



# Northwest Center Against Sexual Assault

## TEEN DATING VIOLENCE FOR TEENS

### Possible Warning Signs of Dating Violence



- Low self esteem
- Isolation from friends
- Changing appearance
- Change in behavior
- Increased defensiveness
- New or worsening depression

*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! Always Start by expressing support
- Provide resources like local organizations, and hotlines
- Help them find qualified help - like a trained adult

### Ways to start the conversation

- “I have some concerns about you and (partners name)”
- “I’m always here if you need to talk”
- “I feel uncomfortable seeing how (partners name) treats you”
- “You deserve someone who makes you feel safe”

Many adults will report what is shared with them to parents, schools, or other agencies. Sometimes they are required to do so because of their jobs. It is ok to ask an adult if they are a Mandated Reporter before you share with them. A trusted adult should tell you whether or not it is a confidential conversation.

Learn More About Healthy Relationships and Intimacy  
[scarleteen.com](http://scarleteen.com) ||| [whatsok.org](http://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**