

# Teen Dating Violence Awareness and Prevention

# Introduction

- Everyone is allowed to express his or her opinion without interruption
- There is no such thing as a dumb question
- Treat other people in the class respectfully
- Confidentiality
  - Duty to Warn

# Today's Goals

- What is Dating Abuse?
- Recognize the Pattern of Abuse in Dating Violence
- What is Digital Abuse in Dating?
- How to End Teen Dating Abuse
- Characteristics of Healthy Relationships
- Be Able to Identify Supports and/or a Trusted Adult

# Statistics

- Nearly \_\_\_\_\_ in 11 female and approximately \_\_\_\_\_ in 15 male **high school** students report having experienced **physical** dating violence in the last year.
- \_\_\_\_\_% of women and \_\_\_\_\_% of men **experienced** intimate dating partner violence for the **first time before age 18**.
- Only \_\_\_\_\_% of **teens** who were in an abusive relationship **told anyone** about the abuse

**Answer: 1 in 11 females and 1 in 15 males**

**Answer: 26% women and 15% men**

**Answer: 33%**

## 1 IN 3 TEENS

in the US report experiencing some kind of abuse in their romantic relationships, including verbal and emotional abuse.

American high school students who have been hit, slapped, or physically hurt on purpose by their partner earned grades of **C** and **D** twice as often as earning grades **A** or **B**.

# 81%

of parents either don't believe that or don't know if teen dating violence is an issue.



**59% OF U.S. TEENS** have personally experienced at least one type of abusive online behavior.

# Definition of Teen Dating Violence:

**A pattern of physically, sexually, verbally, and/or emotionally abusive behavior in a dating relationship. Teen dating violence does not discriminate. It affects people of all races, religions, and cultures, regardless of how much money they have or what neighborhood they live in.**

## *Physical Abuse:*

Any intentional unwanted contact with the other person's body. Physical abuse does not have to leave a mark or a bruise. This can include:



Kicking

Shoving

Biting

Using a  
Weapon

Punching

Pulling  
Hair

Choking

# *Emotional/Verbal Abuse:*

Saying or doing something to the other person that causes the person to be afraid and/or have lower self-esteem. Trying to manipulate or control the person's feelings or behaviors. This can include:

- Name-calling/put downs
- Yelling/screaming
- Harming (or threatening to harm) the person or his/her family, friends, pets or property
- Intimidating the person
- Spreading negative rumors about the person
- Making the person feel responsible for the violence/abuse
- Stalking the person
- **Excessive** or **unwanted** text-messaging, instant messaging, phone calls or emails to check up on someone
- Using online posts or digital communications designed to threaten, harass, or embarrass someone.



# *Digital Abuse:*

Is when someone uses digital technology as a weapon to hurt someone else. Using technology to spy on, harass, or embarrass a dating partner in social communities can be a powerful abuse tactic in any relationship.

It can take place in real life or through the use of digital technologies such as social networks, online games, email, text-messages, videos, photo-sharing and video-sharing sites, webcams, digital gaming devices, and instant messaging.

## **Three approaches to digital abuse are:**

- Direct Attacks
- Cyberbullying
- Privacy Invasion

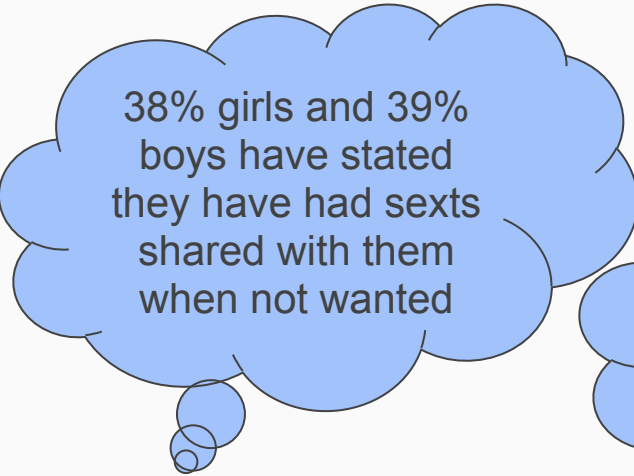


<https://youtu.be/hLvcSVgNqpk?si=oJFFkboaO9GU6dGi>

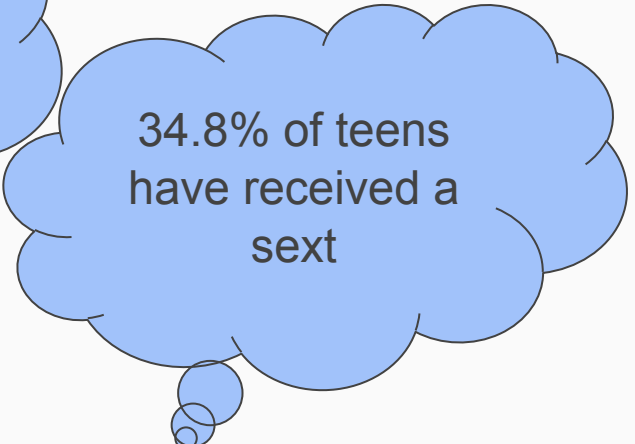
# Sexting

The action or practice of sending, receiving, and/or forwarding sexually explicit photographs or messages via cell phone

This often happens by peer pressure, people feeling like they have to so they can stay in a relationship.

A blue thought bubble with a black outline and three smaller circles at the bottom left. It contains the text: "38% girls and 39% boys have stated they have had sexts shared with them when not wanted".

38% girls and 39% boys have stated they have had sexts shared with them when not wanted

A blue thought bubble with a black outline and three smaller circles at the bottom left. It contains the text: "34.8% of teens have received a sext".

34.8% of teens have received a sext

## What should you do if you receive a sext?

- Do not resend/share with anyone
- Tell a trusted adult

# *Roles in Dating Abuse*

**Victim** - a person who is hurt physically, sexually, verbally or emotionally by a dating partner

**Abuser** - a person who physically, sexually, verbally, or emotionally hurts a dating partner

**Bystander** - a person who is aware that someone is being abused in a dating relationship. The bystander may become aware of the abuse through the abuser's or the target's actions or words



[https://youtu.be/u5\\_jnDEk2Yo?si=Zh96UcKthNHixbez](https://youtu.be/u5_jnDEk2Yo?si=Zh96UcKthNHixbez)

# Cycle of Abuse

## Abuse Occurs

- Emotional
- Physical
- Sexual
- Verbal

PHASE  
1



## Excuses

- Decrease in self esteem for victim and perpetrator
- Excuse away the problem
- Exam: "I was tired", "I was stressed" "I asked you not to talk about it"

PHASE  
2



## Honeymoon

- Best behavior
- Doing sweet thing
- Lots of "I love yous"
- Future planning looking ahead

PHASE  
3



## Routine

- Back to daily grind
- Honeymoon is ending
- Routine is similar to what it was prior to abuse occurring

PHASE  
4

## Tension

- Tension starts to creep in
- Abuse has never been discussed
- Issues that arised during honeymoon were not addressed

PHASE  
5

## Trigger Occurs

- A look
- A comment
- Event that sets off abuser
- Abuse occurs again cycle starts over

PHASE  
6

If you are someone you know is in the cycle, tell someone and get help  
[www.capstonecounseling.com](http://www.capstonecounseling.com)

# How To End Teen Dating Violence

## Steps:

1. Tell a Trusted Adult
2. Who to Tell?
  - a. Parents or a Trusted Adult ie School Social Worker, Counselors, School Psychologist, Nurse, Trusted Teacher/Administrator, Community Agency
3. Safety/Support Plan

## Things You Can Do:

- Change your passwords
- Have a buddy system
- Only share your location with trusted adults and close friends
- Practice self-care strategies

# Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

# Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

# Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



# Resources/Supports for You!

## You can speak to:

- Family
- School Social Worker
- Counselors
- School Psychologist
- Nurse
- Teacher
- Administrator
- Trusted Adult

Break the Cycle	<a href="https://www.breakthecycle.org/">https://www.breakthecycle.org/</a> Text “loveis” to 22522
Gilbert Police Department	480-503-6500
Love is Respect	<a href="http://www.loveisrespect.org">www.loveisrespect.org</a>
Mesa Police Department	480-644-2211
National Center for Victims of Crime Dating Violence Resource Center	<a href="https://victimsofcrime.org/">https://victimsofcrime.org/</a>
National Domestic Violence Hotline	1-800-799-7233
Teens Experiencing Abusive Relationships	<a href="https://teendatingabuse.org/">https://teendatingabuse.org/</a>
Teen Lifeline	602-248-8336