

10 Things to Note When Starting A Relationship

**Dating violence is
surprisingly common**

What is Dating Violence?

Dating violence refers to abusive behaviour from your partner.

Your partner may have been kind in the beginning, but gradually he or she changed, leading to violence and abuse.

- Dating violence can happen to both men and women.
- Dating violence can also happen among same-sex couples.
- The violence gradually escalates, and can lead to potentially life-threatening situations.
- Dating violence tends to worsen over time without either party noticing.

How common is Dating Violence?

You might think that dating violence has nothing to do with you. However, reality paints a different picture.

1 in 5 women



1 in 9 men



Most victims of dating violence are **in their 10s – 20s**. Numbers show that it is more widespread than people realise.

(March 2018 survey by the Cabinet Office (CAO) on violence among couples)

Dating violence is more common than you think.

Let's Check!

You might be in love with your other half, but does any of the following sound familiar?

If even one of them checks out, you might want to reconsider your relationship.

Emotional Abuse

- Checks your phone and deletes your contacts
- Gets angry if your replies are slow and forces you to report your location to them regularly
- Gets angry if you do not prioritise them
- Blames everything on you
- Shouts and threatens you
- Threatens to die if you break up with them

Physical Abuse

- Beats or kicks you
- Pulls your hair
- Strangles you
- Throws stuff at you
- Shoves you or slams you against the wall
- Locks you in the room or house

Sexual Abuse

- Forces you to have sex
- Becomes unhappy if you reject sex
- Refuses to use protection
- Takes photos of you naked or wearing underwear

Financial Abuse

- Doesn't return borrowed money
- Always asks you to pay for dates
- Asks for expensive presents
- Financially dependent on you

Abuse constitutes more than just hitting or kicking

Violence can occur in many forms concurrently

Does Love Justify Controlling Behaviour?

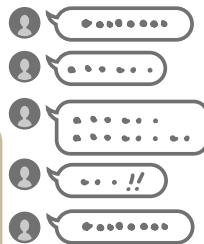
When you love someone, you want them to think about you all the time, and you want to be with them all the time. But does that justify possessiveness?

- We always go home together. I will also skip my club activities for my partner. However, recently my partner asked me to quit my club.
- Although we are in a relationship, I'm always afraid of my partner getting angry when I talk to someone of the opposite gender.

- My partner gets jealous easily and always wants to be by my side. They even come to my class during the 10 min break.
- I was happy at first but my partner gets angry if I don't pay attention to them, so recently it's been tough...

- My partner is very possessive. They text in the middle of the night asking me to go over immediately and don't stop until I accede. If I don't go, they lose their temper at me the next day...

- I have to reply to my partner's text messages immediately and report what I'm doing every 30 mins.
- Even when I'm bathing or in the toilet, I keep my phone on me.



- My partner secretly installed a monitoring app on my phone and tracks my location through GPS 24/7. I'm scared...



Wanting to control your partner is not just possessiveness, it's abuse.

Consequences of Dating Violence

- Being abused and hurt by the person you're dating can be unbelievable, painful, and shocking.
- You might feel that you can't trust anyone anymore. You might lose your appetite and even become insomniac.

- You think about your partner all the time, and you can't focus on studying.

- You feel unimportant and blame yourself for everything that's wrong. To distract yourself from the emotional pain, you might even cut your wrists.

- You stop thinking or deciding for yourself. You think it'll be better if you break up with them, but you have no confidence in your decision.

- You're always walking on eggshells around them. You constantly sneak a glance at their face, afraid of accidentally angering them. Gradually you lose sight of your thoughts and feelings, leaving behind only a sense of helplessness.

- You feel empty and lethargic, with a sinking feeling in the pit of your stomach.



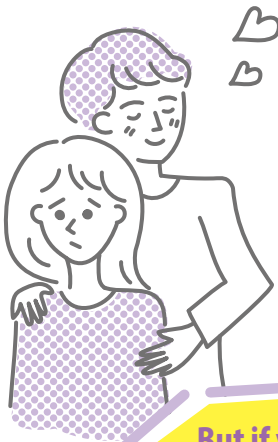
Constant abuse will wear you down emotionally and physically.

Does dating = sex?

Date rape can occur even among couples!

- Silence means consent.
- If you love me, you should agree to sex.
- If we kiss, I can have sex with you too.
- Dating means that having sex is ok.
- Going to your partner's room signifies that you're ok with sex.
- Even if unwilling at first, you will succumb to incessant coercion.
- If you agree once, it means you agree to all future advances.
- You don't need to use protection if you plan to marry your partner.

Are these true?



I shouldn't spoil the mood

Guys should lead

My partner might dislike me if I refuse...

I have to show how cool I am

I'm embarrassed to talk about sex

I'm sure my partner feels the same

It's hard to talk frankly about sex.

But if you just act without discussing it with your partner, you might realise that both of you have different expectations.

Sexual Consent Must be Explicit

If you feel conflicted, tell your partner "I don't want to do it now" or "I'm not sure."

If you are uncomfortable, don't force yourself.

Refusing intimacy doesn't mean that you don't love your partner.

So it's important to respect both of your feelings.

Nothing good will come out of forcing yourself to endure and do something you don't want to.



If you love me you should agree

I'm conflicted!

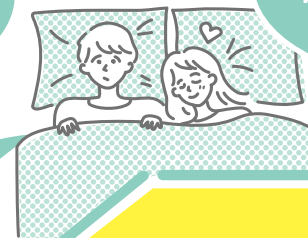
I didn't come with that kind of intentions...

During a house date, your partner suddenly asks you to be intimate with them. "You should have known what to expect by coming over." Pressured, you blame yourself for going over and give in unwillingly.

I want to be intimate with someone I really love

I'm interested but it's too fast...

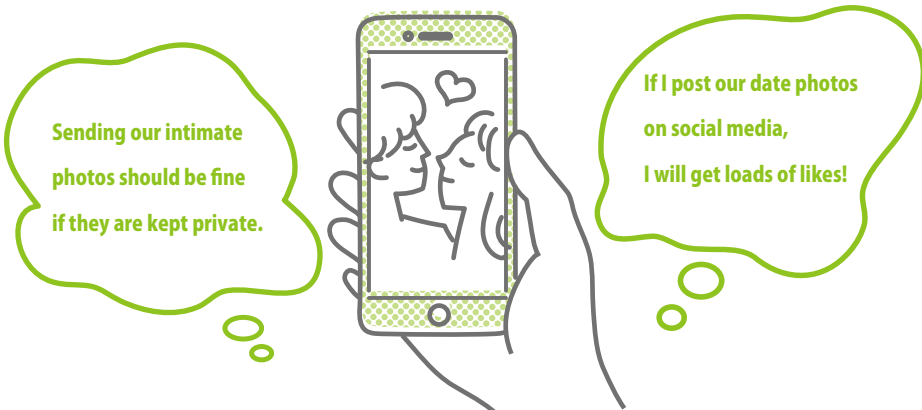
I want to reciprocate my partner's feelings but I'm scared



Sexual consent refers to verbally agreeing to be intimate with your partner.

Revenge Porn

Is it ok to take intimate photos of each other?



You might feel extremely blessed in the relationship, wanting to last forever with your partner. You might even have intimate photos that only the two of you are privy to. However, the photos may not remain secret forever.

Examples of reported revenge porn cases:

! If you mention breakup, your partner threatens to upload your naked photos and videos online.

! After a break up, intimate photos start circulating on the internet.

Avoid sending scantily-clad or naked photos of yourself.

It's hard to remove something completely once it gets on the internet.

Sexual Abuse and You

Sexual abuse refers to any sexual activity without consent.

If your partner refuses to use protection...

Should you endure and accede to their demands?

Unprotected sex can lead to unplanned pregnancy and sexually transmitted diseases.

Not only will unplanned pregnancy affect you mentally and physically, it will also greatly change the course of your future.

Did you know?

You can prevent an unplanned pregnancy if you take an emergency contraception (Morning-After Pill) up to 72 hours after unprotected sex.

Approach the Sexual Assault Victims Centre if you need help!

Sexual abuse refers to any sexual acts performed without your consent.

You might think that sexual abuse refers to a stranger attacking you in the middle of the night. However, perpetrators of sexual abuse are mostly people you know, including your partner, friends, acquaintances, family members, relatives, teachers, colleagues, neighbours etc. Abuse can happen to anyone regardless of age or gender.

Sexual abuse is not your fault. The abuser is the one in the wrong.

Beware of Traps

Beware of the following traps!

I applied for a job promising high pay, but was unexpectedly made to provide sexual services.

Compensated Dating

I signed a contract with an agency, thinking that they were scouting me to be a model. However, it was a contract to appear in pornography. They threatened to make me pay fees for breaking a contract if I refused, so I had no other choice but to do as they said.

Forced Pornography

I went to karaoke with someone I met online. Halfway through, I began to feel groggy, and I can't remember much of what happened. When I came to my senses, I found myself in a hotel, a victim of date rape. My food and drinks had been spiked unknowingly.

Date Rape Drugs

Don't give up! All is not lost.

It's not your fault. You are the victim.



Contact us for help

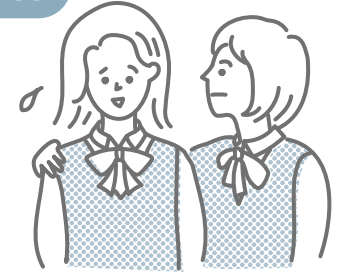
● If you feel lost or you can't go to the police and hospital, please approach **the Sexual Assault Victim Centre** for help.

● If you are in imminent danger, **call 110** immediately.

We Are Here For You

If you are a victim of dating violence

- ➔ It's not your fault. The abuser is the one in the wrong.
- ➔ You don't need to fret, worry, and solve everything on your own.



If your friend approaches you for help regarding dating violence

- ➔ Believe in and listen to your friend.
- ➔ Reassure them that they are not in the wrong, and that you will always be there for them.
- ➔ Tell your friend where they can seek help.

If you think you might be perpetuating dating violence

- ➔ Violence is wrong no matter what.
- ➔ Violence is something learnt from the media or from adults around you. However, you can change if you put your mind to it.

We will protect your privacy.
We are here for you!

Approach an adult or a consultation centre as soon as possible.

List of Consultation Centres

Women's Consultation Centres

Shizuoka Prefectural Gender Equality Centre Azalea Women's Counselling

Telephone Consultation In person Consultation (By Appointment Only)

Kamo Area ☎ 0558-23-7879

Eastern Area ☎ 055-925-7879

Central Area ☎ 054-272-7879

Western Area ☎ 053-456-7879

● Mon, Tue, Thurs, Fri / 9:00~16:00
Wed / 14:00~20:00
2nd Sat of the month / 13:00~18:00 (excl. public and year-end holidays)

! There are also consultation centres for women set up by other cities.

Domestic Violence Counselling

Shizuoka Women's Consultation Centre (Spousal Violence Consultation Centre) ☎ 054-286-9217 Telephone Consultation ● 9:00~20:00 (excl. public and year-end holidays)

Youth Counselling

Shizuoka Youth Support Hotline Youth Aid 24/7
☎ 0800-200-2326 ● Toll-free ● LINE Consultation available (limited time only)



Sexual Abuse & Assault Counselling

SORA:
Sexual Assault Care Centre
☎ 054-255-8710
24/7



Police: Sexual Assault Consultation

ハートさん
#8103 Available Nationwide
24/7



Yoriso Hotline 11 languages

☎ 0120-279-338
24/7 ● Toll-free



Unplanned Pregnancy Counselling

Shizuoka Pregnancy SOS ☎ 055-941-5006 ● Wed & Sat / 13:00~17:00
E-mail / info@s-ninshin-sos.jp



Gender Equality Bureau



Shizuoka Prefectural Gender Equality Centre

