Clark County TeenTalk

Nonjudgmental support for teens, by teens

Monday to Thursday: 4-9 pm Friday: 4-7 pm

Call 360.397.CHAT [2428] or text 360.984.0936

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www.ccteentalk.clark.wa.gov

@PeppyPenerson

All information was obtained from:

1. LoveisRespect.org
2. Helpguide.org
3. OregonYouthLine.org
4. Stayteen.org
5. Labmf.org
6. Lovegoodbadugly.com
7. Livestrong.com
8. Teenrelationships.org
9. Kidshealth.org
10. Youngwomenhealth.org

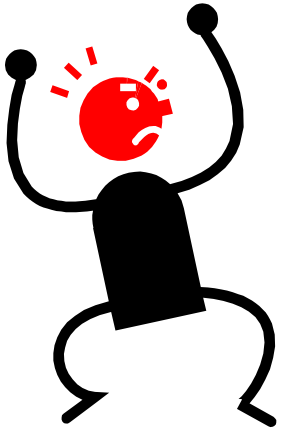
ABUSE IN TEEN DATING

Am I in an abusive relationship?
Am I abusing my partner?
Is my friend in an abusive relationship?
Is my friend abusing their partner?
What is a healthy relationship?

WHAT IS AN ABUSIVE RELATIONSHIP ?

There are many forms of abuse in a relationship. Knowing the types will make it easier to recognize an abusive relationship. The following is a list of different types of abuse:

- Emotional Abuse
- Physical Abuse
- Isolation
- Minimizing, Denying, Blame Shifting
- Physical Abuse
- Sexual Abuse
- Digital Abuse
- Economic Abuse



EMOTIONAL ABUSE

- Calling partner names and/or putting them down.
- Making partner feel bad about himself or herself.
- Playing mind games.
- Interrogating partner.
- Harassing or intimidating their partner.
- Humiliating partner.
- Making partner feel guilty.
- Shaming partner. [2]

PHYSICAL ABUSE

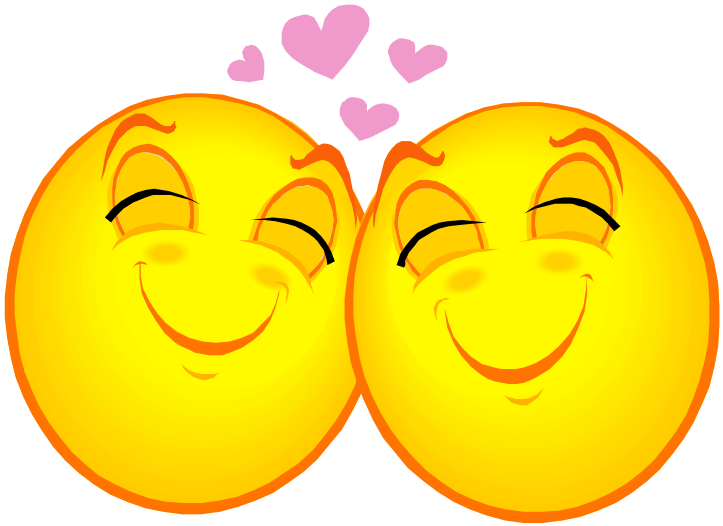
- grabbing
- pinching
- shoving
- slapping
- hitting
- hair pulling
- biting
- holding or grabbing clothes
- preventing partner from leaving [1]

A HEALTHY RELATIONSHIP INCLUDES . . .

- Respect
- Trust and Support
- Honesty and Accountability
- Shared Responsibility [3]

YOU DESERVE A HEALTHY RELATIONSHIP !

- You deserve to feel good about yourself when you are with your partner.
- You deserve to have an equal and balanced relationship where there is the same amount of give and take.
- You deserve to feel safe around the person you are dating.
- You deserve to be trusted by your partner.
- You deserve to have fun and enjoy being around your partner.
- You deserve to be able to talk honestly and freely with your partner.
- You deserve to share decision making with your partner.[10]



Breaking Up

- If you don't feel safe, don't break up in person. Do it over the phone or by email.
- If you break up in person, do it in a public place. Have friends or your parents wait nearby. If possible, take a cell phone with you.
- Don't try to explain your reasons for ending the relationship more than once. There is nothing you can say that will make your ex happy.
- Do not be afraid to ask for help from family and friends.[1]

After Breaking Up

- If you can, tell your parents and friends what's going on, just incase your ex tries to visit your home or other places you hang out.
- Talk to a school counselor, teacher, or principle. Together, you can alert security, rearrange your class schedule and create safe ways get to and from classes and school.
- Avoid isolated areas at school and around town. Don't walk alone and always be aware of your surroundings, that means not wearing earphones.
- Always be accompanied by friends or family when attending events or parties that your ex might also attend.
- Document and keep threatening or harassing messages your ex sends on social network sites or over the phone.
- Update your privacy setting on your social networking sites.
- Reach out to hotlines and warm lines for times you may need to vent or need third party support.
- Never hesitate to call 911 if you feel that you are in immediate danger. Trust your safety instincts. [1]

ISOLATION

- Controlling what partner does.
- Limiting partners outside involvement.
- Demanding partner remain home when you are not with them.
- Cutting partner off from friends, activities, and social interaction.
- Using jealousy to justify your actions. [3]

MINIMIZING, DENYING, BLAME SHIFTING

- Making light of the abuse and not taking partners concerns about it seriously.
- Saying the abuse did not happen, or wasn't that bad.
- Shifting responsibility for abusive behavior to your partner.
- Saying their partner caused the abuse. [3]

INTIMIDATION

- Using looks, actions, gestures to create fear.
- Smashing or destroying things/objects.
- Destroying or taking partners stuff.
- Abusing pets to show power and control.
- Displaying weapons or threatening to use them.
- Making physical threats towards partner, others, and themselves.[1]

SEXUAL ABUSE

- Forcing sexual contact on partner without consent, this includes pressuring partner go further than they wanted, forcing partner into sexual acts, and having sexual contact with partner when they are very drunk, drugged, unconscious or otherwise unable to give a clear and informed "yes" or "no."
- Keeping partner from protecting themselves from sexually transmitted infections (STIs) or safe sex.
- Putting partner down for their sexuality. [4]

DIGITAL ABUSE

- Controls who their partner can or can't be friends with on Facebook and other social networking sites.
- Sends negative, insulting or even threatening emails, Facebook messages, tweets or other messages online.
- Uses sites like Facebook, Twitter, foursquare and others to keep constant tabs.
- Puts partner down in their status updates.
- Sends unwanted, explicit pictures/video and demands partner to send some in return.
- Abuser steals or insists to be given partners passwords.
- Constantly texts and makes partner feel like they can't be separated from their phone for fear that they will be punished.
- Looks through partner's phone frequently to check up on pictures, texts, and outgoing calls.[1]

ECONOMIC ABUSE

- Forces partner to give them access to their bank accounts.
- Prevents partner from working, attending school, skill-training sessions or establishes time limits and/or curfews.
- Withholds physical resources including food, clothes, necessary medications or shelter.
- Buys things for themselves, but refuses to let their partner do the same. [1]

WHAT WOULD IT FEEL LIKE ?

- Feeling of confusion, anxiety and frustration.
- You may feel as though your 'walking on eggshells'.
- The abusive person's needs and opinions dominate, and you feel controlled by them. [6]

STAYING SAFE WHETHER YOU . . . DECIDE TO STAY TOGETHER OR END THE RELATIONSHIP

Staying Together

You may not be ready or it may not be possible to leave your abusive relationship, but you can still increase your safety.

- If you go to a party or event with your partner, plan a way home with someone you trust.
- Avoid being alone with your partner. Plan group activities or make sure your parents or friends are near.
- If you're alone with your partner, make sure that someone knows where you are and when you'll return.
- If you can always keep your phone on you.[1]

Preparing for a Break Up

- Hangout with your friends or family more.
- Pick up new activities to fill your free time such as gym, arts, clubs, sports, or concerts.
- If you miss your partner after you break up, even if they've been abusive and controlling, it's normal. To keep yourself strong, try writing down the reasons you ended your relationship and keep it as a reminder for times you start to miss them.
- Create a support system, friends, family, teachers, counselors and hotlines to help you through the harder times.
- If you fear for your safety while ending your relationship, create a safety plan with a counselor or a local resource such as the YWCA.[1]

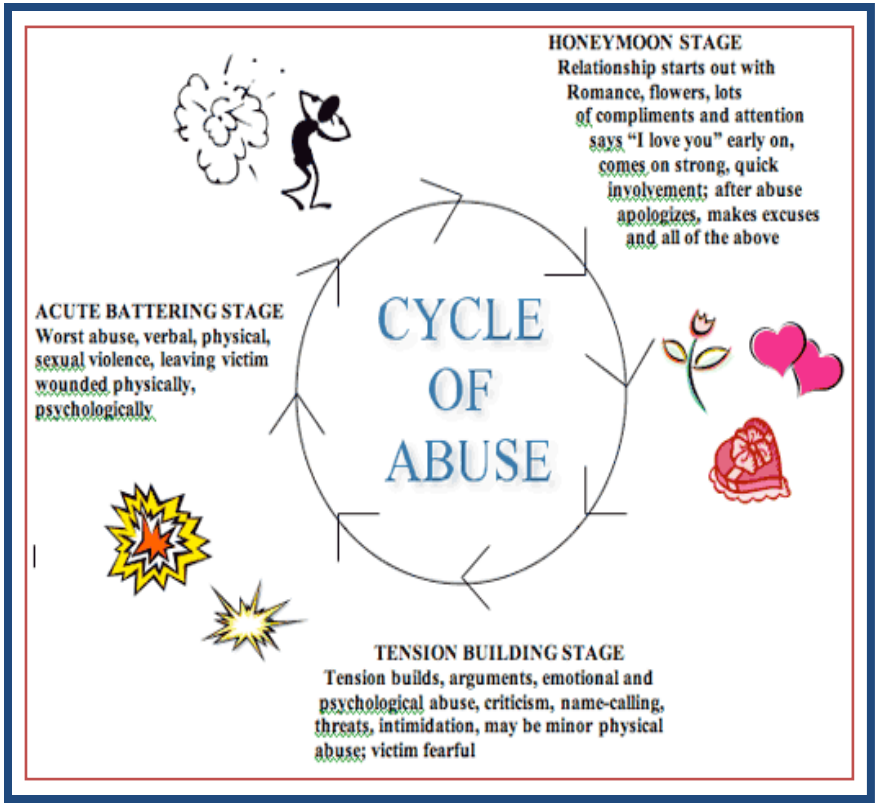
MY FRIEND IS THE ABUSER . . .
HOW CAN I HELP THEM ?

- Know the warning signs of abuse, then help your friend recognize their abusive behaviors.
- Do not support or justify your friend's feelings or comments that try to put blame on the victim.
- Help your friend understand what it would be like to be in the victim's shoes.
- Don't allow your friend to minimize the seriousness of the abuse.
- Don't ignore or be silent when abuse takes place. Silence can make the abuser feel as though their actions are not wrong.
- Encourage your friend to get professional help or involved in programs that can help and have a list of resources ready or have them contact a warm line or help line.
- Stay in touch with your friend about the abuse even after they are on the path to recovery.
- Set an example and create your own healthy relationships.
- Your friend has to decide themselves to change you can't force them. [1]

WHAT MIGHT CAUSE AN ABUSIVE RELATIONSHIP ?

- Need for control
- Learned behavior
- Substance abuse [7]

THE CYCLE OF ABUSE [5]



WHO EXPERIENCES ABUSE ?

- All Ages
- Women AND Men
- All sexual orientations
- All economic backgrounds
- All religion
- All races [8]

TEENS IN ABUSIVE RELATIONSHIPS

Check out the film titled, "Causing Pain: Real Stories of Dating Abuse and Violence", which can be found on YOUTUBE. The film tells the stories of real teen who have experienced abuse in their relationship(s).

TEEN ABUSE STATISTICS

- "1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence."
- "Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence almost triple the national average. "
- "Violent behavior typically begins between the ages of 12 and 18."
- "Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence." [1]

QUIZZES AND TESTS

There are online quizzes to help teens recognize abusive relationships. Is your relationship abusive? Check out the following websites to find online quizzes:

www.loveisrespect.org
www.lovegoodbadugly.com
www.teenrelationships.org

HOW CAN A TEEN IN AN ABUSIVE RELATIONSHIP HELP THEMSELVES ?

- Make sure you are safe.
- Avoid isolation.
- Ask for help from counselors and use a hotline or warmline for support and information.
- Contact local resources like the YWCA-Safe Choice Domestic Violence Program.
- If your partner has physically attacked you, don't wait to get medical attention or to call the police (911). [9]

HOW WOULD WE RECOGNIZE AN ABUSIVE RELATIONSHIP FROM THE OUTSIDE ?

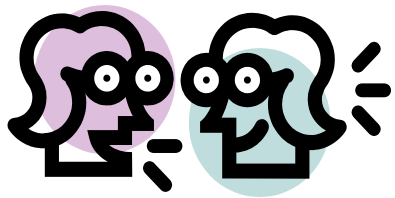
Does the person being abused...

- Seem afraid or anxious to please their partner.
- Go along with everything their partner says and does.
- Check in often with their partner to report where they are and what they're doing.
- Receive frequent, harassing phone calls from their partner.
- Talk about their partner's temper, jealousy, or possessiveness.
- Seem restricted from seeing friends and family.
- Miss school or work.
- Have very low self-esteem, even if they used to be confident.
- Show major personality changes (e.g. an outgoing person becomes withdrawn).
- Appear or report being depressed, anxious, or suicidal.[2]

HOW CAN A FRIEND HELP SOMEONE IN AN ABUSIVE RELATIONSHIP HELP ?

Do

- Listen and validate.
- Ask if something is wrong.
- Express concern.
- Offer help.
- Support his or her decisions.

Don't

- Wait for him or her to come to you.
- Judge or blame.
- Pressure him or her.
- Give advice.
- Place conditions on your support [2]