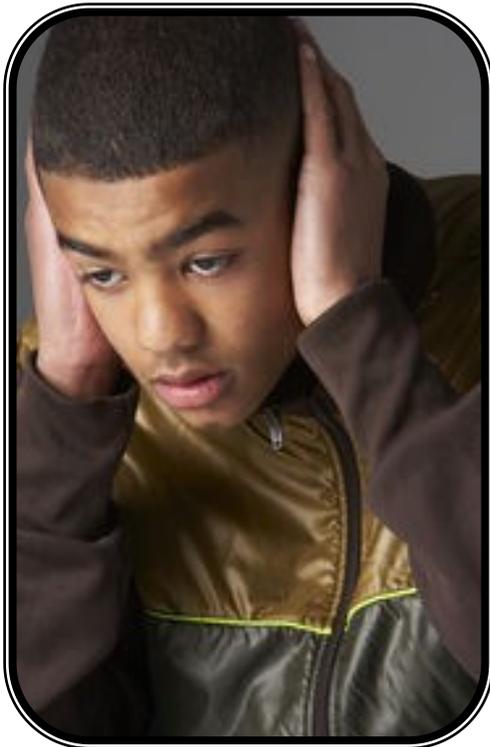


Teen Dating Violence

What is teen dating violence?

A pattern of threatened or actual acts of physical, sexual, and/or emotional abuse, perpetrated by a teen against a current or former dating partner. It may occur in straight or gay relationships. Abuse may include insults, bullying, sexual harassment, threats and/or acts of physical or sexual abuse.

Is this abuse?



Why Men Don't Tell

Men often face disbelief and ridicule when they admit being abused. As a result, many male victims of domestic abuse tend to make excuses for injuries—"It was an accident"—when questioned by friends or medical personnel, which only allows their abuser to continue the abuse.

Abusers often make their victims feel like no one is on their side. Feeling like no one cares can create a spiral of isolation—the more you withdraw from friends and family, the less those who care about you will be able to help.

Although you may have been injured far worse on an athletic field, it is not the same thing as being physically attacked by your intimate partner, which hurts emotionally as well as physically. Allowing this pattern to continue can result in depression, substance abuse, loss of confidence, and even suicide.

According to the Department of Justice, over 834,000 men report being domestically assaulted annually.

The general public has been desensitized by TV shows and commercials depicting men being hit over the head with frying pans, kicked in the groin, and slapped in the face by their intimate partners. What message does this give society? A woman hitting a man is humorous and acceptable behavior? It's not. No one deserves to be abused, male or female.

If you are a victim of dating violence:

Understand that you do not, under any circumstances, deserve to be abused. **It is not your fault.**

Find someone that you really trust to talk to. Your first impulse may be to get help from a friend your own age. This is a good start, but you really need to tell an adult too. Find an adult you trust who takes you seriously, such as your parents, a teacher, counselor, or minister.



Cycle of Violence

Domestic and Dating Violence is like a circle. This is one reason it is so confusing and difficult for the victim to leave. During the calm or honeymoon stage, the abusers are often extremely sorry, promising never to repeat the violence. They may even shower their partners with gifts, flowers and romantic dinners before the cycle starts all over again.

Does your partner...

- Constantly keep track of your time?
- Act jealous and possessive?
- Accuse you of cheating or flirting?
- Try to keep you from being around friends and family?
- Prevent or discourage you from working, hanging out with friends or going to school?
- Constantly put you down or make fun of you in front of others?
- Destroy your things?
- Cheat on you?
- Threaten to hurt you, your family or pets?
- Threaten to use a weapon?
- Push, hit, slap, punch, kick or bite you or your family members?
- Force you to have sex against your will, or demand sexual acts you are uncomfortable with?

Did you know?

- More than one in ten teenagers experience physical violence in their dating relationships.
- One in four teens report experiencing some type of abuse (physical, verbal, emotional, mental, or sexual).
- 69% of all teens who had sex by age 14 said they have gone through one or more types of abuse in a relationship.
- More than one in three teens report that their partners wanted to know where they were (36%) and who they were with (37%) all the time.
- One in five 13-14 year olds in relationships (20%) say they know friends and peers who have been struck in anger (kicked, hit, slapped, or punched) by a boyfriend or girlfriend.

.Sources: asafepacenh.org, icadvinc.org

If you know someone who is a victim of dating violence:

Tell the person that you are worried.

Be a good listener and offer support.

Encourage your friend to seek help.

Educate yourself about dating violence and healthy relationships.

Avoid any confrontations with the abuser. This could be dangerous for you and your friend.

Some precautions you can take

Let friends or family know when you are afraid or need help.

When you go out, tell someone where you are going and when you'll be back.

In an emergency, call 911 or have a friend you can call with a code word letting them know you are in trouble.

Memorize important phone numbers, such as the people to contact or places to go in an emergency. Keep a cell phone handy for immediate access to communication.

Go out in a group or with other couples.

If You Are a Victim of Dating Violence, You Might...

- Think it's your fault.
- Feel angry, sad, lonely, depressed, or confused.
- Feel helpless, threatened or humiliated.
- Feel anxious.
- Not know what might happen next.
- Feel like you can't talk to family and friends.
- Be afraid of getting hurt more seriously.
- Feel protective of your boyfriend or girlfriend.

Know that it is never your fault, no one deserves to be abused and there is help available.