



# TEEN DATING VIOLENCE PREVENTION

## How to Report a Tip

 Call 713.222.TIPS (8477)

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

 Go to [crime-stoppers.org](http://crime-stoppers.org)

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

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.

## 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:

<b>Physical:</b>	Pinching, Hitting, Shoving, Slapping, Punching, Kicking, Throwing objects, Biting, Blocking you from leaving a room, Using a weapon, etc.
<b>Psychological:</b>	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.
<b>Sexual:</b>	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.
<b>Electronical:</b>	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.
<b>Stalking:</b>	A pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.



## 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 such as physical/sexual contact.
- Don't change – Everyone should stay true to who they are!
- Manage uncomfortable emotions such as anger and jealousy in a healthy way.
- Maintaining relationships with friends and family apart from your dating partner
- Valuing each other's privacy



## 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:
  - o What are your friends' dating relationships like?
  - o Have you seen unhealthy behavior with any of them, yourself or others?
  - o Goals: what you are aiming for (ex. graduating, going to college, and relationships)?
  - o Boundaries: what are your limits and values (ex. physical boundaries/curse words)?
  - o What makes a healthy relationship (refer to Healthy Relationship Green Flags)?
  - o How is your relationship going?
  - o What are healthy ways to break off a relationship and/or to cope with breakups?
  - o Time management: how are you balancing relationship, school, friends, activities, etc.?
  - o Take your time – relationships have different stages!
  - o 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!