

Teen Dating Violence

What is abuse?

Teen dating violence can include physical, emotional, verbal, sexual, and digital abuse, and stalking, in the context of a past or current dating relationship. It may occur in person or electronically.

What does teen dating violence look like?

Physical Abuse: violence aimed at hurting a person by hitting, kicking, punching, or other physical force.

Sexual Abuse: forcing or attempting to force a partner to participate in a sexual act/touching or taking/posting/sharing sexual pictures without consent.

Emotional Abuse: verbal and non-verbal communication intended to harm and control the victim.

Verbal Abuse: yelling, screaming, name-calling, criticizing, humiliating, and spreading rumors.

Digital Abuse: using social media or digital devices to harass, intimidate, stalk, and share pictures or harmful messages

Who experiences abuse?

Anyone can be a victim of dating violence.
1 in 3 teens report being in an abusive relationship.

What are the effects of abuse?

Teens that experience dating violence or unhealthy relationships are more likely to also experience depression, anxiety, alcohol and drug use, thoughts of suicide, and STDs. These consequences often follow the victim through adulthood. They are also more likely to be in abusive relationships later in life.

What can I do?

If someone tells you that they are in an unhealthy relationship:

- Listen to their story and believe them.
- Let them know it is NOT their fault. No one deserves to be abused.
- Don't gossip. They have a right to share their story with whom they choose, when they choose.
- Encourage them to seek help, or to find an adult to talk to
- Respect their right to make their own decision, and support the choice they make.
- Talk about safety. What can they do to stay safe? Do they have a safe place to escape to?
- Help them find resources. Who can they talk to?

Counselor: _____

Trusted adult: _____

Trusted adult: _____

If you see something at school or in public:

- Use the 4 Ds of being an upstander:
 - **Directly** step in to intervene (only if it's safe to do so).
 - create a **Distraction** to interrupt the situation.
 - **Delay** and check in with the victim afterwards to see if they need help.
 - **Delegate** by finding someone with more power than you to talk to or to ask for help, often an adult.

Resources for education and help

Response hotline: 540-459-5161

www.responseva.org

www.loveisrespect.org

www.joinonelove.org

Northwestern Community Services: (540) 459-5180

My Bill of Rights

I HAVE THE RIGHT.

I HAVE THE RIGHT TO... **BE TREATED WITH RESPECT.**

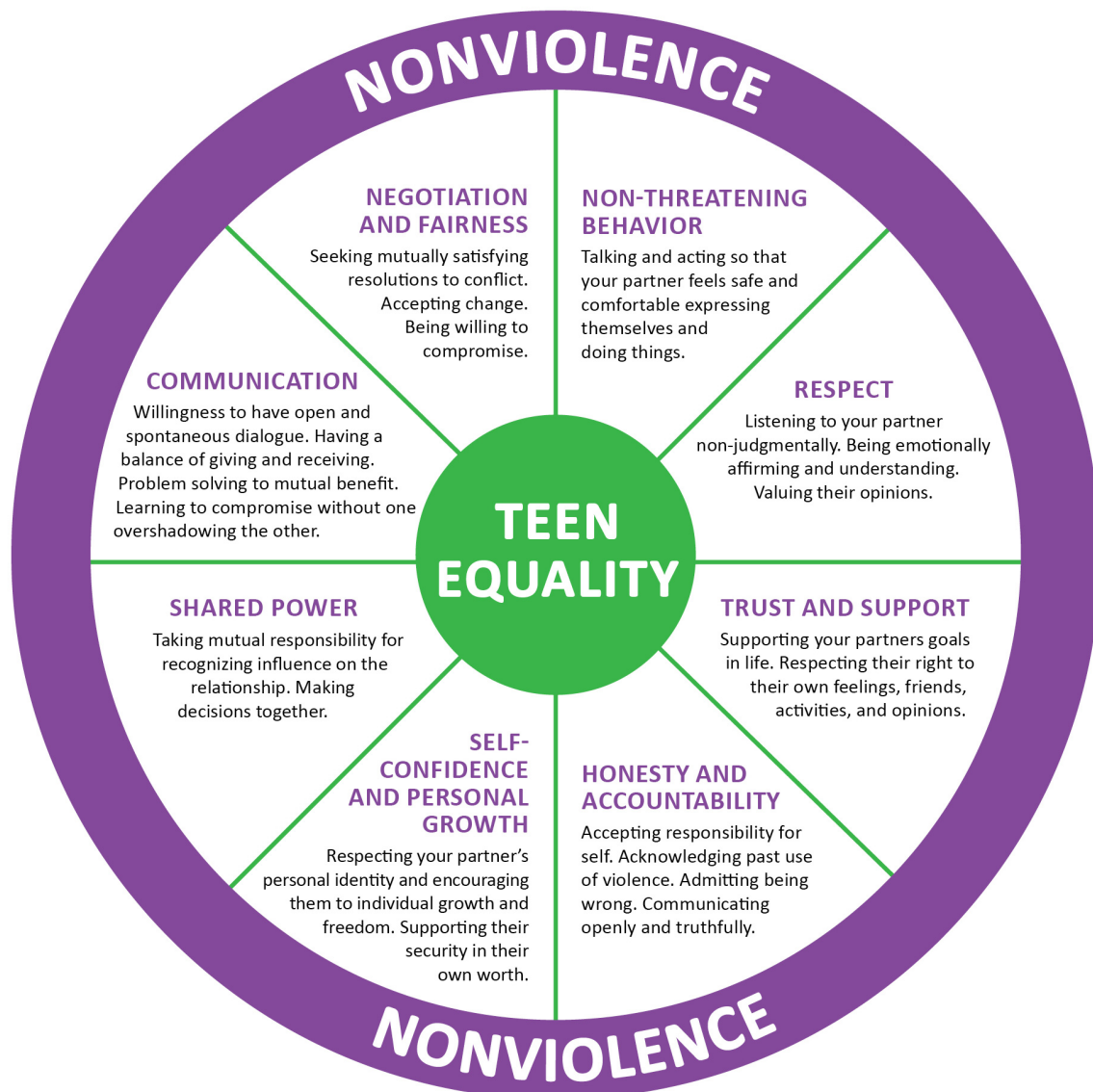
I HAVE THE RIGHT TO... **SAY "NO" AND NOT FEEL GUILTY ABOUT IT.**

I HAVE THE RIGHT TO... **EXPRESS MY FEELINGS.**

I HAVE THE RIGHT TO... **FEEL GOOD ABOUT MYSELF.**

I HAVE THE RIGHT TO... **CHANGE MY MIND.**

I HAVE THE RIGHT TO...



Red Flags

for people who may be in an abusive relationship

- Being physically hurt
- Being afraid of your boyfriend or girlfriend
- Feeling alone or isolated
- Losing your friends
- Changing your behavior because of your partner's jealousy
- Feeling embarrassed, humiliated, ashamed, or guilty
- Being threatened
- Feeling manipulated or controlled
- Being afraid to express your own feelings
- Feeling nervous, or sick when your partner is upset or not happy
- Not being allowed to make decisions for yourself
- Feeling as if your partner gets too personal or touches you in an unwanted way without consent
- Not having your personal space or boundaries respected.

Consent Is:

Clear. It is active and expressed through words. It is never implied, and the absence of "no" is not consent.

Coherent. People who are incapacitated by drugs or alcohol, or who are asleep, cannot give consent

Ongoing. Consent must be given every time, and at every step of intimacy.

Willing. Consent cannot be given under pressure or obtained through violence or threats.