Long Lasting Effects of Teen Dating Violence

According to the Center for Disease Control, youth in violent relationships are at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.

I'm worried about myself or a friend. Who can I talk to?

- **Trusted family member or friend.**
- **Teacher, guidance counselor, coach, other school staff.**
- **Anyone you trust.**
- **Call Coalition for Family Harmony 24/7 Hotline 1.800.300.2181 to speak with a Rape Crisis Advocate.**

What can I do if I am in an abusive relationship?

- **Know that you are not alone!**
- **It's hard, but leaving an abusive relationship is important to keep you safer!**
- **Trust your gut feeling. If you are scared, take your fears seriously.**
- **Break up over text/phone if it is unsafe to do so in person.**
- **Identify trusted support: friends, family, and counselors, to talk to.**
- **Always have Uber/Lyft information ready if needed.**
- **Seek counseling at Coalition for Family Harmony.**

https://www.cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html

Resources

LOCAL

Coalition for Family Harmony
Bilingual 24/7 Crisis Hotline **1.800.300.2181**
10 Free Counseling Sessions for survivors of dating and sexual violence

LGBTQ+ Mobile Advocate
Services for LGBTQ+ people affected by dating and sexual violence, bullying, stalking, and hate crimes.
805.561.4699

Crisis Line Team In Ventura County (24/7)
1.866.998.2243

Interface
Family Violence and Human Trafficking
24/7 Hotline 1.800.636.6738

NATIONAL

National Suicide Prevention Lifeline
1.800.273.8955
Send a text to 988 (24/7)

Love is Respect
24/7 TDV support **1.866.331.9474** or live chat www.loveisrespect.org

The Trevor Project (LGBTQ+) 24/7
1.866.488.7386 Text START to **678678**

National Domestic Violence Hotline 24/7
1.800.799.7233; Text START to **88788** or live chat www.thehotline.org

National Assault Hotline (RAINN) 24/7
1.800.656.4673 or live chat

Crisis Text Line 24/7
Text HELLO to **741741**

Teen Dating Violence

Healthier Relationships for Teens

24/7 Bilingual Crisis Hotline
1.800.300.2181

Healthier Connections

- Listen without judgement
- Own up to your errors
- Communicate openly & truthfully
- Attends to your needs
- Be kind & understanding
- Maintain spaces free of intimidation
- Be yourself and don't hide who you are
- Bring up concerns instead of avoiding

Remember:
Love does not hurt!

What Is TDV?

Controlling behavior that can occur with a current OR former partner

A pattern of physical, sexual, emotional, verbal, and/or digital abusive behavior in a dating relationship

Different Forms of Abuse

- **Emotional**
  - Not allowing you to make your own decisions; not letting you see friends and family
- **Sexual**
  - Forcing you to do things that make you uncomfortable; suggesting you have sex with friends
- **Verbal**
  - Name calling, talking over you, put downs, embarrassing remarks
- **Physical**
  - Threats, physical assault, getting "in your face"
- **Digital**
  - Using social media and/or technology to bully or control you

Stats

- 1 in 3 teens will be in an absusive relationship
- 1 in 10 HS students have been hit or slapped by a partner
- 89% of trans teens in a relationship reported physical dating violence
- 81% of parents surveyed believe TDV is not an issue or don't know if it is.

(NHCADSV 2016) & (American Bar 2023)

Relationship Red Flags

- Embarrasses or insults you in front of others
- Acts jealous and does not want you to spend time with others
- Consistently criticizes your friends, clothes or interests
- Threatens to commit suicide and/or hurt you if you break-up
- Attempts to control your behavior
- Hits you
- Isolates you from your friends, family, or hobbies

Relationship Green Flags

- Treats you as an equal and respects you
- Apologizes when they are wrong
- Makes you feel seen/heard and appreciated
- Encourages relationships with your friends/family
- Sets, honors, and respects boundaries
- Actively working on growth and healing

How To Help A Friend?

- Support and believe them
- Listen patiently
- Allow them to make their own decisions
- Spend time with them
- Let them know you are concerned about their safety
- Focus on your friend and not their partner
- Encourage them to get help
- Connect them to safer people they can talk to and connect them to resources