



The Warning Signs of Teen Dating Violence

When we think of domestic violence we mostly think of violence between adults: one spouse or partner exerting control over another through a pattern of abusive behaviors. But research shows that teens experience abuse in their dating relationships as much as adults and the warning signs are very similar.

- Does your teen have suspicious injuries?
- Is she/he becoming more isolated or withdrawn?
- Has their school work started to suffer?
- Is their boyfriend / girlfriend constantly calling or texting them?
- Does their boyfriend / girlfriend embarrass, berate or humiliate them in public?
- Is their boyfriend / girlfriend extremely jealous or checking up on them all the time?

Other Things to be Aware of:

Teens often find it difficult to break up with a boyfriend or girlfriend who is not treating them well because of peer pressure to stay with someone who is “popular” or because they can’t avoid seeing them every day at school.

What Can You Do to Help?

If you suspect a teen you know is experiencing dating violence, don’t be afraid to **speak up** and tell them why you are concerned. **Respect** their privacy; let them know they can trust you. Share with them what **a healthy loving relationship** looks like. And **listen**, sometimes just listening is the best way you can show your support.

To learn more about teen dating violence and resources for teens, check out these websites:

[Love is Respect](http://www.loveisrespect.org/) <http://www.loveisrespect.org/>

[Break the Cycle](http://www.breakthecycle.org/) <http://www.breakthecycle.org/>

[Love is not Abuse](http://www.loveisnotabuse.com/) <http://www.loveisnotabuse.com/>