

Teen Dating Violence

BREAK THE CYCLE

WomenRising

WomenRising is the foremost community-based organization for women in Hudson County. WomenRising assists women and their families to achieve self-sufficiency and live safe, productive and fulfilling lives, through social services, economic development, and advocacy services.

WomenRising meets the clients' needs by providing supportive counseling, crisis intervention, workforce development and job placement, shelter for victims of domestic violence, outreach, advocacy, and referrals.

Hotline # 201-333-5700 Available 24/7

All Services Are Free & Confidential

LOVEISNOTABUSE

Dating Violence

Dating violence is a pattern of abusive behavior -- a series of abusive behaviors over a course of time -- used to gain and maintain power and control over a dating partner.

Every relationship is different, but the things that unhealthy and abusive relationships have in common are issues of power and control. Violent words and actions are tools an abusive partner uses to gain and maintain power and control over their partner.

Anyone can be abusive and anyone can be the victim of abuse. It happens regardless of gender, age, sexual orientation, race, social or economic background.

Teen Dating Violence Statistics

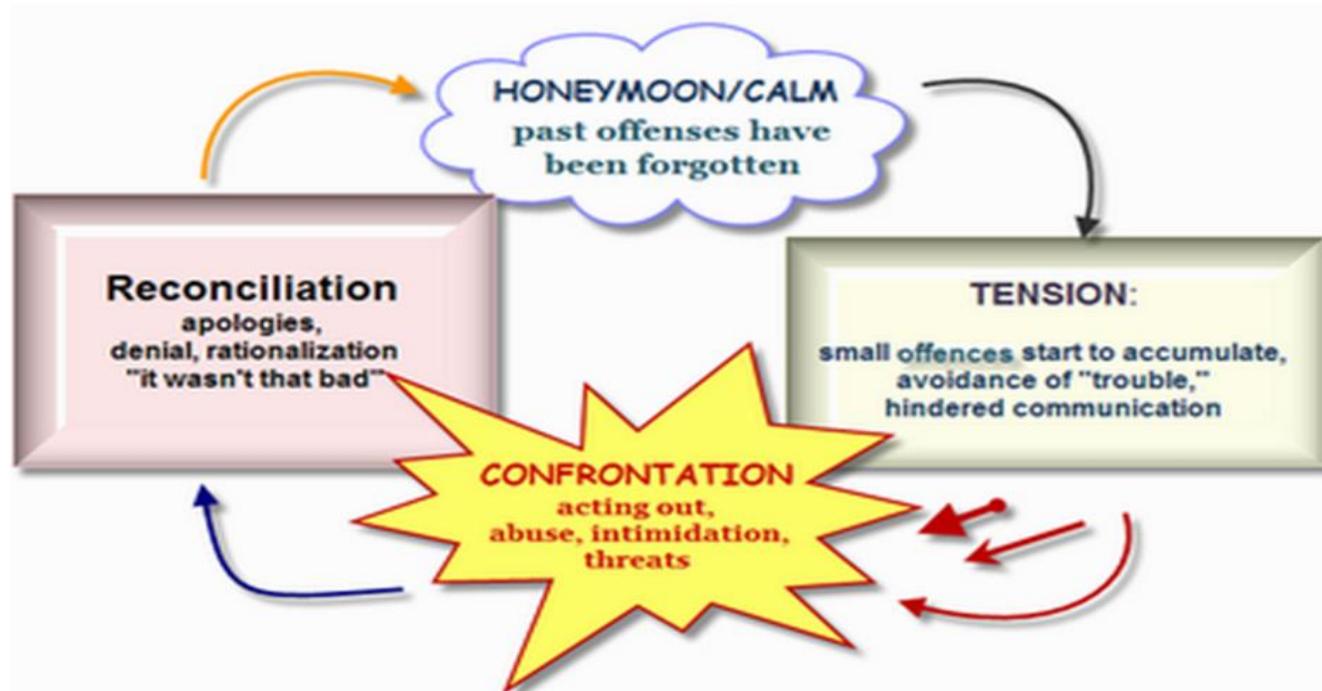
- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- 1 in 3 girls in the US is a victim of physical, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.
- 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.
- Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, & violent behavior.
- 50% of young people who experience rape or physical or sexual abuse will attempt to commit suicide.
- *Among male high school students who have experienced sexual and physical abuse by a dating partner, more than 1 in 4 have seriously contemplated suicide, and almost as many have attempted suicide.*

Types of Abuse

Teens and young adults experience the same types of abuse as adults, including:

- Physical Abuse
- Verbal/ Emotional Abuse
- Sexual Abuse
- Digital Abuse
- Animal Abuse

Cycle of Violence



Why Stay

- Conflicting Emotions
- Fear
- Believing Abuse is Normal
- Fear of Being Outed
- Embarrassment
- Low Self-esteem
- Love
- Distrust of Authority Figures
- Puppy-love Phenomena
- Distrust Police
- Language Barriers/Immigration Status
- Peer Pressure
- Social Pressure
- Cultural Reasons
- Religious Beliefs
- Pregnancy/Parenting
- Reliance on the Abusive Partner
- Lack of Money
- Nowhere to Go
- Disability

Why Do People Abuse

- ▶ People abuse their partners because they believe they have the right to control the person they're dating. Maybe the abusive partner thinks they know best. Maybe they believe that they should be in charge in the relationship. Maybe they think unequal relationships are ideal.
- ▶ Abuse is a learned behavior. Sometimes people see it growing up. Other times they learn it from friends or popular culture. No matter where it's learned, it's not ok and it's never justified. Many people experience or witness abuse growing up and decide not to use those negative and hurtful ways of behaving. It's most important to know that abuse is a choice, and it's not one that anyone has to make.
- ▶ Anyone can be abusive and anyone can be the victim of abuse. It happens regardless of gender, age, sexual orientation, race or economic background.

Warning Signs

- ▶ Checking cell phones, emails or social networks without permission
- ▶ Extreme jealousy or insecurity
- ▶ Constant belittling or put-downs
- ▶ Explosive temper
- ▶ Isolation from family and friends
- ▶ Making false accusations
- ▶ Erratic mood swings
- ▶ Physically inflicting pain or hurt in any way
- ▶ Possessiveness
- ▶ Telling someone what to do
- ▶ Repeatedly pressuring someone to have sex

Social Media Safety

If you are leaving an unhealthy relationship,

- ▶ Start by blocking your ex on Facebook and other social networking pages.
- ▶ Adjust your privacy settings to reduce the amount of information that people can see
- ▶ Avoid posting private details on your friend's pages
- ▶ Avoid tagging yourself in pictures
- ▶ Do not check into current locations
- ▶ Consider what is called a “super-logoff”
- ▶ Disconnect from social networking

If your friend is in an unhealthy or abusive relationship, be careful what you post about them. Pictures, locations, check-ins and even simple statements can be used to control or hurt them. If you're unsure of what's ok to post, get your friend's permission before you click “Share.”

What Can You DO

- ▶ Don't be afraid to reach out to a friend who you think needs help
- ▶ Be supportive and listen patiently.
- ▶ Help your friend recognize that the abuse is not “normal” and is NOT their fault.
- ▶ Focus on your friend or family member, not the abusive partner.
- ▶ Connect your friend to
- ▶ Help them develop a safety plan
- ▶ Continue to be supportive after the relationship is over.
- ▶ Remember by being supportive and caring, you're already doing a lot.
- ▶ Don't contact their abuser

Resources

WomenRising: 201-333-5700 womenrising.org

NJ Coalitional to End DV: nnev.org

National Domestic Violence Hotline : 1 (800) 799-SAFE (7233)
TTY 1-800-787-3224

National Dating Abuse Helpline: 1 (866) 331-9474

National Network To End DV : nnev.org

Women's Law : hotline.womenslaw.org

Tech Safety App

My Plan App



A word cloud centered on the English phrase "THANK YOU". The words are arranged in a roughly rectangular shape, with "THANK" and "YOU" being the largest and most prominent. Other words include "GRACIAS", "ARIGATO", "SHUKURIA", "TASHAKKUR ATU", "SUKSAMA", "EKKHMET", "BİYAN", "SHUKRIA", "TINGKI", "YAQHAHYELAY", "DANKSCHEEN", "JUSPAXAR", "GOZAIMASHETA", "EPCHARISTO", "KOMAPSUMBIDA", "MAKKE", "GRAZIE", "MEHRBANI", "PALNES", "BOLZIN", and "MERCİ". The words are in various orientations, some horizontal and some vertical.

THANK YOU

GRACIAS
ARIGATO
SHUKURIA
TASHAKKUR ATU
SUKSAMA
EKKHMET
BİYAN
SHUKRIA
TINGKI
YAQHAHYELAY
DANKSCHEEN
JUSPAXAR
GOZAIMASHETA
EPCHARISTO
KOMAPSUMBIDA
MAKKE
GRAZIE
MEHRBANI
PALNES
BOLZIN
MERCİ