You Can Help Stop the Violence

Many teens report they do not feel comfortable talking to an adult about dating violence. The following tips can help adults earn trust and offer help to a teen in need:

- Ask questions
- Stay calm and listen with an open mind
- Offer support to the teen as they make decisions
- Let them know it is not their fault
- Let them know you care about them
- Tell them you will be there for them
- Help them build a safety plan

Remember, the teen must make the choice to leave the relationship.

Help Lines

Utah Domestic Violence Info Line
1-800-897-LINK (5465)

Utah Rape Recovery Center
1-888-421-1100

In an emergency, call
9-1-1

More Information

Prevent Child Abuse Utah (PCAU) offers free educational programs and materials about teen dating violence to Utah schools and community centers. For more information about this and other programs provided by PCAU, visit us online at **www.preventchildabuseutah.org**.

Prevent Child Abuse Utah
www.preventchildabuseutah.org
2955 Harrison Blvd. Suite 104
Ogden,UT 84403
801-393-3366
1-800-CHILDREN
www.preventchildabuseutah.org

Teen Dating Violence

An Understanding For The Community

Teen Dating Violence

Teen dating violence is a pattern of controlling behaviors by one teen over another. The control can involve physical violence, sexual, emotional or verbal abuse.

A Hidden Danger

Teen dating violence is often hidden. Many teens are new to dating relationships and may not know what to expect. Often, abuse is not reported, and teens accept it as normal or think it will get better.

- 1 in 3 teens report having experienced violence in a dating relationship.
- 1 in 3 teens report knowing a friend who has been hit, punched, kicked, slapped or physically hurt by their partner.
- 1 in 3 teens report their partner uses text messaging to demand information about where they are and who they are with.

Young Men May Believe:

- They have the right to "control" their partner
- They are just being masculine
- They may lose respect if they act attentive or supportive toward their girlfriend

Warning Signs

Teenagers report they won't usually talk about a violent relationship. It is very important for adults to be aware of the warning signs that a teen relationship may become abusive.

- Several unexplained injuries
- Sudden change in grades or schoolwork
- Fear of boyfriend or girlfriend
- Constant calls or messages from boyfriend or girlfriend
- Changes in mood or personality
- Isolation from friends or family
- Use of drugs or alcohol
- Signs of aggression toward others

Young Women May Believe:

- They need to fix relationship problems
- Jealousy, possessiveness or even aggression is romantic
- Abuse is a normal part of relationships