




# TEEN DATING VIOLENCE PREVENTION

Teen Dating Violence is defined as the physical, psychological, emotional or sexual violence within a current or former dating relationship. It can occur in person or electronically.

## How to Report a Tip

 Call 713.222.TIPS (8477)

 Text TIP610 plus your tip to CRIMES (274637)

 Use our **Mobile App**  
Download app name: Crime Stoppers Houston

 Go to [crime-stoppers.org](http://crime-stoppers.org)

Tipsters will remain anonymous and could be eligible for a cash reward of up to \$5,000.

## Did you know?

- 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.
- Only 33% of teens in an abusive relationship ever tell anyone about the abuse - 75% tell a friend, 6% tell a family member and 3% tell an authority figure.
- 57% of teens say they know of a peer who has been physically, sexually, or verbally abusive to their dating partner.
- Nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors.
- The effects of an abusive relationship increase the risk of becoming trapped in another unhealthy relationship during college and adult years.

## What Teen Dating Violence looks like:

**Physical:** • Hitting • Shoving • Slapping • Kicking

**Psychological:** • Threatening to hurt themselves, you or others.  
• Name calling • Shaming • Put downs

**Sexual:** • Forcing someone to engage in a sexual act when they do not consent, such as rape.  
• Kissing or touching someone when they don't want it.

**Electronic:** • Repeated texting and/or calling.  
• Posting sexual pictures of a partner online.  
• Posting lies about a partner online.

**Stalking:** • A pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.





## Factors that increase the risk for harming a dating partner:

- Belief that dating violence is acceptable.
- Depression, anxiety, and other trauma symptoms.
- Aggression towards peers and other aggressive behavior.
- Substance use.
- Early sexual activity and having multiple partners.
- Having a friend involved in dating violence.
- Conflicting with partner.
- Witnessing or experiencing violence at home.



## Relationship Red Flags:

- Threatens to destroy your property.
- Threatens to hurt themselves, you, your friends and/or family.
- Is extremely jealous and/or possessive.
- Is not liked by your friends or family.
- Checks and monitors cell phone and computer activities.
- Lacks respect for boundaries.
- Calls, emails and texts excessively.
- Makes you feel nervous.
- Breaks or throws things to intimidate you.
- Pressures or forces you into having sex or going farther than you want to.



## Tips for parents:

- Talk to your teens about healthy relationships.
- Create a safety plan with your teen before they begin dating.
- Remind your teen that it is never their fault if they are victimized.
- Be a safe person your teen can talk to or offer alternative adults they can speak with.
- Model healthy relationships.
- Break the cycle of abuse.



## Tips for a healthy relationship:

- Learn to communicate effectively and civilly.
- Manage uncomfortable emotions.
- Treat each other with respect.
- Set and sustain boundaries.
- Don't change - Everyone should stay true to who they are!