

Teen Dating Violence

- Relationships do not have to be physically violent to be abusive
- Victims have reported experiencing dating violence as young as 11 years old
- 1 in 10 teens report being physically assaulted (slapped, kicked, hit, pushed) within the first 12 months of a relationship
- 1 in 3 teens have experienced abuse via physical, emotional, verbal, sexual, stalking, or cyber tactics
- 1 in 5 women and 1 in 7 men who experienced rape, domestic violence, and/or stalking first experienced partner violence between 11 and 17 years old



Resources

National Dating Violence Hotline

Thehotline.org

Military One Source Abuse Page

Militaryonesource.mil/abuse

Love is Respect

Loveisrespect.org

CDC-Veto Violence Trainings

Vetoviolence.org

Contact your local Family Advocacy Program

TIME IS RUNNING out.



1-800-799-7233
National Domestic Violence Hotline

**Teen Dating
Violence Awareness**



What is Teen Dating Violence?

Physical

Being pinched, hit, shoved, slapped, punched, or kicked

Sexual

A sexual act or physical contact without the consent of the partner

Psychological/Emotional

A non-accidental act or threat adversely affecting the psychological well-being of the partner

Stalking

A pattern of harassing or threatening tactics that cause fear in the victim

Dating violence can be carried out in person or electronically via texting, social media or posting sexual pictures of a partner online.

These tactics can be used by a current or former dating partner.



Who's at Risk?

Know the warning signs. Indicators that a teen could be experiencing dating violence include:

- Partner is overly jealous or possessive, or emails and texts constantly
- Unexplained marks or bruises
- Seems withdrawn, depressed, dresses differently, stops spending time with friends and family, or is no longer interested in activities that he or she once enjoyed
- Partner threatens or demeans the teen on social media
- Overly concerned about having the partner's approval or makes excuses for partner's behavior

Factors that increase the risk of committing dating violence include:

- Belief that it's okay to use violence or drugs/alcohol as coping mechanisms
- Depression, anxiety and other trauma symptoms
- Aggression towards peers or difficulty managing anger and frustration
- Hanging out with violent peers or witnessing violence in the home
- Early sexual activity and having multiple sexual partners
- Lack of parental support or supervision

Consequences of Dating Violence

Dating violence has both short and long term negative effects on teens including:

- Injury, substance abuse, poor grades, truancy, STDs, pregnancy, suicidal ideations, low self-esteem, depression, continued partner abuse, long term health problems and criminal behavior.

What Can You Do to Help?

Time is running out. Many teens do not report dating violence because they are afraid to tell their family and friends. If you believe a teen is at risk or is experiencing dating violence, do not wait to address it. Act now.

- Do not be afraid to talk about it
- Promote healthy relationships, emphasize the importance of respect, and demonstrate positive conflict resolution and communication skills
- Guide threatened teens to their local FAP. Consider receiving training through the CDC at vetoviolence.org or implementing an evidence based program such as Safe Dates to enhance your facility's prevention efforts and provide services to teens experiencing dating violence

