

## **Hyde County Hotline, Inc.**

**24-Hour Crisis Line 252-925-2500**

Visit us at: [HydeCounty-Hotline.org](http://HydeCounty-Hotline.org) Facebook: Hyde County Hotline



***Hyde County Hotline wants you to know that there is a lot you can do as a parent, caregiver, teacher, pastor, or friend to prevent teen dating violence and abuse.***

***Know the facts about teen dating violence!***

### ***What is teen dating violence?***

Teen dating violence (TDV) is a type of intimate partner violence. It occurs between two people in a close relationship.

Teen dating violence includes four types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.

Teen dating violence also referred to as, "dating violence", can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online without consent. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship—but these behaviors can become abusive and develop into serious forms of violence. However, many teens do not report unhealthy behaviors because they are afraid to tell family and friends.



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### How big is the problem?

**Teen Dating Violence is common.** It affects millions of teens in the U.S. each year. Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate that:

- Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year.
- About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year.
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.
- The burden of TDV is not shared equally across all groups—sexual minority groups are disproportionately affected by all forms of violence, and some racial/ethnic minority groups are disproportionately affected by many types of violence.



### What are the consequences?

Unhealthy, abusive, or violent relationships can have severe consequences and short-and long-term negative effects on a developing teen. For example, youth who are victims of TDV are more likely to:

- Experience symptoms of depression and anxiety.
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol.
- Exhibit antisocial behaviors, like lying, theft, bullying or hitting.
- Think about suicide.

Violence in an adolescent relationship sets the stage for problems in future relationships, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. For example, youth who are victims of dating violence in high school are at higher risk for victimization during college.

(Source: <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>)

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### **SIGNS OF TEEN DATING VIOLENCE:**

**There are many signs of dating violence. The following are the most common:**

- \*Extreme jealousy or insecurity
- \*Constant belittling or put-downs
- \*Explosive temper
- \*Isolation from family and friends
- \*Making false accusations
- \*Checking cell phones, emails, or social networks without permission
- \*Physically inflicting pain or hurt in any way
- \*Telling someone what they can and cannot do
- \*Checking cell phones, emails or social networks without permission
- \*Physically inflicting pain or hurt in any way
- \*Possessiveness
- \*Telling someone what they can and cannot do
- \*Repeatedly pressuring someone to have sex
- \*Constant mood swings towards you
- \*Physically inflicting pain or hurt in any way
- \*Possessiveness
- \*Repeatedly pressuring someone to have sex

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Everyone deserves a relationship that is healthy, safe, and supportive. If you are in a relationship where you are being hurt, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse whether you decide to end the relationship or not. You may not be able to control your abuser's abusive behavior, but you can take steps to keep yourself as safe as possible. You can begin this by making a safety plan.

### **Safety Planning:**

What is a safety plan? A safety plan is a personalized, practical plan with information that is specific to you that can help you avoid dangerous situations and know the best way to react when you are in danger. A safety plan helps lower your risk of being hurt by your abusive partner. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus or in the dorms (if you are in school), at your home, at your job, and other places that you go on a daily basis.

Safety planning is an important aspect of how advocates at Hyde County Hotline help victims protect themselves emotionally and physically in an abusive relationship.

If you feel you are in immediate danger please call **911**. If you would like to speak to a victim advocate, please call Hyde County Hotline on the **24-Hour Crisis Line at 252-925-2500**. You can also follow the link below to learn more about Safety Planning for Teens.

### **Teen Safety Planning:**

<http://www.loveisrespect.org/pdf/Teen-Safety-Plan.pdf>

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**FYSB** Family & Youth  
Services Bureau

**Family Violence Prevention  
& Services Program**



**Council for Women &  
Youth Involvement**  
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