Dating violence is a prevalent public health concern and social problem characterized as controlling, abusive and threatening behavior in a dating relationship. Statistics indicate teens and young adults have a higher risk of being involved in relationship abuse in comparison to adults. This violence occurs in both heterosexual and same-sex relationships and can include physical, sexual and emotional abuse.\(^1\) Peer approval and inexperience in dating relationships are contributing factors to dating violence. Teens and young adults are more likely to engage in dating violence if it is regarded as a norm among their peer groups.\(^2\) Gender stereotypes and a reliance on gender role expectations may also play a role in dating abuse by reinforcing male dominance and female passivity.\(^3\) Additional issues can arise for youth of color if there are cultural or racial/ethnic differences and values that influence familial and societal responses towards relationship violence.

Studies show that dating violence has serious consequences, both short and long-term. Victims with a history of dating violence are more susceptible to substance abuse, attempted suicide, eating disorders, and engaging in risky sexual behavior.\(^4\) There is also higher likelihood that victims of dating violence will experience intimate partner victimization in adulthood.\(^5\)

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3. Id.
Types of Dating Violence

**Intimate Partner Violence or Dating Violence**

Teen dating violence and adult domestic violence are alike in that a person uses abuse to obtain and maintain power and control over the victim. However, teens and young adults have specific issues that distinguish their abuse from adult domestic violence.

Teens and young adults may lack experience in relationships or have misunderstandings of what is or is not a healthy relationship. What an abuser may exhibit as abusive behavior (e.g., extreme jealousy or limiting the victim's outside involvement), the victim may romanticize as the abuser being affectionate or proof of their love. When the abuser uses violence, such as insults or threats, oftentimes the victim thinks it's their fault and will apologize or make excuses for their partner's violent acts. In some cases, the violence can escalate into physical aggression and even deadly force.

Many victims do not readily identify what is occurring as dating violence or abuse. A female teen may think that if she hits back in self-defense or if she was “only pushed or grabbed” by her partner, then what her partner did was not abuse. Additionally, if the abused teen or young adult has friends who are experiencing dating violence and it appears to be the norm, they may regard their victimization as a “typical” relationship.

**Potential warning signs or behaviors of a perpetrator of dating violence include:**

- Verbal abuse towards the victim in a public or private setting
- Insistence on spending all their time with the victim and expression of extreme anger if they are delayed or refused
- Belief in rigid sex roles and strong opinions that men should be in control and women should be submissive and/or passive (in male/female relationships)
- Rigidity of partner roles and crossing of personal boundaries/space in lesbian, gay, bi-sexual, transgender, and queer (LGBTQ) relationships
- Drug or alcohol abuse
- Displays of physically aggressive or abusive behavior
- Pressure on victim to engage in sexual activity even when they don't want to (e.g., watching pornography or having sex with partner’s friends)
- Past history of dating violence
- Blame shifted to others for their problems or feelings and refusal to accept any responsibility
- Emotional and psychological abuse; partner tells victim he/she “can't live without them” or threatens to hurt themselves or others if the victim were to end the relationship
- Threats of “outing” victim in LGBTQ relationships, or revealing immigration status if victim or his/her family are undocumented

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IntimatePPartnerPViolencePorP
DatingPViolence
TeenJdatingJviolenceJandJadultJdomesticJviolence
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  relationships, or revealing immigration
  status if victim or his/her family are
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Acquaintance Rape
Acquaintance rape is a form of rape that is perpetrated by an individual known to the victim. Often the perpetrator will be a classmate, friend, boyfriend, or ex-boyfriend. It is also the most common violent crime against young women. The National College Women Sexual Victimization Survey found that women ages 16-24 experience rape at four times higher than the assault of all women. Among college women, the risk of rape and other forms of sexual assault are higher than for other women the same age but not in college.

Although “college life” provides many young adults with greater independence, it also increases women’s risk for experiencing an assault. The environment that college provides, including access to unsupervised parties, alcohol and drugs, and the ability to live alone and away from parents, also heightens their risk of victimization.

Stalking
One out of every 12 women will be stalked during her lifetime. The perpetrator is usually an acquaintance or intimate partner. Stalking generally involves repeated harassment and threatening behavior towards an individual. Victims are followed, watched, phoned, written, or contacted in ways by the stalker that make the victim feel they are unsafe and afraid.

Statistics report 12 percent of victims will be 18 years or younger at the time of their first stalking incident. Despite the high rates of teenagers being stalked, many do not view or understand it as a form of abuse. Teens are more likely to refuse to tell if they think their parents or friends will be dismissive or blame them. As a result, frequently cases go unreported.

Stalking is a common crime across college campuses. A stalker may be a member of the student body or school personnel. In general, campus surroundings make it easy for stalkers to blend in among the student body or obtain access into academic and residential buildings where the victim attends classes or lives. A victim’s predictable schedule or the accessibility of personal information through campus directories can also make individuals more vulnerable to a stalker.

Another type of stalking, called cyberstalking, involves a perpetrator’s use of the Internet, email or other electronic communication devices to stalk the targeted victim. Cyberstalking can include sending the victim threatening, unsolicited, or obscene emails. In a national survey, 20%-30% of teens said their partner had contacted them via cell phone or text messages to constantly check in on them, harass, or ask them to engage in unwanted sexual activity.

Stalkers also use popular online social networking services (e.g., Facebook, MySpace, etc.). The stalker can view personal information or post false profiles about the victim on message boards and websites. Victims can also be followed into chatrooms and discussion forums and repeatedly harassed or threatened.

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7 Id.
8 Id.
9 Id.
11 Id.
12 Id.
13 CALCASA, Campus Stalking. Available at: http://www.gmu.edu/facstaff/sexual/pdfs/CALCASA-CampusStalking.pdf
14 Id.
16 Teenage Research Unlimited, Liz Claiborne, Inc.
Approximately 1 in 5 high school girls reports being abused by a boyfriend.18
50%-80% of teens report knowing someone involved in a violent relationship.19
Physical aggression occurs in 1 in 3 teen dating relationships.20
Young women, ages 16-24, experience the highest rates of relationship violence.21
One in four teen girls who are in a relationship report they are pressured into performing oral sex or engaging in sexual intercourse.22
Over 70% of pregnant teens will be abused by their boyfriends, compared to 6% of adult pregnant women.23
In a national study of college women, 4 in 5 victims knew their stalkers, and they were often identified as a boyfriend or ex-boyfriend.24

32% of college students report dating violence by a previous partner, and 21% report violence by a current partner.25
An estimated 5% of college women experience a completed or attempted rape in a given year.26
51% of college males admit perpetrating one or more sexual assault incidents during college.27
Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.28
81% of parents surveyed either believe teen dating violence is not an issue or admit they don't know if it's an issue.29
Both boys and girls are victims of dating violence, but boys and girls experience abuse differently. Girls are more likely to yell and threaten to hurt themselves. Boys injure girls more severely and frequently.30

28 Liz Claiborne, Inc., Conducted by Teenage Research Unlimited (February 2005).
Media & Societal Messages

Media is a powerful tool that can influence how young people perceive themselves, view society, and interact with others. These media outlets include magazines, video games, television, movies, Internet sites, and music videos. Unfortunately, the messages conveyed through these mediums often emphasize hyper masculinity, alcohol and drug use, homophobia, and glamorize violence.

The media frequently depicts females as sexualized objects, represented in suggestive or explicit imagery, and perpetuating gender-role stereotypes. Research suggest these depictions of females in the media encourages males to see girls and young women as powerless objects for men's own pleasure and use. In addition, the effect of frequent exposure to these types of messages may increase rates of sexual harassment and sexual violence.

Race/Ethnicity & Culture

An individual's race/ethnicity and culture can influence attitudes regarding gender roles and violence. Victims from cultures that ascribe to conventional gender roles or disapprove of dating and sexuality may believe dating violence is acceptable or fear they will be held responsible for their victimization.

For example, in traditional Hispanic and Latin cultures, gender role expectations emphasize male dominance and the female deference to the male authority. Also, depending on the degree of acculturation, the relationship between woman's virginity are closely tied with family honor. This can be especially difficult for a Latina if she lost her virginity as a result of a date rape or involvement in a violent dating relationship, because she may be less willing to seek help if it meant it threatened the family honor.

Collectivism is an important cultural value observed in many communities of color and has considerable influence on a victim's decision to seek help. In many Asian and Pacific Islander communities, the family's reputation and needs takes precedence over the individual's. If an Asian female is in a violent dating relationship, her inability to seek help may be in response to her fear or feelings of confusion, isolation, and shame.

Social Factors in Dating Violence

Stereotypes based on race/ethnicity and culture, may also decrease the likelihood a victim will report the abuse or use help services. Persons of color, including African American or Native American teens who have experienced or witnessed discrimination or racial oppression, may distrust people outside their community or have a strong connectedness to their race/ethnicity. The victim may even feel the need to protect their perpetrator or minimize the abuse.

- In 2005, black non-Hispanic and Hispanic students were more likely than white students to be victims of dating violence (12% and 10%, respectively vs. 8%).

- Based on a 2003 nationwide survey among students in grades 9-12, 9.0% students had been physically forced to have sexual intercourse when they did not want to. Overall, the prevalence was higher among black (12.3%) and Hispanic (10.4%) than white (7.5%) students; higher among Hispanic female (13.0%) than black female (12.9%) and white female (11.2%) students; and higher among black male (11.7%) and Hispanic male (7.6%) than white male (3.7%) students.

Alcohol & Drug Abuse

Studies show alcohol and drug use increases the chance of dating violence and date rape. Alcohol and drugs are dangerous elements because their use can impair judgment and reduce inhibitions in both the perpetrator and the victim. If the victim has been using alcohol or drugs, they may have less opportunity to verbally or physically resist the victimization. Further, perpetrators are more likely to use his/her alcohol or drug use as an explanation for the violence.

- 75% of men and 55% of women involved in acquaintance rape had been drinking or taking drugs prior to the incident.

Some perpetrators resort to using “date rape drugs” to render a victim unconscious and then they will sexually assault them. Popular “date rape drugs” or “predatory drugs” are “Roofies” (flunitrazepam or Rohypnol), GHB (Gamma-Hydroxybutyric acid), and ketamine. These drugs are tasteless, odorless, colorless, and are easily slipped into a victim's beverage without their knowledge. Drugged victims may have physical signs of injuries as a result of rape or assault but have little or no memory of the event. Since traces of the drugs leave the body quickly and are virtually undetectable, victims are advised to go to a hospital or the police to get tested as soon as they suspect they have been assaulted.

38 Id. at 9.
41 Date Rape. Available at: Answers.com
42 About.com: Teen advice, Date Rape Drugs: Date rape drugs explained and de-mystified. Available at: http://teenadvice.about.com/library/weekly/aa062502a.htm
Social Factors in Dating Violence (continued)

Pregnancy

Abused teens are four to six times more likely to become pregnant than non-abused teens. Teens tend to have fewer resources, including money, transportation, and shelter, making it more challenging to leave an abusive relationship. Along with the social stigma attached to teenage pregnancy, pregnant teens and teen mothers may experience feelings of social ostracism, helplessness, and shame.

Teen pregnancy can also be a direct result of the violence. Many female victims of reproductive age become pregnant through sexual abuse, date rape, coercive sexual behavior, or birth control sabotage. According to a study of 379 pregnant or parenting teens and 95 teenage girls without children, 51% of them reported at least one instance where their boyfriend attempted to sabotage their efforts to use birth control.44

- In a study of 570 new mothers 18 and younger, the highest rates of abuse were during the first three months for Mexican Americans (23%) and African Americans (24%), whereas the highest rates for whites were 18 months after childbirth (22%).45

Help for Victims of Dating Violence

Trying to leave the abuser or seek help can be difficult for teens or young adults involved in a violent relationship. Victims may have feelings of loyalty or feel responsible for the abuse.46 A common fear among victims is that if they share their concerns it will be ignored or met with cynicism by peers, parents, or authority figures.

A teen may be uncomfortable telling their parent or another adult about the abuse because it could result in blame, a loss of autonomy or trust.47 In some cases, the abuser may have become close with the victim's parent(s) and the teen fears her parent(s) will not believe the abuse is happening if she discloses it. If a victim is also experiencing abuse from their own parent or their parent is experiencing domestic violence, the victim may be more reluctant to seek assistance from their parent. Studies suggest that having friends in violent relationships increases a person's chance of becoming either a victim or a perpetrator of dating violence.48 The pressure to gain peer approval and conform to peer norms can be a significant factor for a perpetrator engaging in violent behavior and a victim’s inability to end the relationship or report her victimization. This has been observed as a serious problem for teen girls involved in gangs or whose boyfriends are gang members, where there exists a pervasive environment in gangs for males to control their girlfriends.49

45 Samantha Harrykissoon, et. al. (2002). “Prevalence and Patterns of Intimate Partner Violence Among Adolescent Mothers During the Postpartum Period.” Archives of Pediatrics and Adolescent Medicine.
46 The National Center for Victims of Crime, Dating Violence Fact Sheet. Available at: http://www.ncvc.org
Help for Victims of Dating Violence (continued)

Tell Tale Signs
When a person is involved in a violent dating relationship, the signs can be both subtle and clear. Some characteristics that indicate that someone you know may be a victim of violence include: depression or anxiety; their partner is always checking on them; your friend is always worried about upsetting their partner; use of drugs and alcohol; uncharacteristic change in dress or appearance; drop in academic performance; change in mood or personality; physical signs of injury; and isolation from everyone but her/his abuser.50

Anyone in an abusive dating relationship or knows someone who is, can contact the Teen Dating Violence Helpline or the National Domestic Violence Hotline. (See below for information)

Legal Remedies
Presently, only thirty-eight states and the District of Columbia allow victims of dating violence to apply for a civil domestic violence restraining or protective order.51 A restraining or protective order is a court decree requiring the perpetrator to stop abusing or coming in contact with the victim.

Laws regarding eligibility to obtain a restraining or protective order vary from state to state and a teen may be unaware such orders are available to them. For example, New Hampshire is currently the only state where the law specifically allows minors of any age to go to court by themselves to apply for a protective order.52 Many states also impose a number of restrictions including those that would prohibit same-sex couples from accessing protection from dating violence, requirements for parental involvement, and age restrictions on the person whom a restraining or protective order is against.53

Accessing Shelter and Resources
Victims of dating violence may also face issues accessing shelter facilities. Normally, shelters will not admit girls under the age of 18 or women who do not have a court order of protection.54 Access to shelter is even harder if the teen is pregnant or a parenting teen; or paradoxically may be a problem for young adults who do not have children or are not pregnant, depending on the local shelter guidelines.

Things That Can Be Done
Many teens and parents do not know what dating violence is or that it may be happening to them or someone they know. Appropriate education and support systems are needed to prevent dating violence and date rape.

Middle schools, high schools, and colleges should establish programs and policies that reduce and prevent the occurrence of relationship violence, sexual harassment, and date rape. Dating violence awareness campaigns, conflict resolution curriculums, and counseling programs can be implemented as effective outreach strategies. Further, opportunities should be created for school personnel, including counselors, teachers, college judicial officers, and college administrators so they are trained to recognize signs of victimization and how to appropriately address the offender and victim.

Local domestic violence programs can provide healthy relationship awareness presentations and available local resources to schools, colleges, parents groups, and youth organizations. In addition, programs such as alcohol and substance abuse prevention programs can work in coordination with anti-dating violence efforts to reduce the risk of dating abuse and rape.

52 Id.
53 Id.
54 Joan E. Lisante, Connect for Kids, Getting Serious about Teen Relationship Abuse. Available at: http://www.connectforkids.org/node/562
Help for Victims of Dating Violence (continued)

Web-based and telephone helplines or crisis hotlines are useful resources available to victims. They can provide immediate response and many are open 24 hours so a person can speak with a trained counselor and receive referrals to support groups, legal assistance, medical services, and local law enforcement. They may also be more accessible for victims that want to contact someone anonymously and confidentially.

Peer support is another option victims can look to for help if they are uncomfortable using such formal networks as law enforcement, a school counselor, or healthcare providers. Victims may turn to peers or close family members who they may feel comfortable confiding to. Peer support programs or peer educators are available in most schools, colleges, and within local communities. Peer support groups provide education, resources, safety options, and leadership skills through facilitated group discussion, workshops, and interactive scenario exercises.

Conclusion

Dating violence is a growing problem among teens and young adolescents in the U.S. It can lead to serious physical, psychological, and sexual health problems. Usually victims do not know or understand the dynamics of domestic violence or the risks for date rape, stalking, and Internet abuse. Victims in communities of color may also respond differently and find it more difficult to end an abusive relationship or seek help because of their cultural and familial beliefs or values.

Education is crucial to minimizing the risk of dating violence relationships. Many organizations, agencies, and schools have curriculums and initiatives committed to dating violence prevention and awareness.\(^{55}\) Parents, friends, and formal networks are also resources that can introduce information to prevent and encourage healthy respectful relationships among teens and young adults.

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Resources

Culturally-Specific National Organizations

Alianza: National Latino Alliance for the Elimination of Domestic Violence
P.O. Box 672
Triborough Station
New York, NY 10035
Phone: (800) 342-9908
Fax: (800) 216-2404
www.dvalianza.org

Asian & Pacific Islander Institute on Domestic Violence
450 Sutter Street, Suite 600
San Francisco CA 94108
Phone: (415) 954-9988 ext. 315
Fax: (415) 954-9999
www.apiahf.org

Institute on Domestic Violence in the African American Community
290 Peters Hall
1404 Gortner Ave
St. Paul, MN 55108
Phone: (612) 624-5357
Fax: (612) 624-9201
www.dvinstitute.org

Sacred Circle
722 Saint Joseph Street
Rapid City, SD 57701
Phone: (605) 341-2050
www.sacred-circle.com

Sisters of Color Ending Sexual Assault (SCESA)
P.O. Box 625
Canton, CT 06019
Phone: (860) 693-2031
Fax: (860) 693-2031 (please call first)
www.sisterslead.org

Organizations Providing Technical Assistance & Prevention/Education

American Bar Association: National Teen Dating Violence Prevention Initiative
740 15th Street, N.W.
Washington, DC 20005
Phone: (202) 662-1000
http://www.abanet.org/unmet/toolkitmaterials.html

Advocates for Youth
200 M Street NW, Suite 750
Washington, DC 20005
Phone: (202) 419-3420
Fax: (202) 419-1448
http://www.advocatesforyouth.org/

A Call to Men
1003 Route 45
Pomona, NY 10970
Phone: (845) 354-2556
Fax: (845) 354-2557
www.acalltomen.com

Break the Cycle
5200 W. Century Blvd., Suite 300
Los Angeles, CA 90045
Phone: (888) 988-TEEN (Helpline)
Fax: (301) 286-3583
http://www.breakthecycle.org

Washington, DC Office
P.O. Box 21034
Washington, DC 20009
Phone: (202) 824-0707
Fax: (202) 824-0747

The Hip-Hop Association (H2A)
P.O. Box 1181
New York, NY 10035
Phone: (212) 500-5970
Fax: (212) 300-4895
Email: info@hiphopassociation.org
http://www.hiphopassociation.org

Girls, Inc.
120 Wall Street
New York, NY 10005
Phone: (800) 374-4475
http://www.girlsinc.org/nc/

Liz Clairborne, Inc.: Love Is Not Abuse
www.loveisnotabuse.com
**Resources (continued)**

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<th>Address</th>
<th>Phone</th>
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<th>Website</th>
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<tr>
<td>National Center for Injury Prevention and Control: Choose Respect</td>
<td>Mailstop K65 4770 Buford Highway NE Atlanta, GA 30341</td>
<td>(800) 232-4636</td>
<td>(770) 488-8383</td>
<td><a href="http://www.chooserespect.org/scripts/">http://www.chooserespect.org/scripts/</a></td>
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<tr>
<td>National Resource Center on Domestic Violence</td>
<td>6400 Flank Drive, Suite 1300 Harrisburg, PA 17112</td>
<td>(800) 557-2238</td>
<td>(717) 545-9456</td>
<td><a href="http://www.nrcdv.org">www.nrcdv.org</a></td>
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<tr>
<td>Sista II Sista</td>
<td>89 St. Nicholas Ave Brooklyn, NY 11237</td>
<td>(718) 366-2450 ext.0</td>
<td>(718) 366-7416</td>
<td><a href="http://www.sistaiisista.org/">http://www.sistaiisista.org/</a></td>
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<td>Temple of Hip-Hop</td>
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<td><a href="http://templeofhiphop.org">http://templeofhiphop.org</a></td>
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<tr>
<td>WomensLaw.org</td>
<td>150 Court St., 2nd Floor Brooklyn, NY 11201</td>
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<td><a href="http://www.womenslaw.org">www.womenslaw.org</a></td>
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<td><strong>Organizations Providing Direct Services &amp; Prevention/Education</strong></td>
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<tr>
<td>National Domestic Violence Hotline: Teen Hotline</td>
<td></td>
<td>(800) 799-SAFE (7233)</td>
<td>(800) 787-3224</td>
<td><a href="http://www.ndvh.org">www.ndvh.org</a></td>
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The Women of Color Network (WOCN) Facts & Stats Collection is intended to present a series of data relevant to communities of color in an easy-to-read, concise document. The information and statistics published are not meant to be exhaustive. Statistical data may change and are not fully representative of all communities of color. Therefore, WOCN strongly encourages individuals to conduct additional research and/or contact WOCN and the resources above for further information.
WOCN’s mission is to provide and enhance leadership capacity and resources that promote activities of Women of Color advocates and activists within the United States and territories to address the elimination of violence against women and families.