we can help.

You think it can't happen to you. It Can.

**Protect yourself. Avoid meeting with an Ex alone.**

**\*\*Protect your friends: FRIENDS DON'T LET FRIENDS VISIT AN EX ALONE.**

Produced by Amanda Forum Youth Task Force members and Coordinators.

## RESOURCES

Need Help? Want more Information?



## Acknowledgements

The Amanda Forum is a Caring Place Initiative sponsored by The United Way of Porter County



# The Caring Place CENTER FOR CHANGE

**THE AMANDA FORUM:  
BREAKING UP IS HARD TO  
DO...**



24-Hour Crisis Line: (18 and older)  
219-464-2128

**Youth Dial 911 for all Emergencies**

Non-emergency resources:

Loveisrespect.org

Call: 1-866-331-9474

Text: LOVEIS to 22522

To contact The Amanda Forum:

bessien@thecaringplacenwi.org

219-464-0840 ex. 100

Facebook.com/TheAmandaForum

Instagram: @DareToDateSafe

<http://www.thecaringplacenwi.org>

# NO SHAME, NO BLAME



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## WE WANT YOU TO KNOW.....

“Breaking up” is a **NORMAL** part of life that everyone goes through. The teen years are an important developmental time for learning relationship skills. You’re truly just learning who you are and what sort of things you’re looking for in a relationship. It takes **TIME** and growth to know who you really are, and until you know that, you can’t truly choose the person you wish to be with “forever”.

Young adult relationships are more like practice for the big game; keep learning about yourself, what you need in a relationship, what you should give to others, and what brings out the **BEST** in you.

**If a relationship ends, it just wasn’t the right fit at that very moment in your life.** The healthier skills you learn and practice as teens, the better long-term relationships you’ll have as adults.

## BREAKING UP IS A LOSS; YOU MAY GO THROUGH A GRIEVING PROCESS:

**Shock & Denial**– At first, you may deny the relationship is over and feel unable to comprehend how the break-up happened or why it is over.

**Pain & Guilt**– After the initial shock wears off, it is often replaced with **normal feelings of sadness and pain.** You may have feelings of guilt for not doing all you could to fix the relationship.

**Anger and Bargaining**– You may lash out and be angry about the relationship ending. Some will try to do or say anything to get the relationship back.

**Acceptance/Moving Forward**– Eventually, you accept that the relationship is over, and that **you will survive and learn from this.** This relationship was just not the correct fit for both of you. You are not defined by your relationship; be confident in who you are and happy in your life.

## TIPS FOR SURVIVING A BREAK-UP

**Cry** as much as you want for the first couple days or even a week.

**Keep yourself busy.**

**Find emotional support.** Spend time with friends or family members who will listen to you.

**Keep away from the EX.** You can’t heal with him/her constantly calling or texting you.

**Don’t rush** into another relationship immediately just to fill the void of your last one.

**AVOID SOCIAL MEDIA POSTS ABOUT YOUR BREAKUP OR GRIEVING PROCESS!**

By posting on social media when you are vulnerable, you simply cause yourself more pain and invite others to stick their two-cents into your business.

If the feelings of intense sadness or anger are lasting for a long time and you are having a hard time moving forward, **seek help from a counselor.**