



Norfolk Advocates for Children

TEEN DATING VIOLENCE

RESOURCE SHEET

WHAT HAPPENS?

- Teen dating violence (TDV) can happen in any kind of relationship (friends, crushes, dating partners, peers) where one person tries to control another through threats, intimidation and sometimes violence.
- The goal of the abusive partner is to control the thoughts, feelings, and actions of the other person. They may do this but using mental, emotional, or physical abuse tactics.
- In MA, 1 in 5 girls and 1 in 13 boys experiences some form of TDV before graduating high school.
- In a statewide survey, nearly 16% of female and 7% of male high school students reported experiencing sexual contact against their will.
- TDV happens at the same rate in relationships within the lesbian, gay, bisexual and transgender (LGBT) communities.
- Abusive behaviors begin slowly in a relationship and escalate over time
- Belief that the abuser will change, fear, and love are all reasons why someone might put up with an abusive relationship—often these people do not know about resources to deal with the issue and get help

WARNING SIGNS

- Excessive jealousy and controlling behaviors such as constantly monitoring a person's location and communications.
- Sending or receiving multiple unwanted calls/texts—using technology for stalking behavior.
- Minimizing, rationalizing and making excuses for the increasing tension and abusive behaviors exhibited in the relationship.
- Withdrawal from friends and normal sources of social support.

SUPPORTING & HELPING TEENS EXPERIENCING TDA

- Let them know the abuse is not their fault and no person deserves to be abused or controlled, or forced to live in fear.
- Be non-judgmental, do not ask blaming questions, do not doubt their experience.
- Supportive Phrases: "I'm glad you told me, I know it's not easy to talk about this." "I'm concerned for your safety." "What will make you feel safer?" "How do you want to move forward?"
- Connect to local domestic violence resources for support: this is the SAFEST thing any person can do when trying to get out of an abusive relationship. These services will provide safety planning, are free and confidential

WEBSITES & ON-LINE RESOURCES

Info on healthy versus abusive relationships including in for teens and parents, pamphlets, toolkits, fact sheets, and much more!
www.dovema.org or 617-471-1234 | www.athinline.com | www.loveisrespect.org
www.thatsnotcool.com | www.futureswithoutviolence.org | National Teen Dating Abuse Helpline: 866-331-9471

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