



Preventing Teen Dating Violence

Help teens develop healthy connections and recognize behaviors that can lead to abuse.

Help Teens Stay Safe in Dating

Teens are learning how dating and healthy relationships work, so they don't always recognize excessive teasing or controlling behavior as a problem. By accepting inappropriate behaviors, teens leave themselves open to more serious forms of abuse – such as physical, sexual or emotional abuse from a current or former partner. Nearly ten percent of high school students report being physically abused by a partner within the past year. Teen dating violence can lead to poor performance in school, underage and binge drinking, suicide attempts and violence in future relationships. That's why it's crucial for parents to stay aware and involved.

How You Can Help

- Model healthy relationships to show how honest communication builds trust
- Talk with teens about the importance of being respected - and respectful - in relationships
- Teach teens to use social networks and other digital media responsibly
- Connect teens with help through resources like your installation's Family Advocacy Program

More Resources for Teens and Parents

- **The National Child Traumatic Stress Network - Teen Sexual Assault** www.nctsn.org/resources/teen-sexual-assault-information-teens
- **Military OneSource** www.militaryonesource.mil
- **Love is Respect** www.loveisrespect.org
- **That's Not Cool** www.thatstnotcool.com
- **Centers for Disease Control and Prevention** - search "Teen Dating Violence" on www.cdc.gov
- **Futures Without Violence** www.futureswithoutviolence.org

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