



KNOW
More™

Know More About
**TEEN RELATIONSHIP
VIOLENCE**



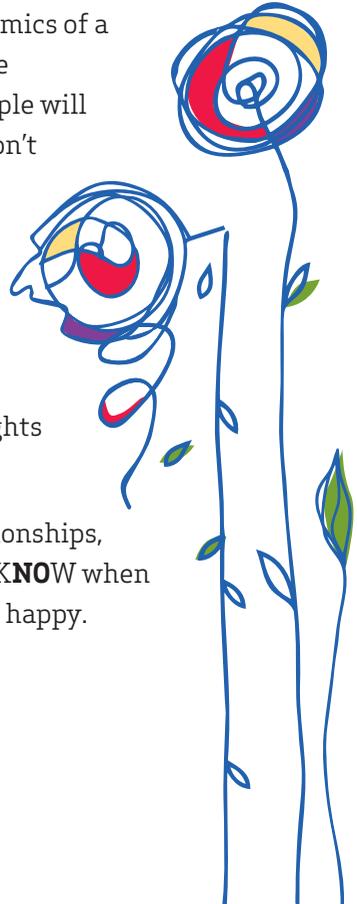


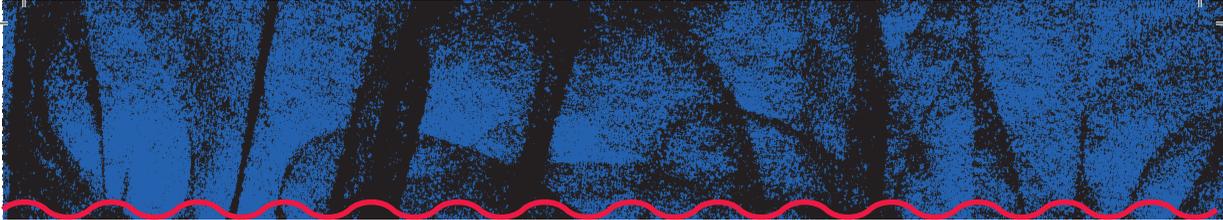
KNOW More™



Many teens have already been in a relationship and some haven't. Whether you have or you haven't, it is important to understand the dynamics of a healthy relationship. Relationships are sometimes complicated and every couple will get into an argument now and then. Don't confuse dating abuse with a normal disagreement. It is important that you know the signs of physical and emotional harm. Violence in teen relationships can happen, and those that experience it are at a high risk for alcoholism, eating disorders, thoughts of suicide and violent behavior.

KNOW what you want from your relationships, **KNOW** how to treat your partner, and **KNOW** when to end it. **KNOW** that you deserve to be happy.



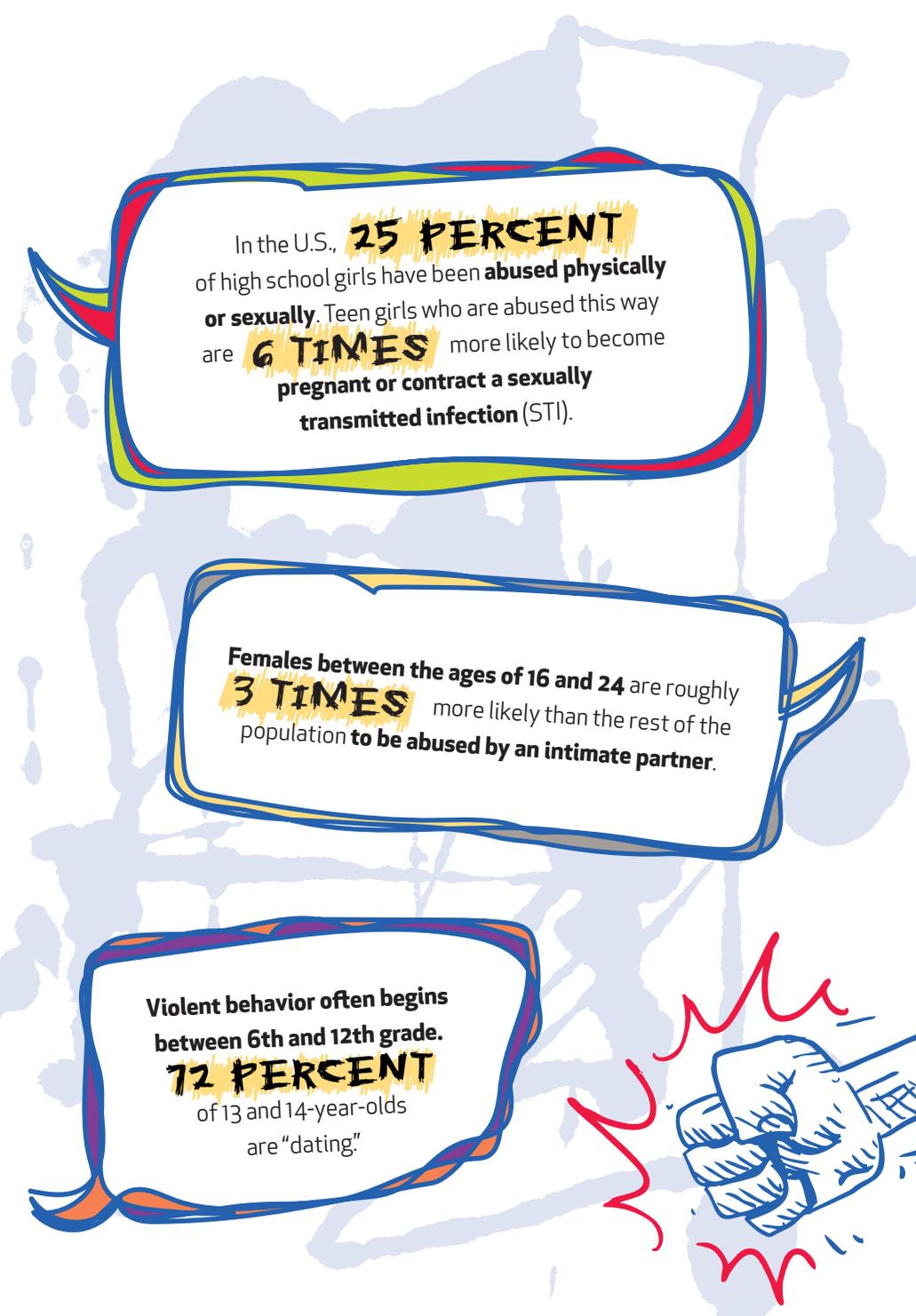


TEEN RELATIONSHIP VIOLENCE HAPPENS



Roughly **1.5 MILLION** high school boys and girls in the U.S. admit to being intentionally **hit or physically harmed** in the last year by someone they are romantically involved with.

There is an **INCREASED RISK** of unhealthy relationships for teens that have **multiple sexual partners, use drugs or alcohol, don't have parental supervision, or witness violence at home or in their neighborhood.**

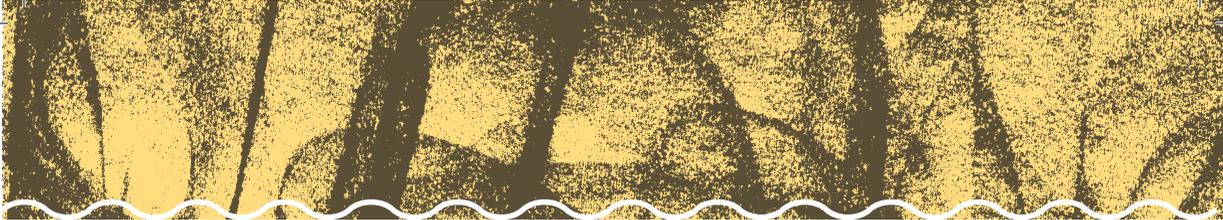


In the U.S., **25 PERCENT** of high school girls have been **abused physically or sexually**. Teen girls who are abused this way are **6 TIMES** more likely to become **pregnant or contract a sexually transmitted infection (STI)**.

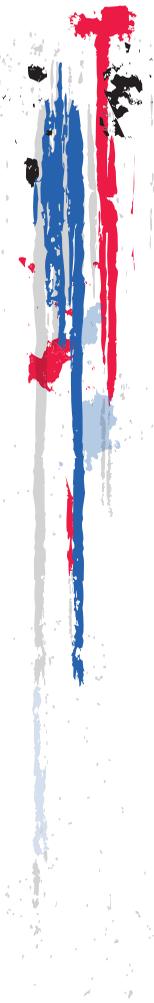
Females between the ages of 16 and 24 are roughly **3 TIMES** more likely than the rest of the population **to be abused by an intimate partner**.

Violent behavior often begins between 6th and 12th grade.
72 PERCENT of 13 and 14-year-olds are "dating."





TYPES OF RELATIONSHIP ABUSE



PHYSICAL

Physical abuse is the most obvious type of abuse. It comes in many forms:

- Hitting
- Scratching
- Pushing
- Threatening
- Pinching
- Choking
- Spitting
- Shaking
- Shoving
- Biting
- Pulling hair
- Using weapons
- Sexual assault
- Damaging personal property
- Purposefully injuring a pet

FINANCIAL

Financial abuse has to do with money. If your partner is coercing you to use your credit card or debit card when you don't want to, taking your paycheck or allowance, or telling you what you can and cannot buy, you are being financially abused.



DIGITAL



Tells you who you can or can't be friends with on Facebook and other sites.



Sends you negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online.



Uses sites like Facebook, Twitter, Foursquare and other sites to keep constant tabs on you.



Puts you down in their status updates.



Sends you unwanted, explicit pictures and demands that you send some in return.



Pressures you to send explicit videos.



Steals or insists that you give them your passwords.



Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished.



Looks through your phone frequently, checks up on your pictures, texts and outgoing calls.

TYPES OF RELATIONSHIP ABUSE

SEXUAL

Sexual abuse includes unwanted touching, putting pressure on someone to have sex, or even rape.

Yes, it's still rape when you're dating.

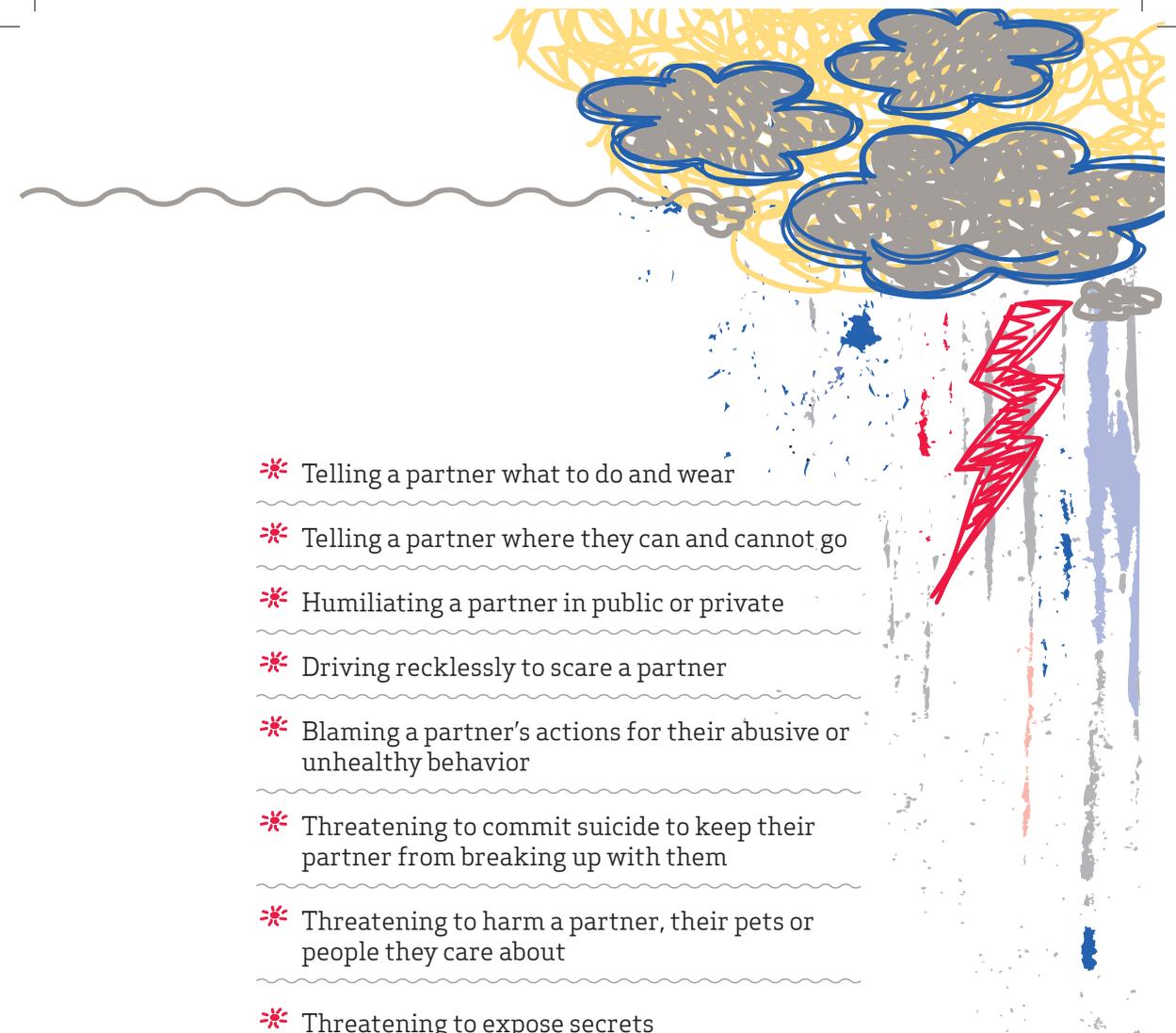
MENTAL & EMOTIONAL

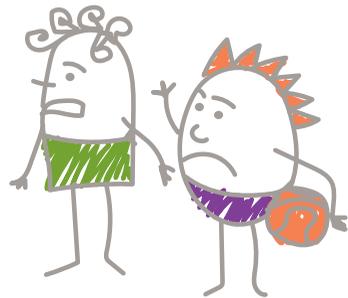
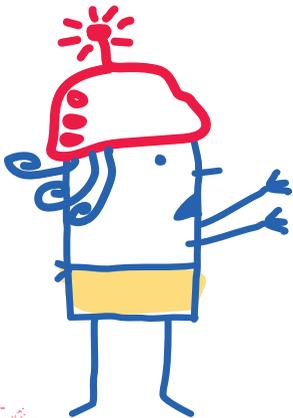
Mental abuse happens when one dating partner constantly puts down the other. They may call names, make threats, or accuse the other person of cheating. The abusive partner may try to control the other's behavior, personality, and life. They crush the spirit of their boyfriend or girlfriend and it is harmful to the mind. It is an unhealthy relationship.

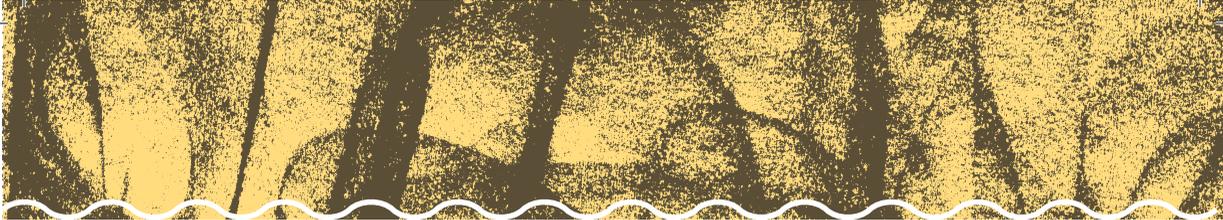
Signs of emotional and mental abuse are:

- * Calling their partner names
- * Putting down friends and family
- * Telling lies and/or spreading rumors
- * Posting inappropriate comments or pictures on-line or via text
- * Cheating
- * Jealousy
- * Preventing a partner from seeing or talking with friends and family



- 
- * Telling a partner what to do and wear
 - * Telling a partner where they can and cannot go
 - * Humiliating a partner in public or private
 - * Driving recklessly to scare a partner
 - * Blaming a partner's actions for their abusive or unhealthy behavior
 - * Threatening to commit suicide to keep their partner from breaking up with them
 - * Threatening to harm a partner, their pets or people they care about
 - * Threatening to expose secrets





IS YOUR RELATIONSHIP

CONTROLLING? OR HEALTHY?

CONTROLLING

In a controlling relationship, one person makes most of the decisions without considering the other's input, feelings, desires, or wishes.

ONE PERSON:

- Makes it hard for the other to hang with friends
- Says the other can't wear certain clothes
- Makes the other person afraid
- Makes the other person feel like there is no choice but to do what they want, their way all the time
- May say things that pressure the other person into sexual activity
- Threatens to hurt one or both of them if they don't get their way
- Is sometimes really sweet or caring for a little while, but can flip out at any moment

HEALTHY

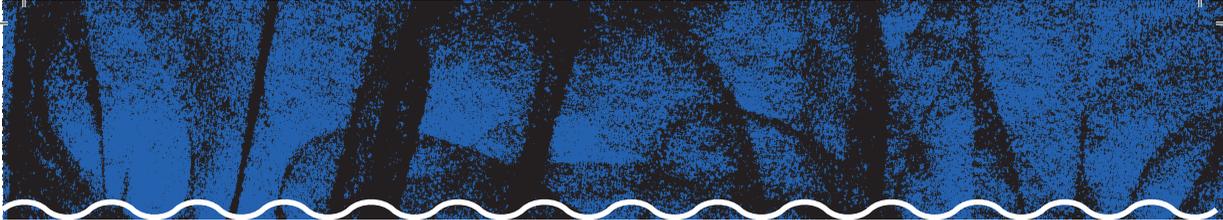
In a healthy relationship,
both people are equals.

BOTH

PEOPLE

- Don't need to change to make the other happy
- Give each other space to hang out with friends and family or by themselves
- Feel safe bringing up things that make them upset and do so in a way that doesn't make the other person feel bad
- Decide on what to do together or take turns
- Communicate openly and honestly about sexual activity
- Make it comfortable for either of them to say no if one of them doesn't want to do something
- The relationship makes them feel better about themselves WAY MORE than it stresses them out.

KNOW how your relationship makes you feel.



KNOW if you are in a **CONTROLLING** relationship if

ONE PERSON:

-  Is jealous and possessive toward the other and doesn't like the person they are dating to spend time with friends or family.
-  Won't accept a break up.
-  Follows, stalks, watches, constantly calls and texts their girlfriend/boyfriend to keep tabs on them.
-  Pressures or makes their girlfriend/boyfriend feel guilty for not wanting to engage in sexual activity.
-  Tries to control their girlfriend/boyfriend by being jealous, threatening, guiltig, or making the other feel afraid to disagree.
-  Doesn't take their girlfriend/boyfriend's feelings seriously.
-  Is scary. Makes their girlfriend/boyfriend feel they have to constantly watch what they say and do.
-  Is violent. Has a history of fighting, getting angry quickly, or brags about hurting others or using weapons.
-  Has EVER said "If you really loved me, you would..."
-  Pressures their girlfriend/boyfriend to use alcohol or drugs.
-  Mistreats and then blames their girlfriend/boyfriend.
-  Says that the other provoked the abuse, made it happen, and should've known better.
-  Has a history of bad relationships and blames their old partner for all the problems or is never to blame for anything.

KNOW if you are in a **HEALTHY** relationship.



COMMUNICATION

is a key part to building a healthy relationship.

The first step is making sure you both want and expect the same things -- being on the same page is very important. The following tips can help you create and maintain a healthy relationship:



Speak Up

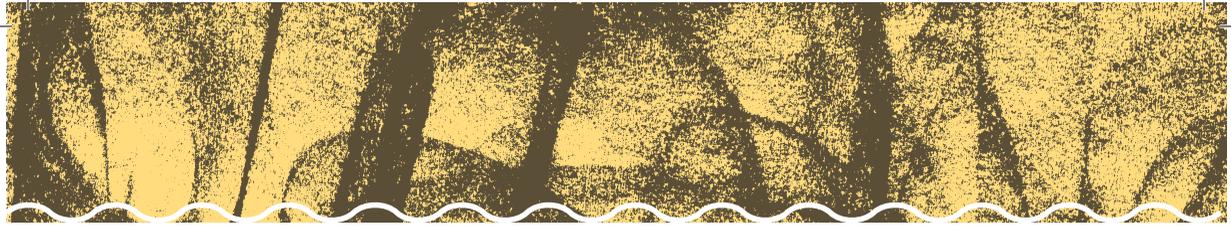
In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.



Respect Your Partner

Your partner's wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.





Compromise

Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.



Be Supportive

Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.



Respect Each Other's Privacy

Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

HEALTHY BOUNDARIES

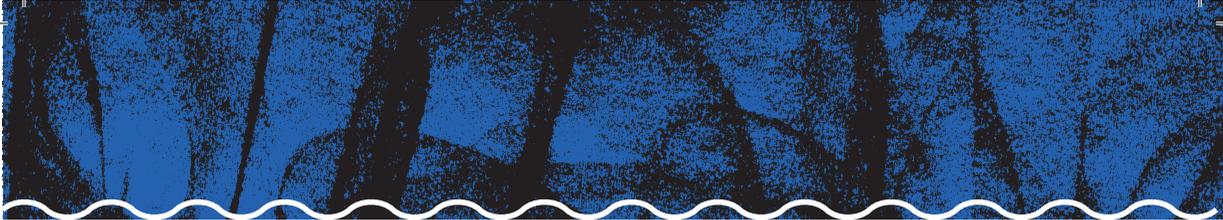
Creating boundaries is a good way to keep your relationship healthy and secure.

By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells."

Creating boundaries is not a sign of secrecy or distrust – it's an expression of what makes you feel comfortable and what you like or don't like.

REMEMBER, HEALTHY BOUNDARIES SHOULDN'T RESTRICT YOUR ABILITY TO:

- Go out with your friends without your partner.
- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.



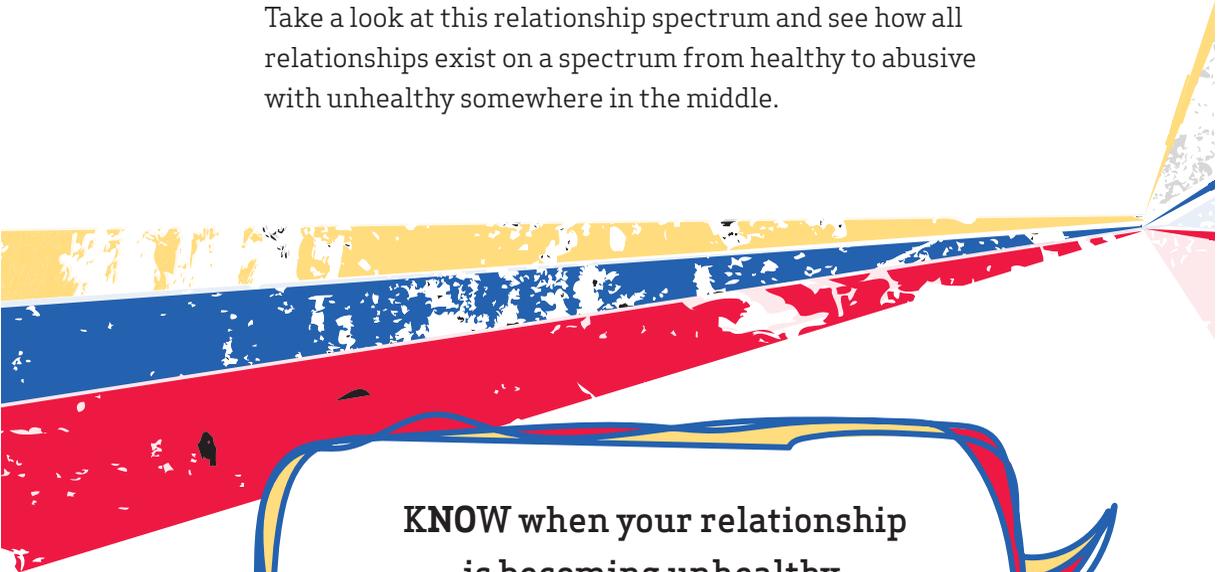
KNOW THAT RELATIONSHIPS

DON'T USUALLY BEGIN BADLY



Many partners who have been in an abusive relationship say, in the beginning, things were good. At some point, their relationship moved in an unhealthy direction.

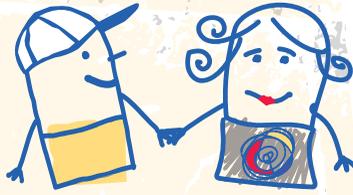
Take a look at this relationship spectrum and see how all relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.



KNOW when your relationship
is becoming unhealthy.

KNOW when it's time to
make changes or to end it.

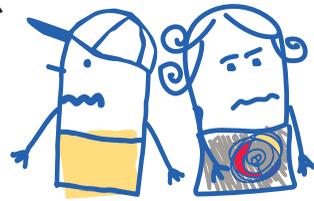
HEALTHY RELATIONSHIPS



... are based on **equality and respect**

- Respect
- Good communication
- Trust
- Honesty
- Equality

UNHEALTHY RELATIONSHIPS



... are based on **attempts to control** the other person

- Breaks in Communication
- Struggles for Control
- Pressure
- Inconsiderate behavior

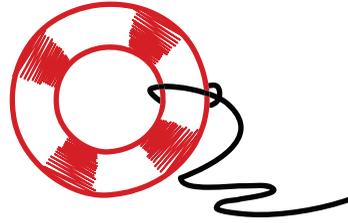
ABUSIVE RELATIONSHIPS



... are based on **power and control**

- Accusations
- Blame shifting
- Isolation
- Pressure
- Manipulation

KNOW WHERE TO GET HELP



-  Break the Cycle
www.breakthecycle.org
-  Louisiana Coalition Against Domestic Violence
(A complete list of domestic violence centers in the state of Louisiana)
www.lcadv.org
-  Louisiana Foundation Against Sexual Assault
(A complete list of sexual assault centers in the state of Louisiana)
www.lafasa.org
-  Love is Respect
www.loveisrespect.org
-  National Domestic Violence Hotline
www.thehotline.org
1-800-799-SAFE (1-800-799-7233)
-  National Sexual Assault Hotline
RAINN Rape, Abuse, & Incest National Network
www.rainn.org
1-800-656-HOPE (1-800-656-4673)
-  National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
1-800-273-TALK (1-800-273-8255)
-  National Runaway Switchboard
www.1800runaway.org
1-800-RUNAWAY (1-800-786-2929)



RESOURCES

Parts of this booklet were derived from these sources:



- » Break the Cycle
www.breakthecycle.org
- » Center for Disease Control
Teen Dating Violence
www.cdc.gov/violenceprevention/intimatepartnerviolence/teen_dating_violence.html
- » Love Is Respect
www.loveisrespect.org
- » National Institute of Justice
Teen Dating Violence: A Closer Look at Adolescent Romantic Relationships
www.nij.gov/journals/261/teen-dating-violence.htm
- » US Department of Health and Human Services
Administration for Children and Families
Teen Dating Violence
www.childwelfare.gov/systemwide/domviolence/prevention/teen_dating.cfm
- » Vermont Network Against Domestic and Sexual Violence
Relationship Status
www.vtnetwork.org/wp-content/uploads/Healthy-Relationships-Web-Version.pdf

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