

These are a few frequently asked questions about dating. If you have questions of your own or need more information, chat with a trained peer advocates.

So, Are We Dating?

It's important that both you and your partner agree on a definition for your relationship. Whether you call it "dating" or something else, both people should agree on the same ground rules. Keep these questions in mind:

- Do you have romantic feelings for this person?
- Are you and the person you're interested in both looking for a committed relationship?
- Do you hang out or go on dates without a group of friends?
- Is the status of your relationship something you've shared online, like on Facebook?
- Do both people in the relationship agree that it's exclusive?

Does "Hooking Up" Count?

Hooking up is a broad term, but generally, it refers to casual encounters between two people who can be friends but don't have to be. They may or may not be monogamous and can include sex.

Even if you are just "hooking up," your partner should not be disrespectful or controlling. You should be able to communicate your feelings without being afraid of negative consequences or abuse. Remember the rules for a healthy relationship apply to hook ups too.

We're Not "Dating," How Can I Be Abused?

Abuse affects all types of relationships, not just long-term or committed relationships. Even if your relationship is casual or you've only hooked up once, you can still experience abuse. If something makes you uncomfortable, scared or threatened, you could be experiencing the warning signs of an unhealthy relationship.

connect now!

chat at loveisrespect.org

 text "loveis" to 22522

 call 1-866-331-9474

Discuss your options anonymously.
Peer advocates are available 24/7.

For more information, visit www.loveisrespect.org

Repurposing is allowed and encouraged.

Please contact Break the Cycle or the National Dating Abuse Helpline for more information.