Teen Dating Violence
Content Warning

**SASH Club Power Topics may include sensitive content that may be difficult to present and may possibly be triggering to some participants.**

You may want to seek the support of an ally during this presentation, especially if you’re a survivor of sexual violence.
What’s Ahead

• About teen dating violence
• Warning signs that your partner may be abusive
• Consequences of teen dating violence
• What we can do about teen dating violence
• What can I do if I am sexually assaulted?
• What can I do if I experience or witness sexual harassment?
Dating Violence – What is it?

- Physical violence – When a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force
- Sexual violence – Forcing or attempting to force a partner to take part in a sex act, sexual touching, or sexting when the partner does not or cannot consent
- Psychological aggression – Using verbal or non-verbal communication to emotionally harm or control another person
- Stalking – Repeated, unwanted attention or contact that causes fear or concern for one’s own safety or the safety of someone close to the victim
Teen Dating Violence – How big is the problem?

Dating violence is widespread and adversely affects millions of teens.
Teen Dating Violence – Who is most at risk?

Studies show these factors are associated with a higher likelihood of experiencing teen dating abuse and violence:

- Prior sexual activity
- Having been a victim of a crime or peer/sibling violence
- Having less social support
- A large age gap between dating partners
- A dating partner with a history of bullying other students
Dating violence starts early

- 47% of 11-14 year olds report having been in a dating relationship. Of those:
  - 62% know peers who have been verbally abused by a dating partner (called stupid, worthless, ugly, etc.)
  - 41% know peers who have been abused/insulted by a dating partner via messaging or on social media
  - 36% know peers who have been pressured by their dating partner to do things they didn’t want to do

- 20% of 13-14 year olds in relationships know peers who have been physically abused by their dating partner (kicked, hit, slapped, punched in anger)

- The seriousness of these problems increases with age (teens 15-18)
Everyone is worthy of respect

Being insulted or pressured by a dating partner is never okay.

Being hurt emotionally or physically by a dating partner is never okay.
Talk About It

● Why you think some teens might tolerate being insulted by a dating partner? Being physically hurt?

● How do you think most teens respond when pressured by a dating partner to do things they don’t want to do?
Warning Signs:
Your dating partner may be abusive if they...

- Are extremely jealous, insecure, or possessive
- Insult you or your family/friends
- Humiliate you
- Tell you what to wear/how to do your hair
- Blame you for anything that goes wrong
- Have an explosive temper or sudden mood swings
  - Often go back and forth between charming and controlling/angry
- Punish you, especially by withholding affection
- Threaten to spread rumors about you
- Threaten to share private information
- Keep you away from friends/family
- Tell you no one else will ever love you
Warning Signs:
Your dating partner may be abusive if they...

- Physically cause you pain in any way
- Threaten to hurt you, your friends, family, or pets
- Control your money or don’t want you to work/earn money
- Check your phone, email, or social networks without permission or demand your passwords
- Control who you call, message, or friend on social media
- Demand that you respond immediately to their messages
- Tell you what you can and can’t do or whom you can spend time with, or expect you to ask permission
- Break or take things that belong to you
- “Love bomb” you -- send expensive gifts, call/message you constantly, or say they are madly in love/can’t live without you after only a very short time
5-Minute Video
“Dating: Talking to Teens”

Here is a short video by Jewish Women International (JWI) showing how abusive behaviors by a dating partner often develop.

Stream at:

https://vimeo.com/99610424

Note: This video is not downloadable
Talk About It: Warning Signs

- Regarding the list of warning signs of an abusive partner:
  - Which of these might not be recognized as abusive behavior? Why?
  - Are there any other warning signs you can add to this list?

- One in three teens say they are messaged 10-30 times an hour by their dating partner.
  - What frequency of messaging seems too much to you?

- More than half of teen victims of dating violence say they have compromised their own beliefs to please a partner.
  - What are some scenarios where one might be tempted to let this happen?
Dating Violence: What are the consequences?

- Being fearful and concerned for safety
- Missing school or work
- PTSD symptoms (panic attacks, nightmares, flashbacks)
- Depression, anxiety, trouble sleeping
- Eating disorders, addictions
- Headaches, chronic pain
- Anti-social behavior (withdrawing from friends/family)
- Thoughts or actions of self harm
- Increased risk of future victimization and/or homelessness
Dating Violence: What can we do about it?

- Respect your dating partners and expect respect from them
- Examine your behaviors and those of your dating partner
- Intervene:
  - If you believe a friend may be in an abusive relationship, you can meet privately with them to share the warning signs you have observed
  - Provide them with the helpline and chatline resources on the next slide
- Support survivors:
  - Let them know you believe them and are there for them
  - Let them know they are valuable and worthy of respect
How to get help:

- If you are in immediate danger, call 911
- **National Teen Dating Abuse Helpline**
  - 1-866-331-9474
  - 1-866-331-8453 (TTY)
  - Text "loveis" to 22522
- **National Suicide Prevention Lifeline**
  - 1-800-273-TALK (273-8255)
  - 1-888-628-9454 (Spanish)
  - 1-800-799-4889 (TTY)
  - Online chat at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **Rape, Abuse & Incest National Network (All genders)**
  - 1-800-656-HOPE (656-4673)
  - Online chat at [www.rainn.org/get-help](http://www.rainn.org/get-help)
Talk About It

• What consequences of dating violence do you feel are most common? Most severe?

• What challenges do you foresee intervening with a friend? What approach do you think might be effective?

• Pair up and role play as someone who wishes to alert a friend who they suspect may be in an abusive relationship.
Do More

• Think whether there is a friend you may consider approaching. Think about how you might do that and what you would say.

• How can our club share what we’ve learned in this presentation with others?

• Is there an event the club can plan for February – Dating Violence Awareness Month – to share this topic with the school or community?
Learn More

Visit [www.loveisrespect.org/](http://www.loveisrespect.org/) for many resources regarding healthy and unhealthy relationships.
Sources & Acknowledgments

• Centers for Disease Control and Prevention webpage: Preventing Teen Dating Violence
• National Institute of Justice webpage: Teen Dating Violence
• Love is Respect: Tween and Teen Dating Violence Abuse Study
• AAUW publication: Crossing the Line: Sexual Harassment at School
• The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
• US Department of Health and Human Services Office on Women’s Health webpage: Dating Violence and Abuse
• Video courtesy of Jewish Women International (JWI) project Dating Abuse: Tools for Talking to Teens
To Do Immediately if Sexually Assaulted

• Get away from the attacker to a safe place as fast as you can.
• Then call 911 or the police.
• Call a friend or family member you trust.
• You can call a crisis center or hotline to talk with a counselor.
• One 24/7 option, for all genders, is the Rape, Abuse & Incest National Network (RAINN) National Sexual Assault Hotline at 800-656-HOPE (4673).
• RAINN will connect you with a rape crisis center in your area.
• Visit the Survivor Support page at www.sashclub.org/survivor-support/ for more helpline options and details.
To Do Immediately if Sexually Assaulted

• Preserve the evidence, even if you are unsure you will report.

• **Do not:**
  • Wash, comb your hair, or clean any part of your body
  • Brush your teeth
  • Change clothes, if possible, so the hospital nurse can collect evidence
  • Touch or change anything at the scene of the assault

• Seek medical attention ASAP at your nearest hospital ER:
  • You need to be examined, treated for any injuries, checked for possible sexually transmitted infections (STIs) or pregnancy, and can receive preventative medicine.
  • The nurse or doctor will collect evidence the attacker may have left behind.

• Ask hospital staff to connect you with a local rape crisis center.
If You are Sexually Harassed

• It isn’t your fault...and you can get help to make it stop.

• Reach out ASAP to a friend, school counselor or trusted adult for immediate safety & support to bring the issue to your Dean of Students, Principal, or Title IX Coordinator.

• Confidential National Sexual Assault Hotline: 1-800-656-4673
  www.rainn.org
Feedback & Suggestions

• SASH Club welcomes your feedback and suggestions on the content of this presentation. Contact us via:
  • [www.sashclub.org](http://www.sashclub.org)
  • Email: [info@sashclub.org](mailto:info@sashclub.org)
  • Instagram: [@sashclubs](https://www.instagram.com/sashclubs)
  • Facebook: [sashclubs](https://www.facebook.com/sashclubs)
  • Twitter: [@sashclubs](https://twitter.com/sashclubs)

• Contact an adult advisor with your questions or concerns about local issues.