

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

where r u at?

who u with?

when do you get home?
can i come over?

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
- Rape, Abuse & Incest National Network (All genders)
 - 1-800-656-HOPE (656-4673)
 - Online chat at 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/ 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
 - Email: 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.