

# TEEN DATING VIOLENCE

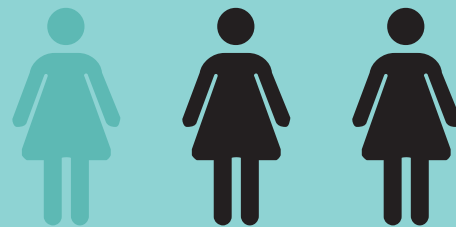
## get the facts

# 3X

**BETWEEN AGES OF 16-24** girls and women experience intimate partner violence at almost **3 TIMES THE NATIONAL AVERAGE**



**1 IN 10 HIGH SCHOOL STUDENTS** has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend



**1 IN 3 GIRLS IN THE U.S.** is a victim of physical, emotional or verbal abuse from a dating partner

## TYPES OF ABUSE



PHYSICAL



VERBAL/EMOTIONAL



DIGITAL



SEXUAL



SPIRITUAL

## HOW TO LEAVE AN ABUSIVE RELATIONSHIP SAFELY

- 1 Block partner's phone number
- 2 Change social media passwords and block partner's ability to post to your pages
- 3 If you go to the same school, have a trusted friend or adult walk you to your car/classes, or ride to school with a friend or family member
- 4 Minimize time spent alone following the break up

## TEST YOUR RELATIONSHIP

Does your partner...

- |  |  |
|--|--|
| <input type="checkbox"/> Call you bad names and use words to put you down?                   | <input type="checkbox"/> Have an explosive temper or mood swings?                              |
| <input type="checkbox"/> Look at you or act in a way that scares you?                        | <input type="checkbox"/> Act extremely jealous or possessive?                                  |
| <input type="checkbox"/> Control what you do, tell you who you see/talk to, or where you go? | <input type="checkbox"/> Make all the decisions?   |
| <input type="checkbox"/> Call and/or text you excessively?                                   | <input type="checkbox"/> Act like the abuse is no big deal, it's your fault, or deny doing it? |
| <input type="checkbox"/> Check your social media/phone without your permission?              | <input type="checkbox"/> Destroy your property or threaten to hurt your pets?                  |
|  | <input type="checkbox"/> Physically hurt you in any way?                                       |
|  | <input type="checkbox"/> Force or coerce you to have sex?                                      |

## WHAT TO DO AS A...

### PARENT



- Talk to your children and create an open line of communication
- Teach your children about healthy relationships, and make sure they know that abuse is **NEVER** okay



### FRIEND

- If you think your friend is in an abusive relationship, talk to them about it and let them know you support them
- Know what resources are available to refer them to get help

Being in an abusive relationship can be a confusing time. If you have any questions about your relationship, or about dating violence, please call us. Help is free and confidential.

**24-Hour Hotline: 214.946.HELP (4357)**  
[www.genesisshelter.org](http://www.genesisshelter.org)