

TEEN DATING VIOLENCE

According to the CDC (Centers for Disease Control), Teen Dating Violence (TDV) is a type of intimate partner violence that occurs between two people in a close relationship. Dating violence can take place in person, online, or through technology and affects millions of young people in the United States every year.

Unhealthy, abusive, or violent relationships can have short-and long-term negative effects, including severe consequences. Victims of teen dating violence are more likely to:

- Experience depression and anxiety symptoms
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
- Exhibit antisocial behaviors, like lying, theft, bullying, or hitting
- Think about suicide

Some teens even think that some behaviors, like teasing and name calling, are a “normal” part of a relationship. However, these behaviors can become abusive and develop into serious forms of violence.

The good news is teen dating violence is preventable, and we can all help each other learn to live violence-free.

Source: www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html



FOUR TYPES OF DATING VIOLENCE

Physical violence - hurting or trying to hurt a partner by hitting, kicking, or using another type of physical force.

Sexual violence - forcing or attempting to force a partner to take part in a sex act and or sexual touching when the partner does not consent or is unable to consent or refuse. It also includes non-physical sexual behaviors like posting or sharing sexual pictures of a partner without their consent or sexting someone without their consent.

Psychological aggression - using verbal and non-verbal communication to harm a partner mentally or emotionally and to exert control.

Stalking - repeated, unwanted attention and contact by a current or former partner that causes fear or safety concern for an individual victim or someone close to the victim.



RED FLAGS: WARNING SIGNS



- Bullying behavior towards others
- Relationship gets serious quickly
- Verbal abuse/”put downs”
- Constant emails, calls and texting
- Isolation from friends, family and school activities
- Blames others for problems or feelings
- Use of physical force during arguments
- Cruelty to animals and/or children
- Controlling behavior
- Forced into sexting

THE HARD TRUTH: FACTS

According to the CDC (Centers for Disease Control and Prevention 2019) TDV is common and it affects millions of teens in the U.S. each year:

- Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year.
- About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year.
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.
- The burden of TDV is not shared equally across all groups—sexual minority groups are disproportionately affected by all forms of violence, and some racial/ethnic minority groups are disproportionately affected by many types of violence.

LEARN MORE

Scan these QR codes to learn more about relationships and behaviors



HEALTHY RELATIONSHIP QUIZ

www.yourlifeyourvoice.org/Pages/tip-healthy-relationships.aspx



TOXIC BEHAVIORS

www.yourlifeyourvoice.org/Pages/Toxic-Behaviors.aspx



HEALTHY RELATIONSHIPS

www.loveisrespect.org/quiz/is-your-relationship-healthy



UNHEALTHY RELATIONSHIPS

www.yourlifeyourvoice.org/Pages/Unhealthy-Relationships.aspx?Topic=Dating

HOW TO HELP A FRIEND OR YOURSELF

Any type or level of violence can be devastating, but remember

HELP IS ALWAYS AVAILABLE.

If you or someone else is in immediate danger, call 911.

Once you are safe, talk to a friend or family member or other trusted adult.

REMEMBER, YOU ARE NOT ALONE.

There's always help at the end of the line at the line, 24/7, at the Boys Town National Hotline, 800-448-300 or the National Teen Dating Abuse Helpline 866-331-9474.

Together they can help you make a safety plan to help you get away from the relationship for good.

Check out this QR code to see what a safety plan looks like.



www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf



CONNECT WITH RESPECT!

www.respect2all.org

402-965-1425

info@respect2all.org



respect2



[respect2all_nebraska](https://www.instagram.com/respect2all_nebraska)

FOR MORE HELP CHECK OUT THESE RESOURCES

- YourLifeYourVoice.org
- Boys Town National Hotline 1-800-448-3000
- Loveisrespect.org
- Text LOVEIS to 22522
- National Teen Dating Abuse Helpline 866-331-9474
- Suicide & Crisis Life Line Dial 988



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