



MADE BY YOUTH FOR YOUTH

MAYA'S DATING HANDBOOK

VOL 2
DATING IN YOUR TEENS

CENTER FOR DOMESTIC
PEACE: MARIN AGAINST
YOUTH ABUSE (MAYA)

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INTIMATE PARTNER VIOLENCE: TEENS

When we hear the words “domestic violence,” what often comes to mind is a stereotypical image of an older couple fighting or a woman stuck in a physically abusive relationship. What’s not often discussed is the specific experience of teenagers, primarily in middle school and high school, related to dating abuse or intimate partner violence (IPV).



Up to 38-46% of youth expressed a history of physical assault in a study examining the long-term effects of IPV on adolescents.

Another study asking both youth and young women found a rate of IPV higher than 50%

RISKS

As a result of experiencing IPV, teens can begin to have issues in school, illicit drug abuse, disordered eating, low self-esteem, suicidal thoughts or attempts, community violence victimization or perpetration, and more antisocial behavior (or socially unempathetic).

WHATS COMMON

Data shows that IPV is higher in youth who witnessed domestic violence in their homes or experienced sexual assault early.

Their partners often showed heavy drinking, fight-causing, and controlling behavior.

Your Attitude and How it Matters

If you're reading this, odds are you have the internet, so we all know we've seen everything there is to see. Teens have more access to sexually explicit media and sexually violent media than any generation prior. As much as you may not want to believe it, exposure to this is highly related to:

- domestic and sexually violent myths
- actual and anticipated domestic and sexual violence

SOME FACTS

- 1 in 4 women and 1 in 9 men experience intimate partner violence
- when it comes to teen dating violence, females were disproportionately the victims of sexual and physical assault

So why is that?

- **The difference lies within motivation. While boys tend to report doing this to exert control during a situation, girls say self-defense is a primary motivator.**
- **That being said, in relationships with high levels of aggression, the aggression seems to be mutual.**
- ***genders still experience psychological abuse at the same rate***

WARNING:

Okay, but let's talk about what may feel like 'lesser' things that can occur or be precursors to these situations.



- **Do they comment or try to control what you're wearing?**
- **Do they get mad when you hang out with a group of friends instead of them for the 5th night in a row?**
- **Do they hit things near you when you're fighting?**
- **Are they going through your phone when you're not around?**
- **When you're upset about something, do they usually make it feel like it's your fault?**
- **Are you defending them to friends and family unanimously**
- **Do they belittle you for seemingly no reason?**

So what do you deserve in a relationship?

...well what do you think you deserve?

That's what you have to ask yourself first. As Perks of Being a Wallflower said, "We accept the love we think we deserve."



Often, the adults' relationships around us in early life are formative to our constructs of relationships later down the line. So even if the abuse doesn't look the same, it doesn't mean it can't be as damaging.



Educators Call to Action

While sex ed should be about protection from STDs, what about genuine consent and respect in the beginning stages of dating look like, and that you are worthy of a choice in the matter.



Those around you and the messages you're taught surrounding dating and IPV play a crucial role in your attitudes and behaviors regarding dating in the future.

So we must give our young people positive, self-affirming messages surrounding the area.



Connections and Resources

Are you in Danger?

Call 911 if you have an
emergency.

24-HOUR HOTLINE

415-924-6616

Text help available:
415-526-2557, 9am - 5pm,
Monday - Friday

For therapy and support groups,
please call 415-526-2553,
9 am - 5 pm, Monday - Friday

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