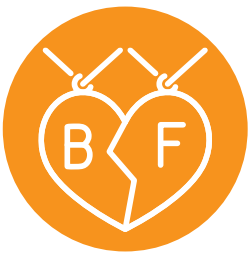


— FEBRUARY IS NATIONAL —  
**TEEN DATING VIOLENCE**  
— AWARENESS MONTH —

## Statistics on Teen Dating Violence



**1.5 million  
high school  
students**

nationwide experience  
physical abuse from  
a dating partner in a  
single year.



**1 in 3  
girls**

nationwide  
experience physical  
abuse from a dating  
partner in a single  
year.



**1 in 10 high  
school  
students**

has been purposefully  
hit, slapped or  
physically hurt by a  
boyfriend or girlfriend.



**33%  
of teens**

who were in an  
abusive relationship  
ever told anyone  
about the abuse.



**81% of  
parents**

believe teen dating  
violence is not an issue  
or admit they don't  
know if it's an issue.

For more information, contact the SANE Clinic at  
520-562-5151 or email [sane@grhc.org](mailto:sane@grhc.org)

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## Red Flags in Teenage Relationships

**Unhealthy or abusive relationships take many forms, and there is not one specific behavior that causes a relationship to be categorized as such. However, there are certain behaviors that should be cause for concern. Behaviors that should raise a red flag include:**



- Excessive jealousy or insecurity; possessiveness
  - Invasions of your privacy; like checking your cell phone, email, Facebook, etc. without permission
- Unexpected bouts of anger or rage
  - Unusual moodiness; constant mood swings towards girlfriend/boyfriend
  - Pressuring a partner into unwanted sexual activity, sometimes repeatedly
- Blaming you for problems in the relationship and not taking any responsibility for the same; constantly putting you down
- Isolating you from family and friends
- Controlling tendencies; telling someone what they can and cannot do
- Explosive temper
- Preventing you from going out with or talking to other people
- Constantly monitoring your whereabouts and checking in to see what you are doing and who you are with
- Falsely accusing you of things
- Vandalizing or ruining your personal property
- Taunting or bullying
- Threatening or causing physical violence; inflicting physical or emotional pain in any way

## If You Think You Are in an Abusive Relationship

**If your partner exhibits any of the behaviors outlined above, or if your partner has physically harmed you in any way, there are many things you can do. Trust your gut – if you think you are in danger or in an unhealthy relationship, you should end it. If you are afraid of confronting your partner, or fearful of what they may say or do, there are numerous resources you can contact for help, guidance, or counseling. If you think you are in an abusive relationship, you should consider:**



- Reaching out to a trusted friend, teacher, parent, or mentor
- Spending more time with individual with whom you are comfortable
- Getting involved with activities you enjoy that will allow you to associate with positive people
- Seek the guidance of a school counselor or therapist
- Calling your local **Crime Victim Services team at 520-562-4106**

Studies have found that negative or abusive behaviors in unhealthy relationships are more likely to increase over time. Abuse escalates as the relationship progresses, and victims are more likely to sustain substantial injuries or harm. If you believe that you may be in an abusive or unhealthy relationship do not hesitate to ask for help. Teenage dating violence is more common than you know; you are not alone.