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

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**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.

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

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**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

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

- **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

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

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**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**