

## Safety Planning for Teens In Abusive Dating Relationships

The following are tips you might think about to increase your safety if you are in an abusive relationship.

### General Safety:

- Stay in touch with your friends; and, make it a point to spend time with people other than your partner.
- Stay involved in activities that you enjoy. Don't stop doing things that you enjoy or that make you feel good about yourself.
- Make new friends. Increase your support network.
- Take a self-defense class.
- Consider looking into resources at your school or in the community. Think about joining a support group or calling a crisis line.

### Being a Friend to a Victim of Abuse

- If you notice a friend is in an abusive relationship, don't ignore signs of abuse.
- Express your concerns. Tell your friend you're worried. Support, don't judge.
- Point out your friend's strengths, many people in abusive relationships are no longer capable of seeing their own abilities.
- Encourage them to confide in a trusted adult. Talk to a trusted adult if you believe the situation is getting worse. Offer to go with them for help.
- Never put yourself in a dangerous situation with the victim's partner.
- **Call the police if you witness an assault.**

## What You Can Do

- Start a peer education program on teen dating violence.
- Create bulletin boards in the school cafeteria or classroom to raise awareness.
- Perform a play about teen dating violence.

Weiser Office  
25 W. Idaho Street  
Weiser, ID 83672  
(208)414-1231

Payette Office  
235 N. Main Street  
Payette, ID 83661  
(208)642-1025

Council Office  
204 Council Ave.  
Council, ID 83612  
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Cascade Office  
211 Idaho Street  
Cascade, ID 83611  
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McCall Office  
106 Park Street #112  
McCall, ID 83638  
(208)630-5014

**ROSE** Advocates  
Family Resource Center

## Dating Violence

The best years  
of your life  
shouldn't hurt.



**24 Hour Crisis Line**

**(208)414-0740**

## Dating Violence

*Dating Violence is:*

*A pattern of behavior used by an individual to maintain control over their dating partner.*

- This control may take the form of physical, sexual, or verbal abuse.
- Dating violence is not about getting angry or having a disagreement— in an abusive dating relationship one partner is afraid of and intimidated by the other.

*What is the legal definition of domestic violence or dating violence?*

- Physical harm, bodily injury or assault, infliction of imminent physical harm or sexual assault.

*How often does it happen?*

- 28% of teen relationships involve violence.
- 24% of female homicide victims are between 15 and 24 years old.
- 70% of severe injuries and death occur when the victim is trying to leave or has already left the relationship.
- 38% of date rape victims are young women between the ages of 14 and 17.
- 70% of pregnant teenagers are abused by their partner.

*Who is involved?*

- Dating violence occurs between two people who are currently or formerly involved in a dating relationship.
- The abuse can begin at a very young age, as young as 11 or 12 years old.
- Friends of the couple are usually aware of the abuse and may be drawn into the situation.

*Where can it happen?*

- Dating violence can occur at school— in the hall, in the classroom, in the parking lot, on the bus, at after school activities, at a student's workplace, at a school dance, or at a student's home.
- In teenage dating relationships, the abuse is often public with peers witnessing the abuse; however, the abuse can also be done in private, by cell phone or private setting.

*What does it look like?*

- Jealousy and possessiveness.
- Name-calling, put downs, humiliation, threats, stalking, rumors, or intimidation.
- Pushing, shoving, slapping, hitting, throwing objects, or using weapons.
- Unwanted sexual touch, forced sex, refusal to use birth control.

## Myths about dating violence:

- *Abuse in teen relationships is not that common or serious.* Surveys show that violence is experienced in 28% of teen relationships. It is not an adult problem. We have to be more aware of teens' experiences.
- *Girls like abuse or else they wouldn't put up with it.* Girls stay in abusive relationships for many reasons. For adolescent girls there is a rigidity in conforming to female gender role expectations, specifically the expectation that her status depends on her attachment to a male.
- *Violence only happens between people who are poor or members of a minority.* Abusive relationships occur among all classes, races, and cultural groups. An abusive relationship can happen to anyone.

## 10 Facts You Should Know

1. Since much of the violence is learned, it can be unlearned.
2. Violence is preventable; it is not inevitable.
3. The seeds for adult interpersonal violence are planted while young.
4. Sexism, racism and other socially sanctioned forms of violence affect interpersonal relationships.
5. Teenage relationships must be taken seriously.
6. Male teenagers must be educated about their aggressive impulses, but not by being seen as the "enemy".
7. Empowerment lies in moving through victimization, not being stuck in it.
8. Young people are capable of taking responsibility for creating violence-free relations and environments.
9. Media influences attitudes and behavior and contributes to the desensitization to violence.
10. A violence-prevention training program/curriculum cannot end violence on its own. Communities and families have to work together, with support from our institutions, to provide a positive future.

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