

TEEN DATING VIOLENCE

GET THE FACTS

Girls and young women between the ages of **16 and 24** experience the highest rate of intimate partner violence – **3x the national average.**

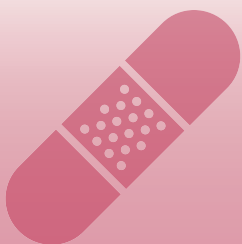
Only **33% of teens** who were in a violent relationship ever told anyone about the abuse.

Nearly **1.5 million high school students** nationwide experience physical abuse from a dating partner every year.

All statistics are from www.LovelsRespect.org

ABOUT DOMESTIC VIOLENCE

Dating violence isn't an argument every once in a while or a fight that got out of control. Dating violence is a pattern of violent behavior that one person uses to exert power and control over another. It can happen to anyone, at any age, regardless of race, religion, level of education or economic background. Dating violence also occurs in same-sex relationships. Abuse isn't always physical: it can also be verbal, emotional, sexual or even digital.



PHYSICAL

Hurting you physically in any way.



VERBAL/ EMOTIONAL

Calling you bad names or using words to put you down.



SEXUAL

Coercing you to have sex or do any sexual act you are not comfortable with.



DIGITAL

Using technology like texting or social media to bully, harass or intimidate you.

TEST YOUR RELATIONSHIP

Does your partner...

- Call you bad names or use words to put you down?
- Look at you or act in a way that scares you?
- Force or coerce you into having sex?
- Call or text you excessively?
- Check your phone or social media without your permission?
- Have an explosive temper or mood swings?
- Act extremely jealous or possessive?
- Shove you, slap you or hit you?
- Control what you do, tell you who you can see or talk to, or decide where you can go?

...If you checked even one of these items, you may be in an abusive dating relationship.

SHOULD I LEAVE?

Every relationship is different, and you are the expert on your unique situation. Below are some options to consider which may help increase your level of safety during this difficult time.

- If you feel you are in immediate danger, you can always call 911.
- Consider changing your social media passwords and/or blocking your partner's ability to post to your pages.
- You can change your cell phone number.
- If you go the same school as your partner, consider changing class times, schedules or your typical route to class. If you feel safe to do so, you can tell trusted principals, counselors, teachers and/or friends about your situation.
- You may want to consider reducing your time spent alone.

HOW TO HELP A FRIEND

- 1 Believe her.**
What's happening in her relationship is not okay, and she will need support.
- 2 Don't blame her.**
This isn't her fault. Everyone deserves to feel safe in their relationship.
- 3 Help her begin to think about safety planning.**
Create a list of trusted friends, adults and teachers she can talk to when she feels unsafe.
- 4 Refer her to Genesis.**
You don't have to be the expert – we are.
- 5 Continue to provide support.**
Let her know you are there for her if she needs to talk.