



Northwest Center Against Sexual Assault

TEEN DATING VIOLENCE FOR ADULTS

Possible Warning Signs of Dating Violence in a Teen



- Depression
- Low self esteem
- Isolation from friends and family
- Changing appearance
- Change in behavior
- Decrease in academic performance

These behaviors may indicate many things, but red flags mean we should stop and ask questions

 1 in 5 teens experience dating violence

 1 in 4 women experience dating violence before age 18

 1 in 3 homicides for girls 11-18 are committed by an intimate partner

 2 in 3 abused teens didn't tell anyone

Types of Violence Physical Violence

- Use of any kind of weapon
- Any force meant to harm
- Strangulation

Emotional Violence

- Name calling/shaming
- Social isolation
- Extreme jealousy
- Constant lying

Sexual Violence

- Unwanted touch or comment
- Trafficking or cheating
- Force or pressure for sexual acts
- Denying birth control

Digital Violence

- Excessive or unwanted contact
- Posting things without permission
- Possession/distribution of nude images

Stalking

- Always needing to know where your partner is
- Monitoring accounts
- Following or showing up at places without consent
- Excessive online commenting or reactions



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How to support someone who comes to you

- Believe them! Start by expressing support.
- Do not punish the teen for anything they tell you, they came to you for help!
- Do not automatically take away their phone or computer - that is their lifeline.
- Provide resources like local organizations, and hotlines.
- Find qualified help for you and the teen

Ways to start the conversation

- What do healthy relationships look like to you?
- What does mutual respect look like?
- What does consent mean to you?
- Who is your role model for a healthy relationship?
- If you feel unsafe, uncomfortable, or afraid, who do you feel comfortable talking to?
- What would help look like from me?
- What would support look like from me?

Learn More About Healthy Relationships and Intimacy

scarleteen.com ||| joinonelove.org

<https://jagga.me> ||| whatsok.org

S.E.X., 2nd edition: The All-You-Need-To-Know Sexuality Guide by Heather Corinna

NWCASA CONFIDENTIAL CRISIS HOTLINE: 888-802-8890

STATE OF ILLINOIS' DOMESTIC VIOLENCE HELPLINE: 877-863-6338

NATIONAL DOMESTIC VIOLENCE HOTLINE: 1800-799-7233

NATIONAL DATING ABUSE HELPLINE: 1-866-331-9474