

The Realities of Teen Dating

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

1 in 10 high school students has been purposefully hit, slapped, or physically hurt by a romantic partner.

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.



Resources:

National Teen Dating Abuse Helpline: 866-331-9474
loveisrespect.org
Available 24/7 for phone, text, and live chat.

National Sexual Assault Hotline:
800-656- HOPE (4673)
rainn.org
Call or chat 24/7

National Suicide Prevention Lifeline:
Text BRAVE to 741-741
OR call 800-273-8255
Available 24/7



HEALING TO YOU



Signs of a Healthy Teen Relationship



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

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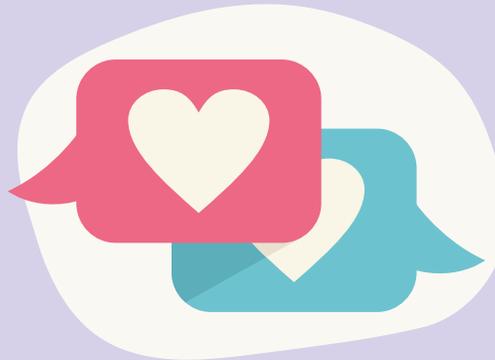
10 Warning Signs of Teen Dating Violence

1. Using insults, intimidation, or humiliation.
2. Extreme jealousy, insecurity, or controlling behavior.
3. Isolation from family & friends.
4. Unwanted sexual contact of any kind.
5. Explosive temper or unusual moodiness.
6. Constantly monitoring social media activities or location.
7. Invasions of privacy; showing up unannounced;
8. Leaving unwanted items, gifts, or flowers.
9. Abusing alcohol or drugs.
10. Threatening or causing physical violence; scratches, bruises.

5 Signs for a Healthy Relationship

How can you include these behaviors in your relationship?

- **We give each other space.** We hang out with friends and family. We pursue hobbies & activities outside of our relationship.
- **We disagree sometimes, in a healthy way.** We feel comfortable speaking up when our opinions differ.



- **We respect each other's physical boundaries.** We never pressure each other to use drugs or drink alcohol. When we have sex, we both give continued and enthusiastic consent.
- **We feel comfortable making our own choices,** including wearing the clothing we want, and do not feel afraid of or controlled by one another.
- **We exhibit healthy texting behaviors.** We set and respect digital boundaries.

How you can Break the Cycle:

Tell someone. Telling someone is a good place to start. If you have a parent, teacher, coach, guidance counselor, a friend, or coworker, tell them what's going on.

Keep records. Write down each incidence of abuse that occurs, no matter how small. Include details such as location, date, time of the incident, and any witnesses.

Leave the relationship. Put yourself first. Your well-being is the most important thing in this situation-- that includes your emotional, physical, and sexual health.