



# LOVE SHOULDN'T HURT.

BREAK THE SILENCE. END THE VIOLENCE

## TEEN DATING VIOLENCE AWARENESS MONTH

EDUCATION  
AWARENESS  
ADVOCACY

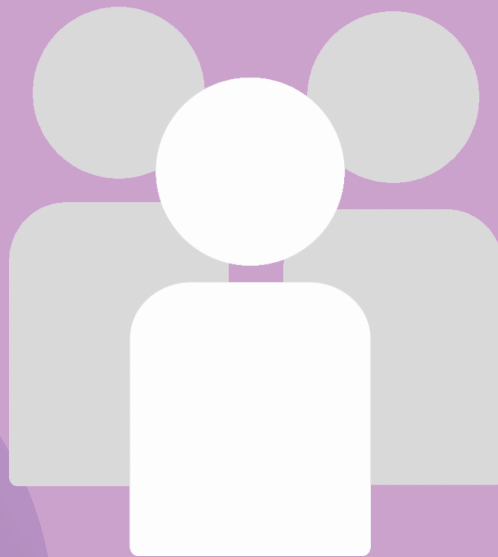
### DID YOU KNOW?

The U.S. Congress declared February Teen Dating Violence Awareness Month (TDVAM) in 2010. TDVAM is a national campaign amplifying the voices and needs of youth and their experiences with dating violence.

# 1 in 3 high school students

experiences either physical or sexual violence or both by their dating partner.

More than half of women (69.5%) and men (53.6%) who have been physically or sexually abused or stalked by a dating partner first experienced abuse between the ages of 11-24.



**VICTORY OVER DOMESTIC VIOLENCE**

TEEN DATING VIOLENCE AWARENESS MONTH

# Youth who experience dating violence are more likely to:

- **Struggle academically**
- **Experience depression and anxiety**
- **Exhibit antisocial behavior**
- **Struggle with self-esteem and confidence**

**"Violence in an adolescent relationship sets the stage for future relationship problems, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. For example, youth who are victims of dating violence in high school are at higher risk for victimization during college"**  
**-Center for Disease Control**

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# Signs of an unhealthy relationship:

- **Checking cell phones, emails or social media accounts without permission**
- **Extreme jealousy, insecurity or possessiveness**
- **Constant belittling or putting you down**
- **Explosive temper**
- **Isolating you from family and friends**
- **Making false accusations**
- **Erratic mood swings**
- **Physically inflicting pain or hurt**
- **Telling someone what to do or repeatedly pressuring physical intimacy**

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# Relationship Rights

Every person deserves a relationship that is supportive and affirming. In a relationship, you have the right to:

Always be treated with respect as an  
equal

Be loved for who you are

Not be hurt physically or emotionally

Refuse affection at any time

Have friends and activities apart from  
your partner

End the relationship

Know that abuse is never deserved and  
is never your fault



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# Self and Relationship Check-Ins

**It's important to regularly check in with yourself and your relationships. Ask yourself:**

- Is my partner supportive of me and my decisions for myself, both physically and emotionally? Am I supportive of my partner?
- Is my partner consistent in their actions and behaviors? Am I consistent with my partner?
- Does my partner demonstrate their trustworthiness by acting in accordance with what they say? Do they tell me they love me but treat me in unhealthy ways?
- Are you both able to comfortably spend time apart from one another? Do you feel comfortable letting your partner know when you need space or time with friends or family?

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# How to Help a Friend Experiencing Dating Violence

- Believe their story
- Tell them they don't deserve to be abused
- Let your friend make their own decisions.
- Help them make a safety plan
- Resist speaking poorly of the abusive partner
- Offer to go with them to any service provider or legal setting for moral support

**VICTORY OVER DOMESTIC VIOLENCE**

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# Sources:

**YWCA of Central Alabama. "Teen Dating Violence: SAY MORE" 2023**  
<https://ywcabham.org/teen-dating-violence-say-more>

**National Network to End Domestic Violence. "Teen Dating Awareness Month" 2023.**  
<https://nnedv.org>

**The Hotline. "Ways of Support" 2023.**  
<https://www.thehotline.org/support-others/ways-to-support-a-domestic-violence-survivor/>

**Center of Disease Control. "Teen Dating Violence and Youth Violence" 2023.**  
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence>

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**VICTORY OVER DOMESTIC VIOLENCE**

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