

Safe DATES Teen Dating Violence

What is teen dating violence?

Abuse in adolescent dating relationships is defined as a pattern of repeated actual or threatened acts that physically, sexually or verbally abuse a member of a heterosexual or homosexual couple in which one or both partners are 13 and 20 years of age.

- One of five teens in a serious relationship reports having been hit, slapped, or pushed by a partner (Liz Claiborne Study, 2005)

Warning signs of teen dating violence:

- Appears jealous
- Monopolizes time
- Loses temper easily
- Appears possessive
- Lacks their own interest and goals
- Prone to sudden mood changes

Love is not what a person's says but how they act. This applies not to romantic relationships exclusively but to every interpersonal relationship.

Why teens don't talk about dating violence:

- Trouble identifying unhealthy relationships
- Believe jealousy and possessiveness are synonymous with love
- Sees violence in the home
- Feels guilty and/or afraid
- Doesn't want to be pressured to break off relationship
- Dependent on the relationship because they do not want others to think they have poor judgment or lose freedom.

What might happen to me if I'm in an abusive relationship?

Possible effects of being in an abusive relationship include:

- loss of appetite
- headaches
- nervousness
- weight loss
- bruises or broken bones
- sadness
- self-blame
- confusion
- anxiety
- guilt
- shame
- mistrust of self
- mistrust of others
- depression
- fear
- feelings of worthlessness
- terror
- permanent injury
- death
- suicide



For more information on teen dating violence contact Synergy's STOP Violence team at 816-505-4863 or stopviolence@synergyservices.org