

# What is Teen Dating Violence?

*A pattern or series of abusive behaviors over a course of time that reflects the perpetrator's desire to control, dominate, and exert power over a dating partner.*

## Physical

- Hitting, slapping, punching, kicking, shoving
- Scratching, pinching, biting, choking, hair pulling
- Grabbing a dating partner's body parts or clothing to prevent partner from leaving or forcing him/her to go somewhere
- Grabbing a partner's face to make him/her look at them
- Throwing a foreign object at a dating partner
- Using a gun, knife, bat, mace, or other weapon

## Sexual

- Unwanted kissing, touching, and sexual activity gained through force, pressure, threats, manipulation and/or intimidation
- Sexual assault or attempted sexual assault
- Getting a dating partner drunk/drugged for sex
- Sexual contact with a dating partner who is drunk, drugged, unconscious, or otherwise unable to give a clear and informed "yes" or "no"
- Keeping a dating partner from protecting him/herself from STIs or getting pregnant
- Sexual slurs or attacks on a dating partner's gender or sexual orientation
- Sending unwanted, explicit pictures/videos and/or demanding them in return

## Psychological

### Verbal and Emotional

- Yelling and screaming
- Name-calling, ridiculing, criticizing, humiliating
- Starting rumors about a dating partner
- Making a dating partner feel guilty or insecure
- Making a dating partner think s/he is irrational
- Emotional blackmailing
- Playing mind games

### Threatening to...

- Harm a dating partner or his/her pet or loved ones
- Report a dating partner to police
- Have children taken away
- Expose a dating partner's secrets such as sexual orientation or immigration status
- Leave the dating partner
- Commit suicide

### Controlling Behaviors

- Isolation
- Preventing a dating partner from interacting with friends/family
- Controlling what a dating partner does and who s/he sees and talks to

*Includes telling the dating partner who he/she can and can't be friends with on social media and constantly checking and sending texts, emails, etc.*

### Intimidation

- Stalking
- Using looks, actions, gestures to scare a dating partner
- Smashing things/destroying personal property
- Displaying weapons

### Manipulation

- Blaming dating partner's actions for perpetrator's abusive or unhealthy behavior
- Forcing a partner to drop charges/do illegal activities
- Using jealousy to justify actions
- Minimizing – making light of the abuse and not taking concerns about it seriously
- Denying the abuse happened
- Shifting responsibility for abusive behavior

*Any of these behaviors can be perpetuated via electronic methods (i.e. phone calls, texts, emails, social media, etc.)*

#### References

Break the Cycle: Empowering Youth to End Domestic Violence. (n.d.). <http://bit.ly/199Wex6>; Love is Respect. (2014). <http://bit.ly/1fviQnT>; NYC Alliance Against Sexual Assault. (2003). Factsheets: Teen dating violence. <http://bit.ly/1cix22h>; Roberts, S. (2001). *Bullying and dating violence: Effective intervention and prevention in Multnomah County*. (n.d.). <http://bit.ly/173xt30>

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