




TEEN DATING VIOLENCE PREVENTION

Teen Dating Violence is defined as the physical, psychological, emotional or sexual violence within a current or former dating relationship. It can occur in person or electronically.

How to Report a Tip

 **Call** 713.222.TIPS (8477)

 **Text** TIP610 plus your tip to CRIMES (274637)

 **Use our Mobile App**
Download app name: Crime Stoppers Houston

 Go to crime-stoppers.org

Tipsters will remain anonymous and could be eligible for a cash reward of up to \$5,000.

Did you know?

- 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.
- 1 in 3 dating college students has given a dating partner their computer, email or social network password which makes these students more likely to experience digital dating abuse.
- In 2015, 10% of Houston area high school students have experienced physical, 9% sexual dating violence and 10% were physically forced to have sexual intercourse.
- Only 33% of teens in an abusive relationship ever tell anyone about the abuse - 75% tell a friend, 6% tell a family member and 3% tell an authority figure.
- Among high school students who have experienced sexual and physical abuse by a dating partner, 9 out of 10 have seriously contemplated suicide, and over 80% have attempted suicide.
- Violent behavior typically begins between the ages of 12 and 18.
- Schools have Dating Violence policies to protect your middle school, high school and college age child.



What Teen Dating Violence looks like:

- Physical:** Pinching, Hitting, Shoving, Slapping, Punching, Kicking, Throwing objects, Biting, Blocking you from leaving a room, Using a weapon, etc.
- Psychological:** Threatening to hurt themselves, you or others, Name calling, Shaming, Bullying, Put downs, Embarrassing on purpose, Keeping you away from friends and/or family, Trying to control what you do or wear, etc.
- Sexual:** Forcing you to engage in a sexual act when you don't consent, Kissing or touching you when you don't want it, Birth control sabotage, Coercion and/or spreading rumors if you refuse to have sex or persuading you to go further sexually, Leaving unwanted marks or hickies, Taking and/or distributing naked pictures of you without your permission, etc.
- Electronical:** Repeated texting and calling, Posting sexual pictures of you online, Posting lies about you, Demanding passwords, Checking your phone to see who you are communicating with, etc.
- Stalking:** A pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.



Factors that increase the risk for harming a dating partner:

- Belief that dating violence is acceptable.
- Depression, anxiety, and other trauma symptoms.
- Aggression towards peers and/or other aggressive behavior.
- Substance use.
- Early sexual activity and having multiple partners.
- Having a friend involved in dating violence.
- Conflicting with partner.
- Witnessing and/or experiencing violence at home.



Relationship Red Flags:

- Threatens to destroy your property.
- Threatens to hurt themselves, you, your friends and/or family.
- Is extremely jealous and/or possessive.
- Is not liked by your friends and/or family.
- Checks and monitors cell phone and computer activities.
- Lacks respect for boundaries.
- Calls, emails and/or texts excessively.
- Makes you feel nervous.
- Breaks and/or throws things to intimidate you.
- Pressures and/or forces you into having sex or going farther than you want to.



Relationship Green Flags:

- Communicating effectively and civilly.
- Treating each other with respect.
- Setting and sustaining boundaries.
- Don't change – Everyone should stay true to who they are!
- Manage uncomfortable emotions such as anger and jealousy in a healthy way.



Tips for parents – the time to talk is now:

- Teens start hanging out in groups/dating in middle & high school – set expectations early.
- Create a safety plan with your teen before they begin dating.
- Use relationship examples from the news, movies or television as conversation starters.
- Be a safe person your teen can talk to or offer alternative adults they can speak with.
- Find a quiet and private place to talk about the following:
 - What are your friends' dating relationships like?
 - Have you seen unhealthy behavior with any of them, yourself or others?
 - Goals: what you are aiming for (ex. graduating, going to college, and relationships)?
 - Boundaries: what are your limits and values (ex. physical)?
 - What makes a healthy relationship (refer to Healthy Relationship Green Flags)?
 - How is your relationship going?
 - What are healthy ways to break off a relationship and/or to cope with breakups?
 - Time management: how are you balancing relationship, school, friends, activities, etc.?
 - Take your time – relationships have different stages!
 - Value privacy – it is never safe to share passwords with friends or those you date!
- If your child discloses abusive behaviors in themselves or others contact their school counselor.
- Don't stop the conversation – this discussion should be on-going!
- Set a good example for your child and model healthy relationships.
- Remind your child that it is never their fault if they are victimized!