



## TEEN DATING VIOLENCE

### WHAT IS TEEN DATING VIOLENCE?

Dating is an inevitable part of our life which can be experienced for the first time during teenager hood. Every relationship needs hard work, communication, understanding and most importantly maturity to grow which may not be present in teens. Teen dating violence (TDV) is a type of intimate relationship violence which occurs between two people in a relationship.

TDV can be of the following behaviours.

- **PHYSICAL ABUSE**

Hitting, shoving, grabbing firmly, hair pulling or any other type of physical force.

- **EMOTIONAL AND PSYCHOLOGICAL ABUSE**

Name calling, bullying, shaming or intentionally embarrassing the other person verbally or non-verbally through text messages or emails.

- **SEXUAL ABUSE**

Forcing to take part in a sexual act or sexually touching or even sexting (sexual messages) without consent of the partner.

- **STALKING**

Repeatedly following, having unwanted contact or even harassing the partner to cause fear of one's own safety.



## TEEN DATING VIOLENCE

Teen dating violence can take place in person or electronically such as constant messaging or posting sexual picture without your consent. In current times social media has become the major tool of violence. Generally teens assume that name calling or bullying is a part of normal life, but over the time these little things can turn into violent behaviour.

*1 in 3 teenagers*

*Experience either physical or sexual violence in an intimate relationship*

### WHY DOES TEEN DATING VIOLENCE HAPPEN?

Abuse in dating can be confusing and frightening at any age. But for teenagers it can be even more difficult since they are beginning to date and develop romantic relationship. In teen dating relationships teens are not matured enough to communicate about their feelings to the partner or they are under peer pressure.

Like adult domestic violence, teen dating violence is pattern of controlling behaviour, in which one partner tries to assert their power through physical, verbal, psychological and sexual abuse.

Some more reasons of teen dating violence could be –

- Isolation from family and friends occurs when teens get more involved in relationship.



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- Teens may have preconceived notion about gender roles in relationship for example men are taught to control their partner and on the other hand women believe that jealousy and possessiveness are sign of romance.
- Teen may be under the influence of drugs and alcohol.
- Teens are depressed or suffer from anxiety or other emotional problem.

Dating violence can affect people from all socioeconomic, racial, ethnic, and religious backgrounds, and occurs in heterosexual, gay, and lesbian relationships.

*26% of women and 15% of men*

*Experienced intimate partner violence for the first time  
before age 18*

### CONSEQUENCES OF TEEN DATING VIOLENCE

Unhealthy, violent and abusive relationship can have long term as well as short term impact on growing teens. They are likely to experience following consequences-

- Symptoms of depression and anxiety
- Involving in unhealthy activities like drugs, tobacco or alcohol.
- Thoughts of suicide.
- Being aggressive.



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Teen who are in abusive or violent relationship are more likely to be involved in abusive relationship in their future life. Many domestic abusers have reported of being physically or sexually abused as a child or teenager.

*17% of the LGB*

*Youth report experiencing physical dating violence*

### PREVENTING TEEN DATING VIOLENCE

Often victims of teen dating violence do not ask for assistance with the fear of repercussions from parents or are fearful of their peers. It is important to keep an open and free communication with teenagers with no strings or punishments attached. Talking to teens may help them understand the importance of trust, respect and honesty in an intimate relationship.

CDC developed Dating Matters®: Strategies to Promote Healthy Teen Relationships to stop teen dating violence before it starts. It focuses on 11-14 year olds and includes multiple prevention components for individuals, peers, families, schools, and neighborhoods. Encourage a line of understanding to gain confidence and trust in teen to protect them from dating violence and ensure them a healthier relationship.