



**Violence Intervention Program**

# **Teen Dating Violence**





# What's Intimate Partner Violence?

It is a pattern of abusive behavior in a relationship, used by a person to exercise power and control over their partner.

Domestic violence can affect anyone regardless of age, race, religion, national origin, education, sexual orientation, gender, or economic status.

## and Teen Dating Violence is...

a type of intimate partner violence ...that focuses on the specific experiences that youth can relate to when being in an abusive relationship.



## Did you know...



- The New York City Domestic Violence Hotline receives an average of **1,400 calls** from teenagers every month.
- An **LGBTQ** study showed that youth involved in same-sex dating are just as likely to experience dating violence as those involved in opposite sex dating.

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

Sources:

<https://www.legalmomentum.org/sites/default/files/reports/LGBTQ%20Fact%20Sheet%20Final.pdf>

<https://casfv.org/get-involved/events/tdvam-speak-up#:~:text=Nearly%201.5%20million%20high%20school,other%20types%20of%20youth%20violence.>

## What types of abusive behaviors or tactics are most common in domestic violence?



Intimate partner violence is a pattern of behaviors that an abuser uses to maintain control and power over a partner. This comes in different ways.

There is often more than one form of abusive behavior occurring at the same time in an abusive relationship. Many types of are also part of other abuses.

# Verbal Abuse

- They call you offensive nicknames, they insult you, they belittle you.
- They yell at you.
- They tell you what to do and who you can see.
- They constantly critique you.



# Digital Abuse

- They are constantly texting or calling you and they urge you to respond immediately.
- They frequently check your phone to check text messages and call log to see who you're talking to
- They spy on your social media activity.
- They ask you send them sexual messages, photos, or videos to them against your desires.
- They share your private affairs on social media without your permission.
- They pressure you to share your passwords with them or they do it without you knowing.

**Digital abuse consists of the use of digital technology through, for example, telephone texts or social networks, to intimidate, harass, or stalk a person.**



# Emotional Abuse

- They make you feel bad for having friends and partaking in activities that don't include them.
- They make inappropriate comments and go through your belongings.
- They act in a very jealous manner.
- They constantly criticize your intelligence, your appearance, your skills as a mother or father, etc.



- They insult you and tell you that nobody loves you and that you are crazy.
- They make fun of you in front of other people.

**Emotional abuse is related to verbal abuse, but non-verbal actions can also be included. For example, the abusive partner may begin to ignore and refrain from affectionate behaviors as punishment for the victim.**

# Gaslighting

(Manipulate the perception of reality)

- They lie to you constantly.
- Denies facts and actions that have actually happened.
- They underestimate you and those you trust.
- When confronted, they try to act the victim.



Gaslighting is a tactic that someone uses to control another person, questioning and doubting their reality. The key to this abusive behavior is emotional manipulation.

# Physical Abuse

- They do things to scare or intimidate you (they shove you, they grab you forcefully, they hit things).
- Physical assaults of any kind- beatings, assault with weapons, run over by vehicles, throwing furniture or decor at you, etc.
- They parade weapons in front of you and threaten to use them.
- They harm your family pets.

**Throwing things or hitting walls around is also considered physical abuse. They are actions that, although they may not hurt directly, are used to scare and intimidate.**

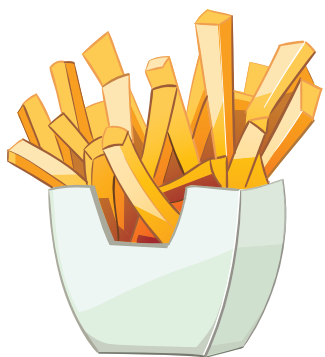


# Sexual Abuse

- They obligate you to have sex or watch sexual acts without your consent.
- They force you to partake in humiliating or potentially life threatening sexual acts.
- Forces you to have sexual relations with other people without your consent.
- They forbid you from using contraceptives.

Sexual abuse refers to any behavior that pressures or forces someone to do something sexual that they don't want to do.





# Consent

## Easy as FRIES

Source: Planned Parenthood

**Freely Given.** Doing something sexual with someone is a decision that should be made without pressure, force, manipulation, or while drunk or high.

**Reversible.** Anyone can change their mind about what they want to do, at any time. Even if you've done it before or are in the middle of having sex.

**Informed.** Be honest. For example, if someone says they will use a condom and then they don't, that is not consent.

**Enthusiastic.** Body language is important. If someone is not excited or not very into it, that is not consent.

**Specific.** Saying yes to one thing (like kissing) does not mean they've said yes to others (like sex).

# Statutory Rape



An offense that takes place when an individual (regardless of the age) has consensual sexual relations with an individual who is not old enough to legally consent to the behavior.

# Financial Abuse



Economic or financial abuse is control over another person's financial resources. Withholding access to money or trying to prevent the person from working or going to school, all to create a dependency as a means of control.

People are often forced to choose between staying in relationships or poverty, and even homelessness.

- They prohibit or obligate you to work.
- They pressure you to give them access to your bank accounts.
- They use your credit card and refuse to pay the balance of their spending.
- They control how you spend your money
- Refuses to work in order to help support the family
- They demand you pay their expenses.

# Power and Control Wheel



This tool explains some of the ways that an abusive partner can use power and control to manipulate a relationship.

## Remember!



Patterns of dating violence behavior often start early and carry through into adult relationships.

**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.



Source:

<https://casfv.org/get-involved/events/tdvam-speak-up#:~:text=Nearly%201.5%20million%20high%20school,other%20types%20of%20youth%20violence.>

## **Don't blame the person experiencing abuse!**

There are many factors that play out and that we should take in consideration when helping someone that may be going through this.



# How You Can Help Someone Else



- Believe them.
- Listen without interrupting.
- Give them our hotline number.
- Be emotionally supportive, even if they stay in the relationship.

## You Have Rights!

- To privacy, both online & off.
- To feel safe & respected.
- To decide who you want to date or not date.
- To choose when/if you have sex & who you have sex with.



To say no at any time (to sex, to drugs or alcohol, to a relationship), even if you've said yes before.

To hang out with your friends & family & do things you enjoy, without your partner getting jealous or controlling.

To end a relationship that isn't right or healthy for you.

To live free from violence & abuse.

# A Healthy Relationship!

- Communication
- Mutual respect
- Understanding: offering and receiving support when needed.
- Must be built on trust for one another that is based on boundaries that have been set within the relationship.
- Respect their privacy: Being in a relationship does not mean you have to share everything and be together 24/7. Healthy relationships require space.
- Not having to share email, passwords, etc.
- Establish and respect sexual limits.





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## **Do You Need help?**

**Do you know someone who does?**

To find help in the case of intimate partner violence  
call our bilingual helpline and talk to one of our counselors

**1-800-664-5880**

**Monday - Friday | 9 am - 11 pm**

or use the text feature in our webpage **[vipmujeres.org](http://vipmujeres.org)**

## **Other Resources for Teen Dating Violence**

### **Love Is Respect**

[loveisrespect.org](http://loveisrespect.org)

text "loveis" to 22522

### **DayOne**

What's Dating Abuse?

[www.dayoneny.org/dating-abuse](http://www.dayoneny.org/dating-abuse)

### **Teen Dating Violence**

[teendvmonth.org](http://teendvmonth.org)

### **OneLove Foundation**

#ThatsNotLove Discussion Series

[www.joinonelove.org](http://www.joinonelove.org)

