

TEEN DATING VIOLENCE

Teen Dating Violence (TDV) is a pattern of violent or manipulative behaviors by a partner (or ex) to gain power and maintain control in a relationship.

The Warning Signs of Teen Dating Violence

PHYSICAL APPEARANCE



Changes in appearance

- Unexplained bruises or injuries
- Unexplained or concerning change in weight
- Dressing out of character

SOCIAL / EMOTIONAL



Changes to how student interacts with others

- Isolation from former friends
- Little social contact with anyone but partner
- Making excuses/apologizing for partner's behavior

BEHAVIORAL



Changes in student's classroom demeanor

- Unexplained changes in classroom behavior
- New problems such as bullying or acting out
- Increase in negative self-talk
- Unhealthy sexual behavior

ACADEMIC / EXTRA-CURRICULAR



Changes in student's connection to school

- Recent changes in attendance
- Unexplained changes in schedule
- Decline in grades or quality of work
- Lack of interest in former extracurricular activities

TDV is serious and can impact a student's mental health and academics.

DID YOU KNOW?

Based on 2019 SDUSD Youth Risk Behavior Survey:

1 in 16 students has experienced physical dating violence

1 in 10 students has experienced sexual dating violence

1 in 5 students has experienced emotional dating violence

Tips on How to #StartTheConvo

- **Build Rapport** - It takes time to build trust; youth may open up about their relationships as they are comfortable. If they don't want to talk to you, is there someone else they feel comfortable with?
- **Disclose Your Status** - Before you engage youth in a conversation, always disclose if you are a mandated reporter and what that means.
- **The Goal isn't Disclosure** - It is okay if a youth does not want to disclose. The goal is to create a space where students know they can talk to you without judgment or go to you for resources and support.
- **Ask Open-Ended Questions** - Create opportunities to check in with them and ask open-ended questions like, "I've noticed you've been struggling to pay attention in class - what's on your mind lately?"
- **Validate Their Experiences** - Let them know they did not deserve to experience abuse and the abuse is not their fault. Don't minimize the effect the abuse is having on the student.
- **Involve Them** - If they disclose, share what local resources are available to them and support them in their choices. Ask them how they want to move forward.

Remember! You do not have to support a student alone. Write down your designated go-to campus person if you need more support:

COMMUNITY RESOURCES

Center for Community Solutions

Region: Central, East County,
North County Inland
Services for teens: confidential
therapy and advocacy
24/7 Hotline: (888) 385-4657

WRC

Region: North County Coastal
Services for teens: Counseling
24/7 Hotline: (760) 757-3500

San Diego Family Justice Center - Your Safe Place

Region: all San Diego County
Services for teens: confidential
safety planning, counseling,
advocacy, legal assistance, social
services, shelter assistance
Telephone: (619) 533-6000

South Bay Community Services

Region: South Bay
Services for teens: Counseling,
emergency shelter,
case management
24/7 Hotline: (800) 640-2933

Community Resource Center

Region: North County Coastal
Services for teens: Counseling
24/7 Hotline: (877) 633-1112

Brought to you by the Teen Dating Violence Committee of the San Diego Domestic Violence Council. For resources or to request a training, contact: teendv.sddvc@gmail.com