

## 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 domestically 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. The lives of **both** partners and their families are then ruined...in one tragic moment. 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. Tell your friends.

**\*\*FRIENDS DON'T LET FRIENDS VISIT AN EX ALONE.**

# Dare to Date Safe

## RESOURCES

**Need Help? Want more information?**



## Acknowledgements

The Amanda Forum is a Caring Place Initiative sponsored by The Women's Impact Fund



Research References:

Recoverfromgrief.com

Loveisrespect.org

Barton Goldsmith, Ph. D. in Emotional Fitness

# Breaking Up is hard to do...



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**AMANDA**  
FORUM®  
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# The Amanda Forum

## Our Mission:

We seek to raise awareness of Youth Dating Violence in Porter County through discussion, education, and mentoring with a focus on developing the protective factors of pro-social relationship skills and resilience. Both male and female young adults are affected by dating violence and break up violence. We reach out to all youth!

## 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. Your teen years are meant to be PRACTICE! You are all just learning how to maneuver through dating relationships, and you’re truly just learning who you are and what sort of things you’re looking for in a relationship. You won’t get it right the first time, or the second, or the third..... 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”. If you look at it that way, it’s a lot easier to get through all the ups and downs of teen relationships.

So, give yourself and your boyfriends/girlfriends a break! Realize that 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.

### Stages of the 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 feelings of sadness and pain. You may even have feelings of guilt for not doing all you could to fix the relationship or blame yourself for it ending. Sadness and pain are normal, healthy reactions at this point in the process. It’s okay to feel down for a little while!

**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. Although this may not result in instant happiness, it is a step in the right direction. You are not defined by your relationship; be confident in who you are and happy in your life, and the right relationship for you will come along.

## Tips for Surviving a Break-up

- **Cry** as much as you want for the first couple days or even a week. It is a part of the grieving process.
- **Keep yourself busy.** By doing so, you are taking positive action and will not have time to dwell on the break-up.
- **Find emotional support.** Spend time with friends or family members who will listen to you. Let them know you don’t necessarily need advice, just a listening ear.
- **Keep away from the EX.** You can’t heal with him/her constantly calling or texting you. Ask him/her to keep his/her distance so you can get over it in your own way.
- **Don’t rush** into another relationship immediately just to fill the void of your last one. It may help you feel better in the moment, but it can only complicate things and cause more hurt if your new partner feels used.
- **Don’t spend too much time alone.** It is okay to be alone to process your feelings, but make time for friends and family. They will help you heal.
- **AVOID SOCIAL MEDIA POSTS ABOUT YOUR BREAKUP OR GRIEVING PROCESS!** Break-ups are private and not meant to be shared with the world. 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. *Don’t make your private life other people’s entertainment.*
- **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 or someone professional.**

# No Shame, No Blame