

# STATISTICS

Teen dating violence is just as serious as adult domestic violence, and it's just as common.

1 in 5 female high school students report being physically and/or sexually abused by a dating partner.

Teen dating violence spans race, gender, and socioeconomic lines. Both males and females can be victims, but they are abused in different ways:

- Girls are more likely to yell, threaten to hurt themselves, pinch, or slap.
- Boys injure girls more severely and frequently.

Those between the ages of 12 and 19 experience the highest rates of rape and sexual assault.

Teens ages 18 and 19 experience the highest rate of stalking.

1 in 3 adolescent girls is a victim of physical, emotional, or verbal abuse from a dating partner.

## You have the right to:

- Express your opinions
- Have your needs be as important as your partner's
- Grow as an individual in your own way
- Change your mind
- Not take responsibility for your partner's actions/choices
- Not be physically, sexually, verbally, or emotionally abused
- Break up with someone you are afraid of
- Be happy and healthy

If you are being abused, call the  
National Teen Abuse Hotline

1-866-331-9474

or visit

[www.loveisrespect.org](http://www.loveisrespect.org)

(A project of the U.S. Department of Health and Human Services)



Seventh-day  
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# THERE'S NO EXCUSE FOR ABUSE

PREVENTING RELATIONSHIP  
& DATING VIOLENCE

# WHAT IT IS

Dating abuse is a pattern of abusive behavior used to exercise power and control over another person. It can be:

- Physical violence or threat of violence
- Emotional/mental abuse like playing mind games, constantly texting you, or putting you down and criticizing you
- Destroying your personal belongings
- Deciding which activities you can participate in
- Sexual abuse, including forcing you to do things you don't want to do or making you feel badly about yourself sexually

# ARE YOU BEING ABUSED?

- Are you afraid to speak your mind?
- Are you constantly apologizing?
- Do you have to justify everything you do and everywhere you go?
- Does your partner constantly put you down?
- Have you ever been hit, kicked, shoved, or hurt in any way?
- Have you been forced into having sex?
- Are you afraid to end the relationship because of what the partner might do?
- Do you feel bad about yourself when you're with this person?
- Do you change your behavior out of fear or to avoid a fight?



**THERE IS  
NEVER AN  
EXCUSE FOR  
ABUSE  
&  
IT IS NEVER  
YOUR FAULT**

If you are being abused, you can make choices to end it now.

**YOU'RE NOT ALONE.**

Talking to someone can help.

End the relationship.

Confide in someone you trust.

Talk to a counselor.

# WARNING SIGNS

## JEALOUSY

Isolates the victim from friends and family

## FROM ABUSIVE HOME

Often repeats behavior learned at home

## QUICK TEMPER

Strikes out when angry and is easily provoked

## CONTROLLING

Is always right and controls the relationship

## SUBSTANCE ABUSE

Abuses alcohol and/or drugs and uses it as an excuse for behavior

## DISPLACED AGGRESSION

Takes out anger on you when upset by something unrelated to you

## JEKYLL/HYDE

Extremely moody and unpredictable

## LOW SELF-ESTEEM

Has poor self-image and puts others down to feel better

## RIGID ROLES

Sees women as dependent and submissive and men as the decision makers