

# What is

# TEEN DATING VIOLENCE?



**Teen Dating Violence** is any physical, mental, emotional, social, financial, or sexual abuse within a dating or intimate relationship. Abusive behavior can be any behavior done to control or gain power over another person.

**Abuse** can be physical, verbal, mental, emotional, sexual, financial, and more.

Everyone deserves to feel **safe** and **comfortable** in their relationships. Here are some examples of relationship behaviors that may be **healthy**, **unhealthy**, or **abusive**:

	Healthy	Unhealthy	Abusive
Jealousy		✓	✓
Explosive anger		✓	✓
Sending someone 100+ texts/day	✓	✓	✓
Guilt trips		✓	✓
Limiting contact with other people			✓
Making all of the decisions			✓
Name calling		✓	✓
Yelling		✓	✓
Time apart	✓		
Arguments	✓	✓	✓
Hitting			✓
Going through your partner's phone		✓	✓
Making decisions together	✓		
Mind games			✓
Silent treatment		✓	✓
Forcing sex			✓

# What is

# RELATIONSHIP ABUSE?

**1 in 3** young people experience either physical, emotional, sexual or verbal abuse from a dating partner. People ages 16-24 experience **more dating violence than any other age group.**

<b>Physical Abuse</b>	Slapping, pushing, hitting, throwing or breaking objects, punching, kicking, hair-pulling
<b>Mental, Verbal &amp; Emotional Abuse</b>	Name-calling, isolating from friends or family, threatening to hurt yourself or your partner, victim-blaming, putting your partner down, downplaying abuse
<b>Sexual Abuse</b>	<ul style="list-style-type: none"><li>• Any force to engage in sex or sexual behaviors</li><li>• Making someone feel like they cannot say “no” to sex</li><li>• Guiltting your partner into sex when they do not want it</li></ul>
<b>Financial Abuse</b>	<ul style="list-style-type: none"><li>• Making one person in the relationship pay for everything</li><li>• Holding money over your partner’s head</li><li>• Guiltting your partner into doing something because you paid for them</li></ul>

There are several reasons a person stays in an abusive relationship. This could include fear of violence, isolation, low self-esteem, they’re convinced it’s normal, blackmail, or more.

**Warning signs of abuse** include isolation, getting too serious too fast, extreme jealousy or possessiveness, threatening suicide or self-harm, physical abuse, and more.

## Find **safety** when in an abusive relationship

- Find some trusted people to talk to, such as friends, relatives or coworkers
- Consider blocking the abusive partner on social media platforms
- Plan how to avoid contact with the abusive person, or seek legal protection
- Consider finding a therapist or counselor
- Have self-care days to do things that bring you peace and joy



If you are in an abusive relationship, **help is available.**

Scan the QR code here:

