



# Teen Dating Violence: Information for Teens

If your boyfriend or girlfriend is making you feel uncomfortable or doing things that don't feel okay, you are not alone. Verbal, physical, and sexual violence are common in teen relationships, but no one deserves to be treated poorly and there are ways to get help to end the abuse. This guide includes some information about what behaviors are considered abusive during a relationship. If any of these scenarios sound familiar, you may want to consider telling someone you trust or contacting one of the helplines listed at the bottom of this guide. Teen Dating Violence is a serious problem; if you think you're being abused know that you don't deserve it and there are people who can help.

## Examples of Abusive Behavior:

### Physical

- Pinching, grabbing, shoving, punching, kicking, restraining, hitting or hair pulling, biting, scratching

### Sexual

- Pressuring or forcing a partner into unwanted sexual activity in person or via social media and texting
- Making it difficult or impossible for a partner to say no to sexual activity or behavior
- Preventing a partner from using birth control or other forms of contraception

### Technology

- Impersonating a partner online or publically posting negative comments about a partner
- Frequently emailing, texting, messaging, or calling about the location or activity of a partner

### Psychological/Threats and Intimidation

- Threatening to leave or hurt a partner, themselves, a partner's family, friends, or pets
- Controlling whom a partner is allowed to see or telling a partner what they can or cannot do
- Yelling, screaming, insulting, intimidating, embarrassing or spreading rumors about a partner
- Minimizing, denying, or blaming a partner for any abuse

## Signs you may be in a relationship with an abusive partner:

### Your partner:

- Physically or sexually touches you against your will or hurts you in any way
- Verbally degrades, threatens, or intimidates you

- Tells you not to talk to anyone about the abusive behavior; threatens to hurt you and/or anyone you reach out to for help
- Has a reputation for controlling and abusing past partners
- Reads your text messages, emails, or social media messages without permission
- Attempts to control what you wear, where you go, or who you see
- Demonstrates extreme jealousy and/or checks in on you frequently
- Has extreme mood swings, acting angry one minute and sweet the next
- Tries to control your social media, like who you can be friends with or linked to on Facebook
- Blames you for their problems
- Doesn't allow you to spend time with other people
- Questions how and where you spend money, or takes your money and refuses to give it back

### **You:**

- Feel like you're walking on eggshells around your partner, and the smallest thing can set them off
- Feel afraid to not respond to a text message or call from your partner
- Hide bruises or injuries your partner inflicted
- Feel you have to constantly apologize for your partner's behavior
- Regularly avoid or make excuses to others who express concern about your safety within the relationship • Avoid people or places because your partner has told you to do so
- Feel depressed or anxious at the thought of seeing or hearing from your partner
- Change the way you dress, the food you eat, how much you weigh, or anything else about your physical appearance because your partner has told you to do so
- Change short-and long-term plans to be with your partner because you feel obligated or afraid not to

## **What can you do if you think you are in a relationship with an abusive partner?**

### **If you think you might be in a relationship with someone who is abusing you in any way, you can:**

- Call, text, or online chat one of the helplines listed below
- Reach out to someone you trust – a friend, a teacher, a parent or other trusted adult, a club leader or coach
- Create a safety plan and think about discussing it with someone you trust, whether you are still in a relationship with your partner or have broken up. For help creating your own safety plan visit the [NYS Teen Dating Violence](#)
- Know your rights for Orders of Protection by contacting one of the [Love is Respect](#) helplines listed below. Teens can now get an order of protection from Family Court if they are (or have been) in an intimate relationship with the abuser. Research shows teen

Orders of Protection may help some teens if police, parents, schools, and other supports are able to help them access and move through the court process.

## Helpful Resources

Websites	Phone Numbers
<a href="#">NYS Teen Dating Violence</a> <a href="#">Love is Respect</a> <a href="#">No More</a> <a href="#">Day One</a> <a href="#">Señales de Advertencia de una Relación Abusiva</a> <a href="#">Ayudar a un Amigo/a Para Padres Y Guardianes</a>	<b>National Domestic Violence Hotline</b> 1.800.799.7233 <b>National Teen Dating Abuse Hotline</b> 1.866.331.9474 TTD/TTY-1.866.331.8453 <b>Love is Respect Peer Advocates</b> 1.866.331.9474 or Text "loveis" to 22522 Online Chat: <a href="http://www.loveisrespect.org">www.loveisrespect.org</a> La Línea Nacional Sobre la Violencia Doméstica al <b>1.800.799.7233</b> or TTY <b>1.800.787.3224</b>

**1-800-942-6906**

NYS Domestic & Sexual Violence Hotline  
CONFIDENTIAL 24 HRS/7 DAYS  
English & español, multi-language accessibility  
711: Deaf or Hard of Hearing  
In NYC: 311 or 1-800-621-HOPE (4673)  
TDD: 1-800-810-7444