

What is dating violence?

Dating violence is controlling, abusive, and aggressive behavior in a romantic relationship. It can happen in straight, gay or other types of relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination of these.

Did you know...

- ❖ In a survey of over 4,000 students, one in five students in grades 9-12 reported being physically and/or sexually abused by a dating partner
- ❖ Between the ages of 14 and 24, 50% of people have experienced digitally abusive behavior
- ❖ In a study of urban high school students, nearly 1 in 5 teens reported perpetrating physical abuse in their dating relationships
- ❖ Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year

If you suspect your child is abusing others, get him or her to think about the behavior and why s/he feels the need to act out that way. Expose any myths about the way that guys and girls are supposed to act. Talk about the serious consequences of abusive behavior for both partners.

Most Common Warning Signs

Checking your cell phone or email without permission.

Controlling and makes all decisions.

Insults or put-downs.

Extreme jealousy or insecurity.

Explosive temper.

Believes strongly in stereotypical gender roles.

Fear of provoking your partner.

Isolating you from family or friends.

Making false accusations.

History of fighting.

Physically hurting you in any way.

Possessiveness.

Does not take responsibility for their own actions.

Forcing intercourse or another sexual act.

Tips for Parents

- ❖ **Be patient and remain calm.** Talk with your teen at a time when they are feeling comfortable and in an environment that feels safe to them.
- ❖ Don't blame, punish, or put down your teen. Serve as a **non-judgmental** resource.
- ❖ Reassure them of your love and concern and take their **feelings** seriously.
- ❖ **Do not** threaten violence against the abuser.
- ❖ **Respect your teen's choices.** Forbidding your teen to see their partner may cause him/her to go behind your back and may be less likely to come to you for support.
- ❖ Encourage your child to seek counseling. **Counseling** can be very beneficial by helping your child work through any emotional damage caused by the abuse.
- ❖ Encourage them to **call the police** & obtain an Order of Protection if necessary.
- ❖ The **break-up period** can be the most dangerous part of the relationship. Be prepared to take appropriate action.
- ❖ Help your teen create a **safety plan** to prepare for future incidents if needed.

What to do if you think you may be a victim of dating violence:

- ❖ Get help immediately!
- ❖ Let friends, family, or other people that you trust know when you are afraid and when you need help.
- ❖ When you go out, tell someone you trust where you are going and when you should be back
- ❖ Memorize important phone numbers
- ❖ Keep your cell phone handy in case of an emergency
- ❖ Go out in a group or with other couples.
- ❖ Have cash available for transportation if you need to escape.

For More Information

NYS Domestic and Sexual
Violence Hotline
1.800.942.6906

Day One
www.dayoney.org
212.566.8120

National Teen Dating Abuse Hotline
1.866.331.9474

Break the Cycle
www.breakthecycle.com

Love is Respect
www.loveisrespect.org
*Free iPhone App:
Love is Not Abuse*

Local Resources

**Crime Victim and Sexual Violence
Center**

Main Office:
518.447.7100

24-Hour Sexual Assault Hotline: 518.447.7616

Equinox, Inc.

Domestic Violence Outreach:
518.434.6135

24-Hour Domestic Violence Hotline:
518.432.7865

Albany Police DV Unit
518.447.8770

Teen Dating Violence: Information for Parents and Teens



**Albany County District Attorney's Office
Crime Victims Unit**
Main Office:
518.487.5460