

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.**

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

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

