

Teen Dating Violence

Teen dating violence is what happens in a teen dating relationship when one person uses abuse to gain power and keep control over his or her partner. This abuse can be physical, emotional, verbal or sexual and generally escalates over time.

If you are being abused, know that it is not okay, and it is not your fault. Talk to a friend or trusted adult. If you are the abuser, it is important for you to recognize your behavior and make changes. Speak honestly with a school counselor and with your partner.

Some facts about teen dating violence:

- As many as 1 in 4, or 25% of dating couples report some type of violence in their relationship.
- 40% of teenage girls ages 14-17 say they know someone their age who has been hit by a boyfriend.
- Nearly 80% of girls who are physically abused in an intimate relationship continue to date the abuser.
- Patterns of abuse and violence developed in junior high or high school are often carried forward into adult relationships.
- Dating violence most often occurs in the home of one of the partners.
- Both teenage boys and teenage girls report being victims of violence in relationships.

Red Flags for Abuse

Does your partner:

- Expect you to spend all of your time with him or to "check in" with and let him know where you are?
- Act extremely jealous and/or possessive of you?
- Isolate you by controlling where you go, who you see and talk to, what you wear?
- Treat you with disrespect and put you down?
- Put down your friends and family, your dreams, ideas and/or goals?
- Lose his temper frequently over little things?
- Make you feel as if you are walking on eggshells to keep the peace?
- Make threats to hurt you, leave you, hurt your pets, destroy your property and/or commit suicide if you don't do what he wants?
- Play mind games or make you feel guilty?
- Refuse to take responsibility for his actions? Blame you, drugs or alcohol, his boss, parents, etc. for his behavior?