

THE RESPECT CHALLENGE

Know the Warning Signs for an Abusive Relationship

What is teen dating abuse?

Teen dating abuse describes actual or threatened acts of *physical, sexual, psychological, and verbal* harm by a partner, boyfriend, girlfriend or someone wanting a romantic relationship. It includes violence between two young people in a *current or former* relationship and can occur among heterosexual or same-gender couples. It can also include using the internet, social networking sites, cell phones, or text messaging to harass, pressure, or victimize.

What are the warning signs?

Teens may be experiencing a variety of physical and emotional changes during this time of their life. As a result, your young teen might not share everything that is happening in his or her life. Do your part – know the warning signs of an unhealthy relationship. Be on the lookout if your child displays any of these potential signs:

Do you notice your daughter or son:

- Spending less time with family and friends?
- Excessive text messaging, phone calling, emailing or visiting with their boyfriend or girlfriend?
- Giving up things that used to be important to her/him?
- Starts having declining grades or missing school
- Being pressured by a girlfriend/boyfriend about what to do, where to go, or what to wear?
- Worried about upsetting her/his boyfriend/girlfriend?
- Apologizing or making excuses for her/his boyfriend's/girlfriend's behavior?
- Has injuries he/she tries to cover up or can't explain

Talk it out:

What are alternatives to what happened? How could it have been prevented? What is a healthy relationship? Why is respect important to having a healthy relationship?

National hotlines can help you or your teen, 24 hours a day, 7 days a week:

<p>National Dating Abuse Helpline</p> <p>1-866-331-9474</p> <p>1-866-331-8453 (TTY)</p> <p>www.loveisrespect.org</p>	<p>National Domestic Violence Hotline</p> <p>1-800-799-SAFE (7233)</p> <p>1-800-787-3224 (TTY)</p> <p>www.ndvh.org</p>	<p>Rape, Abuse & Incest National Network</p> <p>(RAINN) Hotline</p> <p>1-800-656-HOPE (4673)</p> <p>www.rainn.org</p>
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