



Addressing Teen Dating Violence

According to the Centers for Disease Control and Prevention, about 10% of students across the country report being physically hurt by a partner in the last 12 months.

To Prevent. To Protect. To Prevail. Teen dating violence can happen to any teen from any walk of life. It is a pattern of violent behavior – physical, psychological, emotional, sexual and/or financial abuse – that someone uses against a partner.

By knowing the warning signs, you can help the children in your life avoid the violence or seek the help they need to escape the abuse.

Early Warning Signs a Partner Might be Abusive:

- Extreme jealousy or controlling behavior
- Quick involvement (the relationship 'got serious, fast')
- Unpredictable mood swings
- Alcohol/drug use
- Explosive anger
- Isolation (partner takes you away from family and friends)
- Use of force
- Shows hypersensitivity
- Believes in rigid gender roles

Clues a Friend Needs Help:

- Physical signs of injury (bruises or, for example, covering up with clothing)
- Skipping or dropping out of school
- Failing grades
- Changes in mood or personality
- Emotional outbursts

How to Help:

- In an emergency call 911
- Call 239.775.1101 24-hours a day for confidential support (TTY 239.775.4265)
- Don't blame the victim
- Suggest developing a safety plan with The Shelter's experts: 239.775.1101
- Be there when your child/friend needs you

If You Are Being Abused:

- In an emergency call 911
- Stay in public if at all possible and avoid rooms without windows or filled with potential weapons (garage or kitchen)
- Always carry a charged cell phone; know your phone's blackout areas

- Contact The Shelter for a free recycled cell phone for emergency service access/911 calls only: 239.775.3862
- Confide in a trusted friend, teacher, counselor or parent
- Seek an Injunction for Protection to keep the abuser away, call 239.775.1101 for assistance
- Have medical staff document any injuries and their cause
- Keep a journal and photos of the abuse in a spot where the abuser cannot find it
- Call The Shelter's confidential 24-hour crisis line: 239.775.1101

Please know that the most dangerous time for victims of intimate partner abuse is when the victim ends or threatens to leave the relationship. It may be very difficult to end the relationship safely which is why it's so important to develop a safety plan with a domestic violence advocate from a local shelter.

Knowing what to look for and who to call for help is crucial not only for teens, but parents and teachers. The Shelter is available as a resource to our community through in-school prevention programs, our Youth Advisory Council and our confidential 24-hour crisis line 239.775.1101.

Learn the warning signs, start the conversation and empower your children to live healthy, violence-free lives.

239.775.3862 Administration

293.775.4265 TTY

Confidential 24-hour crisis line: 239.775.1101

www.naplesshelter.org