

GET THE FACTS

How prevalent is abuse in teen dating relationships?

Teen dating violence is a serious problem in the U.S. Many teens do not report it because they are afraid to tell friends and family. Here are some recent statistics:

- Nationwide, nearly one in 10 high school students has been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend.
- One in five tweens (ages 11 to 14) say their friends are victims of dating abuse and nearly half who are in relationships know friends who are verbally abused.
- Approximately one in three adolescent girls in the U.S. is a victim of physical, emotional, or verbal abuse from a dating partner—a figure that far exceeds victimization rates for other types of violence affecting youth.
- Teens in same-sex relationships experience violence and abuse at rates similar to teens in heterosexual relationships.

What you can say...

- “You are not to blame; the abuser has a problem. No one deserves to be abused.”
- “If you feel afraid, it might be abuse. Let’s talk about healthy relationships.”
- “If you don’t want to talk with me, find someone you trust and talk to them.”

To speak confidentially with a trained advocate on relationship abuse, encourage them to call or text the Love Is Respect hotline, or contact a program in their community. For a complete listing, visit NCEDSV.org.

WHAT SHOULD I LOOK FOR?

Your child may be in an unhealthy relationship if they...

- Are accused of behavior they don’t actually engage in.
- Call or text their partner incessantly, and frequently between midnight and 5 a.m.
- Make excuses for their partner’s poor behavior or say it’s all their fault.
- Are increasingly secretive and/or isolated since they started dating.
- Have a partner that is very critical of their appearance, talents, or abilities.
- Frequently have to explain themselves or often say, “I’m sorry.”
- Have bruises they can’t explain or appear nervous about explaining.
- Have a partner that becomes jealous if they look at or speak casually with another person.

Remember, teens may be unable to identify the abuse, because they...

- Have little or no experience with healthy dating relationships. Go to Breakthecycle.org to learn more about relationships based on mutual trust, honesty and respect.
- Believe being involved with someone is the most important thing in their life.
- Don’t think friends and others would believe this is happening or they’ve lost touch with friends.
- Know the abuser will act nicely sometimes.

YOU CAN HELP BY...

- Discussing with your child what you are observing and tell them how much you love them and want to help.
- Pointing out how unhappy they seem to be while spending time with this person.
- Not pressuring them to end the relationship. Doing so may actually draw them closer.
- Making it clear to them that you have seen the warning signs and while they have a choice of continuing to date this person, you are here for support.
- Not taking away cell phones or other devices. It discourages them from discussing abuse and they may need it to contact you.
- Supporting their decision if they break up with an abuser. Encourage them to speak with a trained advocate prior to breaking up so they can do so safely.

To learn more, visit the websites listed in this brochure.



IF YOU NEED HELP, PLEASE CALL:

LovelsRespect

Call : (866) 331-9474

TTY (866) 331-8453

Text: "Lovels" to 22522

Chat: [Loveisrespect.org](https://loveisrespect.org)

National Sexual Assault Hotline

1.800.656.4673

www.rainn.org

Hotlines provide crisis intervention, information, referrals and safety planning. Both hotlines are toll-free, confidential, anonymous and operate 24 hours a day, 365 days a year.

Se habla Español

Nevada Coalition to End Domestic and Sexual Violence (NCEDSV) is a statewide organization that was formed in 1980 to work toward the elimination of domestic and sexual violence against all persons and the empowerment of women and children.

NCEDSV helps Nevada's communities respond creatively and effectively to the needs of domestic and sexual violence survivors through advocating for change in our laws and systems; educating communities about the complex issues surrounding violence and the potential solutions; and, supporting the life-saving work of community based organizations providing services.



Northern Nevada

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TEEN DATING VIOLENCE: WHAT PARENTS NEED TO KNOW



**OF THE TEENS IN ABUSIVE RELATIONSHIPS,
FEWER THAN ONE IN THREE CONFIDE IN THEIR
PARENTS ABOUT THEIR ABUSIVE RELATIONSHIP**