



Teen Dating Violence

TEEN DATING VIOLENCE IN ALASKA FACT SHEET

Teen dating violence is a lot more prevalent than most parents are aware of.

- Approximately 1 in 10 teens report being a victim of physical violence" (i)
- Approximately 30 % of people ages 12 to 21 reported experiencing psychological abuse" (i)
- 10% of students in the Youth Risk Behavior Study who had dated someone in the last 12 months reported that they had been kissed, touched or physically forced to have sexual intercourse against their will by a dating partner during that year (i)
- 26.3 % of teens who had dated in the past year reported experiencing cyber dating abuse (ii)

Possible warning signs of dating violence:

- Depression
- Low self-esteem
- Change in behavior
- Decrease in academic performance
- Decrease interest in activities
- Change in appearance
- Changes in social media
- Isolation from friends and family

Emotional Abuse

- Name calling
- Shaming, purposefully trying to embarrass
- Social isolation
- Extreme jealousy
- Gaslighting: creating doubt in someone decisions and actions

Sexual Abuse

- Forced pregnancy or denial of birth control
- Unwanted touch, sexual comment, or advance
- Rape. Forcing or pressuring sex or sexual actions on a partner
- Trafficking. Forcing partner into sex with others
- Refusing request for safe sex
- Repeated cheating

Stalking

- Following them or having someone follow them
- Always having to know where your partner is
- Harassment

Cyber Stalking

- Excessive or unwanted commenting or contact
- Creating fake accounts to monitor partner
- Making partner feel like they aren't allowed to post on social media
- Posting partner information, videos, or pictures without permission

Physical Abuse

- Pinching, grabbing, punching, kicking, shaking, and slapping
- Strangulation
- Use of any kind of weapon on a partner
- Causing or forcing partner to have abortion



Don't Stay Silent!

Tips for Parents

- Know the warning signs
- Begin healthy relationship conversations at a young age
- Talk to your teens
- Know where to go for help
- Pay attention to who your kids are hanging out with
 - Meet their friends
- Stay active in their lives

How to start the conversation

- What do healthy relationships look like?
- What does mutual respect look like?
- If you feel unsafe, uncomfortable or afraid in your relationship who do you feel comfortable talking to?
- What does consent mean to you?

As youth explore relationships it can be difficult to identify what behavior is normal and what is abuse. In a healthy relationship both people trust and respect each other, feel equal, are fair, open, and honest, feel safe to share thoughts and ideas, have the right to say “No” at anytime for anything, and accept that even healthy relationships don’t always work out.

If your child is experiencing Teen Dating Violence

Talk to an advocate at StrongHearts Native Helpline at **1-844-762-8483**

For more information please contact AKNWRC at **info@aknwrc.org** or call us at **907-328-3990**

<https://nij.ojp.gov/topics/articles/prevalence-teen-dating-violence>

(i) Nationally Representative Surveys

(ii) Study in Middle and High Schools in New York, New Jersey and Pennsylvania

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