

# Dating Violence

## Quick & Dirty FACTS

- 1 in 3 high school students experience either physical or sexual violence, or both at the hands of someone they are dating or going out with<sup>1</sup>
- 1 in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend<sup>2</sup>
- 70% of women and 54% of men - who have been physically or sexually abused or stalked by a dating partner **first** experienced abuse between the ages of 11 – 24.<sup>3</sup>
- Of the colleges students that report experiencing either abuse or controlling behaviors in a dating relationship while in college 70% report they were not aware they were in an abusive relationship at the time.<sup>4</sup>

## What Does Dating Abuse Look Like?

- **Physical Abuse:** Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.
- **Verbal or Emotional Abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.
- **Sexual Abuse:** Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.
- **Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.
- **Stalking:** Being repeatedly watched, followed, monitored or harassed. Stalking can occur online or in person, and may or may not include giving unwanted gifts.
- **Financial Abuse:** Exerting power and control over a partner through their finances, including taking or withholding money from a partner, or prohibiting a partner from earning, or spending their money.

## Warning Signs:

- Constant Put downs
- Relationship becomes VERY serious VERY quickly
- Frequent mood swings by one partner and/or an explosive temper
- Extreme Jealousy
- Constantly Making False Accusations
- Forcing partner to share passwords, lock codes, or access to online accounts
- Extreme possessiveness
- Isolation from friends & family

<sup>1</sup> Vagi, K. J., Olsen, E. O. M., Basile, K. C., & VivoloKantor, A. M. (2015). Teen dating violence (physical and sexual) among US high school students: findings from the 2013 National Youth Risk Behavior Survey. *JAMA Pediatrics*, 169 (5), 474482.

<sup>2</sup> Kann, L., Kinchen, S., Shanklin, S.L., Flint, K.H., Hawkins, J., Harris, W.A., Lowry, R., O'Malley, E., McManus, T., Chyen, D., Whittle, L., Taylor, E., Demissie, Z., Brener, N., Thornton, J., Moore, J., & Zaza, S. (2014). *Youth Risk Behavior Surveillance Report United States, 2013*. US Department of Health and Human Services, Centers for Disease Control and Prevention

<sup>3</sup> Breiding, M.J., Chen J., & Black, M.C. (2014). *Intimate Partner Violence in the United States — 2010*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

<sup>4</sup> Fifth & Pacific Companies, Inc. (Formerly: Liz Claiborne, Inc.). Conducted by Knowledge Networks. (June 2011). *College Dating Violence and Abuse Poll*. Retrieved from <https://www.breakthecycle.org/surveys>



## Examples of Abuse – worksheet.

Read these examples of dating abuse, and using the information on the front, identify what type of abuse each person may be experiencing.

- Amber wants to say hi to Chris, but Tommy, her boyfriend, won't let her. When Amber laughs off the jealousy, Tommy, whose hand she is holding, squeezes her hand – hard. Amber tells Tommy to stop because he is hurting her and Tommy responds, "Then maybe you should listen when I tell you something." *This is \_\_\_\_\_.*
- Julia is really into fitness, but her partner, Ty, isn't really into it. Every time Julia sees Ty, she makes hurtful comments about his weight and eating habits like, "Are you sure you want to eat that?" or "Why don't you stop being a lazy slob and exercise? You're lucky to have someone as hot as me." *This is \_\_\_\_\_.*
- Jenny and Brad have been sleeping together for a few months. Jenny is concerned about getting pregnant so she starts taking birth control. Brad tells Jenny she doesn't need her pills and that if she loves him, she would just trust him. He makes a habit of flushing her birth control down the toilet. *This is \_\_\_\_\_.*
- Monica and Tina broke up last week, and Tina isn't taking it too well. She starts publically posting the private pictures Monica sent her while away at 4-H camp because she wants Monica to hurt as much as she does. *This is \_\_\_\_\_.*
- Ash isn't interested in an exclusive "dating" relationship and suggests to Hunter, the person Ash has been talking to, that they take a break for a while to cool off. Hunter begins following Ash between classes, repeatedly insisting that they should be together. After being told to back off, Hunter keeps following Ash, and begins tracking Ash's online check-ins. *This is \_\_\_\_\_.*
- Ana and Ramon have shared custody over their one-year-old son, Brandon. Ramon regularly takes Ana's credit card without her permission and charges items until her card is maxed out. Ana has talked to Ramon, telling him that she doesn't want him making charges on her credit card, but he just responds saying he needs things, and asking, "Don't you want me to be happy so I can be a good dad to our son?" *This is \_\_\_\_\_.*

## How to Help a Friend:

- ✓ Tell them what worries you and that you care.
- ✓ Talk in a private place, and don't tell other friends what was said.
- ✓ Give them the hotline information.
- ✓ Don't pass judgement or tell them what to do.

**24/7 crisis texting lines: text "loveis" to 22522 or text "hello" to 741741**

**24/7 crisis hotline: 1-800-799-7233**

