

Warning Signs of 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. Teen dating violence is serious and can impact a student's mental health and academics.

1. Physical Appearance

Changes in appearance may be;

- Unexplained bruises or injuries
- Unexplained or concerning change in weight
- Change in attire

2. Social / Emotional

Changes to how student interacts with others may be

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



3. Behavioral

Changes in student's classroom demeanor may be

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

4. Academic / Extra - Curricular

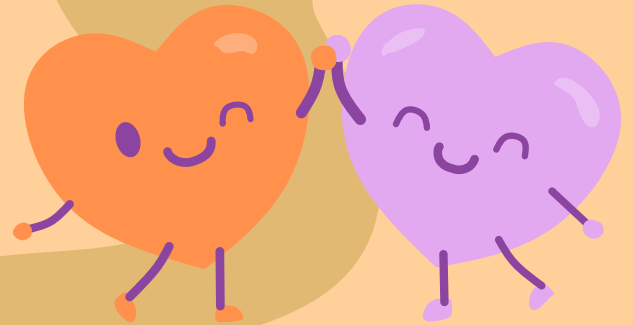
Changes in student's connection school

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



How to Support Teens Facing Dating Violence

Abuse can happen in person or online. Dating violence may be physical sexual, emotional, stalking, or cyber abuse. Learn some tips on how to start the conversation with teens.



1. Build Rapport

It takes time to build trust; youth may open about their relationships when they feel comfortable. If they don't want to talk to you, is there someone else they feel comfortable with?

2. Be clear about your reporting status

Before you engage youth in a conversation, always disclose if you are a mandated reporter and what that means.

3. The goal is not disclosure

It is okay if a youth does not want to disclose to you. The goal is to create a space where students know they can talk to you without judgement or go to you for resources or support.

4. 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. Validate, offer resources and provide clarity

- "You deserve to be safe – no one deserves to be harmed."
- "There are experts who can help and have more resources – do you want me to help you connect with them?"

5. Invite and empower choice

Use words and phrases that offer, invite and empower choice

- "There is no one right way to respond to being hurt – I'm here to support you in you choose to do. Would it be helpful to share some options?"
- "What would help you feel safer?"

Remember! You do not have to support a student alone.
Reach out to your local resource center!

Local Resources for Teens

Community Resource Center

24-Hour Domestic Violence Hotline
(877)633-1112
North County Coastal
Counseling services are available for
children under 18

Your Safe Place - Family Justice Center

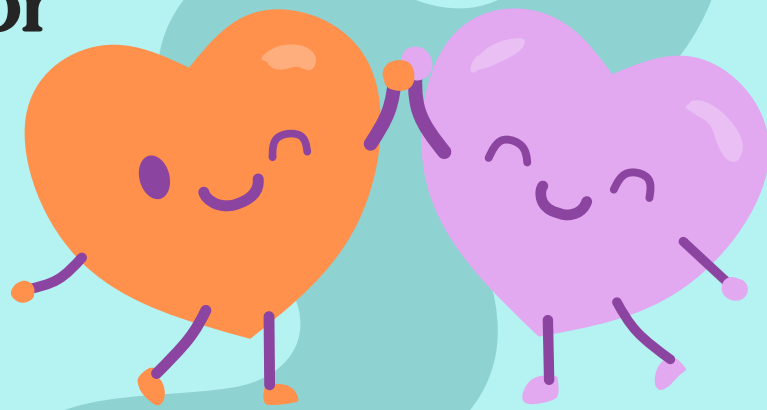
(619) 533-6000
Hours: Monday – Friday, 8 a.m. – 5 p.m.
1122 Broadway, 2nd Floor, San Diego, CA 92101
All San Diego County

Center for Community Solutions

24-Hour Crisis Hotline
1-888-385-4657
Confidential Therapy and Advocacy
Central, East County, North County
Inland

North County LGBTQ Resource Center

760-994-1690
Project Youth
projectyouth@northcountycenter.org



One Safe Place (North & South) - Family Justice Center

888-440-HOPE (4673)
Support is offered at no cost. Services
include case management, trauma
therapy, forensic medical exams, legal
assistance, child services, etc.

South Bay Community Services

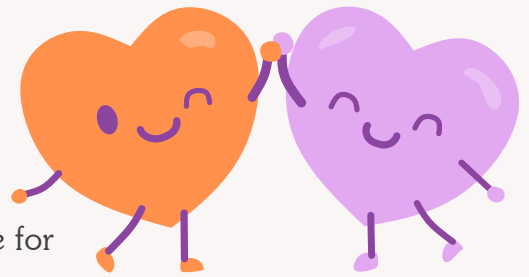
24/7 Hotline: (800) 640-2933
South Bay
Counseling, emergency shelter, case
management

The Center, San Diego LGBTQ Community

(619)692-2077
Youth Services
hyc@thecentersd.org

4 WAYS TO BE AN UPSTANDER

Taking action can be hard for a lot of good reasons. It is important that we take action because we are all responsible for making our community safer.



Bystander

A person who is present but not taking part in a situation or event.

Upstander

A person who chooses to support a person who is being abused or harmed.

Direct



Check in with the people involved. Express that you are concerned or that what's happening is not okay.

Delegate

Ask for help. Ask a friend or teacher who holds more authority to intervene with you or on their own.



Distract



Divert the attention of those involved. Create space for someone to leave or to further access the situation.

Delay

Pause to gather more information and then follow up with the person being harmed.

