

YOU ARE NOT ALONE.

Many often think of domestic violence as only happening between two adults, but it happens among teens too – and it happens often. Teen dating violence can result in long-term effects, such as depression and anxiety.

If you or someone you know is experiencing dating violence, please contact us. Alternatives to Violence provides referrals to critical services, guidance on how to help loved ones and developing a safety plan.



**WE ARE HERE FOR YOU.
FREE, CONFIDENTIAL,
NON-JUDGEMENTAL**

CALL

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TEEN DATING

How to Ensure a Healthy & Positive Relationship



Teen dating violence is the intentional use of abuse to intimidate or control another person in a dating relationship. That abuse can be physical, sexual, verbal, or emotional.

WARNING SIGNS OF DATING ABUSE

Your partner:

- Checks your cell phone or email without permission.
- Shows extreme jealousy or insecurity.
- Constantly puts you down.
- Isolates you from family and friends.
- Is possessive and controlling.
- Constantly pressures you to have sex.
- Causes you any physical harm.

YOU DESERVE TO BE IN A HEALTHY RELATIONSHIP FREE FROM ABUSE

SIGNS OF A HEALTHY RELATIONSHIP

Your partner:

- Supports what you love to do.
- Is comfortable around your friends and family.
- Doesn't make you feel anxious or scared.
- Doesn't constantly accuse you of cheating.
- Is proud of your accomplishments.
- Respects your boundaries.
- Encourages you to do well in school and at work.

WHAT TO DO IF YOU ARE EXPERIENCING DATING VIOLENCE

- Keep a log and photos of the abuse. (Remember abuse is not only physical.)
- Avoid being alone with your partner.
- Talk to a trusted adult, like a school counselor or parent.



HOW TO HELP SOMEONE EXPERIENCING DATING VIOLENCE

- Talk to your friend. Offer support, do not judge.
- Avoid confrontation with the abuser.
- Discuss ways to stay safe.
- Encourage your friend to confide in an adult or get help.