

MADE BY YOUTH FOR YOUTH

MAYA'S DATING HANDBOOK

VOL 3
DATING FOR YOUR TEEN

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

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CONTENT WARNING: DOMESTIC & SEXUAL ABUSE

INTIMATE PARTNER VIOLENCE: TEENS

When we hear the words “domestic violence,” we don’t often imagine a 17-year-old high school student getting into physical altercations with their boyfriend, girlfriend, or significant other. But just because we don’t want it to happen or can’t picture it doesn’t mean it’s not happening in the lives of teens.



Up to 38-46% of adolescents expressed a history of physical assault in a study examining the long-term effects of Intimate Partner Violence (IPV).

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

RISKS

As a result of teens dealing with IPV, teens can begin to experience issues in school, illicit drug abuse, disordered eating, low self-esteem, suicidal thoughts or attempts, and more antisocial behavior (or socially unempathetic).

WHAT'S COMMON

Teens often behave similarly to what was modeled early in life, especially at younger ages.

Also, almost 3/4 of eighth and ninth graders are in a dating relationship.

- **1 in 3** relationships in high school involve emotional, physical, or sexual abuse.

Your Attitude and How it Matters

So now we are somewhat aware of the dating culture within middle school and high school walls. As helpful as school counselors can be, having an open and calm conversation about your teen's dating life. Kids need to know that you're available as a resource when they're in need, without feeling there will always be consequences.

SOME FACTS

- 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**

Do teens know about true consent?

- Do our teens know that they have the right to say "no" at any given point?
- As examples to our teens, we need to challenge our beliefs and behaviors to model healthy relationships for our children.
- Children tend to learn through modeled action, so we need to show them what non-toxic partnerships look like.

WARNING SIGNS OF TEEN IPV:

**HERE ARE SOME TELLING SIGNS
YOUR TEEN MAY BE
EXPERIENCING IPV IN DATING**



- ARE THEIR GRADES SUDDENLY DECLINING FROM AVERAGE?
- LITTLE INTEREST IN NORMAL SCHOOL ACTIVITIES
- SUDDEN CHANGES IN THEIR APPEARANCE OR DIET
- SLEEPING HABITS ALTER
- MAKING EXCUSES FOR THEIR PARTNER
- SEEMING WITHDRAWN WHILE STILL CONSTANTLY CHECKING THEIR PHONE

**IF YOU SEE THESE SIGNS, IT'S TIME FOR
A CONVERSATION**

So do we tell our teens what they deserve in a relationship?

...well, what do they think they deserve?

Maybe begin the conversation by asking them what they believe a healthy relationship looks like. What behavior is deemed unacceptable in a partner? What red flags could they quickly pinpoint?



Unfortunately, we can't expect teens to not engage in intense relationships early on, but we CAN guide the dialogue about what healthy and normal relationships look like. Teens don't always open up at first, but if they know you're available to them with an open line of communication, they will feel safer discussing things with you without fear of judgment.



Educators Call to Action

When we only teach abstinence from all dating activity, it has proven that it will not slow down teen dating culture. But we can educate them. Education on safe dating practices can make an enormous difference in teens' decisions.



Those around you and the messages you're taught surrounding dating, consent, 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,
9am – 5pm, Monday – Friday

2021

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Working Together to End Domestic Violence



@MARINAGAINSTYOUTHABUSE

