

# HOW CAN I HELP?

7 tips for supporting a teen experiencing dating violence.

## RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

### 1. Listen

Talking about abuse can be scary. They may be afraid that you'll be angry or upset with them. Ask your teen what they want to do, and how you can help.



### 2. Care

"You don't deserve to be treated this way. This behavior is not acceptable in a healthy relationship, and I'm concerned for you and your safety."



### 3. Believe

Being skeptical of your teen or their story can make them feel isolated and unsupported. Make sure they know that you

believe and trust them.



4. Talk about the behavior, not the partner.

Instead of:  
"I don't like them.  
They're not good for you."

Try saying:  
"I don't like that they control  
who you hang out with."

5. Avoid using ultimatums.



### 6. Make a plan.

- ✓ Help them identify safe options and resources.
- ✓ This might be a counselor, a legal advocate, or another professional.
- ✓ What your teen does next should be their decision, but you can be there to support them.

### 7. Do your research.

Read about dating abuse, and share these resources with your teen.

"I found an article that was really interesting. What do you think about it?"

### The bottom line:

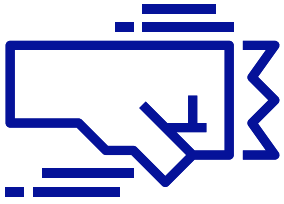
Dating violence can occur in any relationship, regardless of the gender of either partner. As a parent or trusted adult of a teen, you play an important role in developing healthy dating behaviors, and your intervention in an unhealthy relationship could have a positive impact on your teen's life.

# DATING VIOLENCE

Types of abusive behavior in relationships

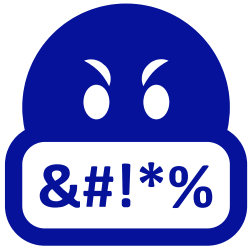
# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



## Physical Abuse

- Hitting
- Shoving / blocking
- Biting / pinching
- Force-feeding
- Strangling



## Emotional & Verbal Abuse

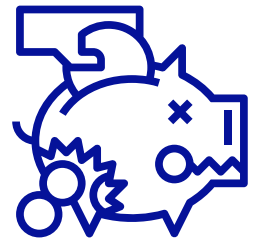
- Making fun of you / name calling
- Threatening to hurt you
- Telling you what to wear
- Controlling who you talk to / isolating you
- Gaslighting / manipulation

Dating violence can happen to **anyone**, regardless of age, gender, or sexual orientation.

Every year, **1.5 million** high school students report experiencing physical abuse.

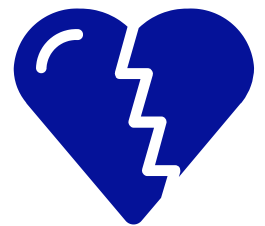
## Financial Abuse

- Taking your money
- Not letting you go to work
- Not letting you attend job training
- Controlling where you work
- Making you pay for dates
- Ruining your credit



## Sexual Abuse

- Forcing you to do a sexual act
- Coercing you to do a sexual act
- Controlling your birth control
- Pressuring you to sext



## Digital Abuse

- Posting private things on social media
- Sending you threatening messages
- Using your accounts without permission
- Forcing you to give them your password

Abuse can happen in many different ways. People who abuse their partners do so to have power and control over them, and that's **never** okay.



## No Excuse

Drugs and alcohol can impair your decision making, but they are never an excuse for abusive behavior.