

Teen Dating Violence: *What is it?*

Teen dating violence is any controlling or abusive behavior in a romantic relationship. It can happen in straight or gay relationships. It can include verbal, emotional, physical, and/or sexual abuse.

CONTROLLING BEHAVIOR MAY INCLUDE:

- × Not letting you hang out with your friends
- × Telling you what to wear
- × Frequently calling or texting to find out where you are, who you are with, and what you are doing

VERBAL OR EMOTIONAL ABUSE MAY INCLUDE:

- × Calling you names
- × Jealousy
- × Threatening to hurt you or your family

PHYSICAL ABUSE MAY INCLUDE:

- × Shoving
- × Punching
- × Slapping
- × Kicking
- × Hair pulling

SEXUAL ABUSE MAY INCLUDE:

- × Unwanted touching or kissing
- × Forcing you to go further sexually than you want
- × Not letting you use birth control

If you experiencing dating violence, you may...

- Feel angry, sad, lonely, depressed or confused
- Feel helpless to stop the abuse
- Feel threatened or humiliated
- Feel like you can't talk to family or friends
- Be afraid of getting hurt more seriously
- Feel protective of your partner
- Think that it is your fault

Everyone deserves to feel safe. You can get help.

Being a target of dating violence is not your fault. If you think you may be in an abusive relationship, get help immediately. Talk to someone you trust, like a parent, teacher, school principal, counselor or nurse.

You can also speak one-on-one with someone who works with the National Teen Dating Violence hotline: Call 1-866-331-9474 or text LOVEIS to 22522.



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