



*Teen dating violence is similar to adult relationship violence.*

*It includes hitting, yelling, threatening, name calling, and other forms of verbal, sexual, emotional, and physical abuse.*

*The number of incidents and the severity of the abuse increases as the relationship continues.*

*Teen dating violence can be as lethal as domestic abuse.*

*Dating violence affects about one in ten teen couples. Very few tell anyone who could help, such as a parent, a teacher, a counselor, or the police.*



## Questions to ask in identifying abusive behavior

- ~ Does your partner get jealous when you go out or talk with others?
- ~ Does your partner constantly check up on you?
- ~ Do you find your partner saying "I can't live without you?"
- ~ Does your partner frighten or intimidate you?
- ~ Are you constantly apologizing for your partner's behavior?
- ~ Do you feel like you have to justify everything to your partner?
- ~ Does your partner try to impose restrictions on the way you dress or your appearance?
- ~ Are you unable to disagree with him/her?
- ~ Does your partner put you down, but then tell you he/she loves you?
- ~ Have you been held down, shoved, pushed, hit, kicked, or had things thrown at you by your partner?
- ~ Does your partner make you choose between him/her, or family and friends?
- ~ Has your partner forced or intimidated you into having sex?
- ~ Are you afraid to break up with your partner because you fear for your personal safety?

*If you answered yes to one or more of the above questions, then the relationship may be abusive. Part of ending the violence is breaking the silence about the abuse. You **CAN** find a way out. Talk with someone who can help, such as your parents, a teacher, a school guidance counselor, a parent of one of your friends, a coach, an advisor, or your employer.*

## THINGS TO DO WHEN ENDING AN ABUSIVE RELATIONSHIP

- ◆ Keep a dated record of the abuse.
- ◆ Do not meet your partner alone or let him/her in your home or car when you are alone.
- ◆ Avoid being alone at school, at work, and on the way to and from places.
- ◆ Vary the routes and times you travel to and from home, school, or work.
- ◆ Tell someone where you are going and when you plan to be back.
- ◆ Plan and rehearse what you would do if your partner confronted you or became abusive.

## HOW TO HELP A FRIEND WHO IS IN AN ABUSIVE RELATIONSHIP

- ◆ Talk to your friend and be nonjudgmental when discussing the abuse.
- ◆ Listen to your friend and believe him/her.
- ◆ Let your friend know that violence under any circumstance is unacceptable.
- ◆ Express your understanding, care, concern, and support.
- ◆ Point out your friend's strengths. He/she may not see his/her own abilities and gifts because of being blinded by the effects of the abuse.
- ◆ Encourage your friend to confide in a trusted adult. Offer to go with him/her for help.
- ◆ Talk to a trusted adult if you believe your friend's situation is getting worse.
- ◆ Help your friend by suggesting a counselor or an advisor you trust.
- ◆ Never put yourself in a dangerous situation by being a mediator.
- ◆ Call the police if you witness an assault.
- ◆ Read articles or books that could help you or your friend.

## THINGS NOT TO SAY OR DO

- ◆ Don't be critical of your friend or his/her partner.
- ◆ Don't ask blaming questions such as: "What did you do to provoke him/her?", "Why don't you just break up with your partner?" or "Why can't you handle him/her?"
- ◆ Don't pressure your friend into making quick decisions.
- ◆ Don't assume he/she wants to break up with his/her partner or that you know what's best for your friend.

## WHAT YOU CAN DO

- ◆ Start a peer education program on teen dating violence and present programs to classes at school or in your community.
- ◆ Ask your school library to purchase books about living without violence and the cycle of violence.
- ◆ Raise awareness by making posters or hosting programs at your school during Domestic Violence Awareness Month in October.
- ◆ Produce plays in your drama program that address teen dating violence or domestic abuse.

*Don't forget to take care of yourself. Helping someone can be lots of work. Recognize your own efforts and reward yourself for helping a friend in need.*



## PLACES TO CONTACT FOR FURTHER INFORMATION

- ◆ Local battered women's shelters or rape crisis centers
- ◆ California Youth Crisis Line 1-800-843-5200
- ◆ National Domestic Violence Hotline 1-800-799-7233
- ◆ Rape, Abuse and Incest National Network Hotline 1-800-656-4673
- ◆ The Legal Aid Foundation
- ◆ The public library

For further information on this program and other crime prevention material, write to:

---

Crime and Violence Prevention Center  
California Attorney General's Office  
P.O. Box 944255  
Sacramento, CA 94244-2550

---

<http://caag.state.ca.us/cvpc>



# Teen Dating Violence

