

Know the Warning Signs for an Abusive Relationship

WHAT IS TEEN DATING ABUSE?

Teen dating abuse describes actual or threatened acts of *physical, sexual, psychological, and verbal* harm by a partner, boyfriend, girlfriend or someone wanting a romantic relationship. It includes violence between two young people in a *current or former* relationship and can occur among heterosexual or same-gender couples. It can also include using the internet, social networking sites, cell phones, or text messaging to harass, pressure, or victimize.

WHAT ARE THE WARNING SIGNS?

Young adults may be experiencing a variety of physical and emotional changes during this period so it is not a surprise if you see some changes in your child's behavior and personality. However, some changes in behavior may be signs that your son or daughter may be in an unhealthy relationship.

Do you notice your daughter or son:

- Spending less time with family and friends?
- Communicating constantly with her/his boyfriend/girlfriend, including texts, emails and phone calls?
- Giving up things that used to be important to her/him?
- Becoming isolated from friends?
- Being pressured by a girlfriend/boyfriend about what to do, where to go, or what to wear?
- Worried about upsetting her/his boyfriend/girlfriend?
- Apologizing or making excuses for her/his boyfriend's/girlfriend's behavior?
- Exhibiting physical signs of abuse, such as bruises, scars, cuts, or other injuries that s/he can't explain or the explanations do not make sense?

If you suspect abuse, talk to your daughter or son to gather a better idea of what kind of relationship *they feel* they are in and use it as an opportunity to define what a healthy relationship looks like.

GET HELP: If at any time you feel that you or your teen are in immediate danger, call 911.

National hotlines can help you or your teen, 24 hours a day, 7 days a week:

<p>National Teen Dating Abuse Helpline 1-866-331-9474 1-866-331-8453 (TTY) www.loveisrespect.org</p>	<p>National Domestic Violence Hotline 1-800-799-SAFE (7233) 1-800-787-3224 (TTY) www.ndvh.org</p>	<p>Rape, Abuse & Incest National Network (RAINN) Hotline 1-800-656-HOPE (4673) www.rainn.org</p>
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