

February is Teen Dating Violence Awareness Month



Teen dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. It includes four types of behaviors: Physical violence, Sexual violence, Psychological aggression, & Stalking.

Content Source: CDC

KNOW THE WARNING SIGNS

Seems afraid to disagree with his/ her partner; always doing what partner wants.

Excessive text messaging, phone calling, emailing or visiting with partner.

Stops hanging out with friends or participating in family activities.

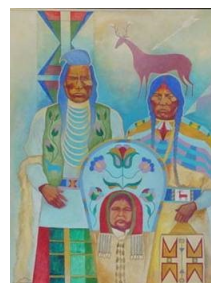
Starts having declining grades or missing school.

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Our Vision...

We empower individuals, support families, and unite communities to improve quality of life.

Please stop by our office for resources, support, educational materials, & advocacy

101 Agency Road Lapwai, ID 83540
1-855-803-4685



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Abuse usually isn't isolated — it forms a pattern of behaviors that collectively make the victim question their own self-worth and become further entrenched in the abusive relationship.

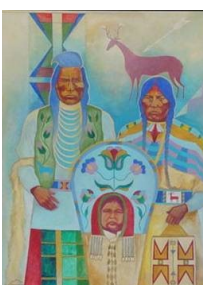
FORMS OF POWER & CONTROL

- ⇒ Using Coercion & threats
- ⇒ Using intimidation
- ⇒ Using emotional abuse
- ⇒ Using Isolation
- ⇒ Minimizing, denying, & blaming
- ⇒ Using children
- ⇒ Using male privilege
- ⇒ Using economic abuse

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What are signs of a HEALTHY relationship?

Honesty

*Enjoying personal
time away from
each other*

*Making mutual
choices*

Communicating

Equal

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Signs your child may be experiencing teen dating violence

- ⇒ Extreme jealousy or possessiveness from your child's partner.
- ⇒ Unexplained marks or bruises.
- ⇒ Constant emails, texts, calls from their partner.
- ⇒ Depression or anxiety.
- ⇒ Decreased interests in extracurricular activities or other interests.
- ⇒ Changes in appearance including clothes, make up, or hairstyle.

How can I support my child?

- ⇒ **Listen & give support.** Reassure them that their partner's behavior is not their fault and that no one deserves to experience abuse.
- ⇒ **Focus on behaviors, not the person involved.** Speaking badly about their partner could discourage your child from seeking your help in the future. Discuss the abusive behaviors you observe, not your feelings about the people involved.
- ⇒ **Avoid ultimatums.** Your child has the right to make their own decisions. Resist the urge to give them ultimatums or punish them for making decisions about their abusive relationship that you dislike.

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Start the Conversation on Teen Dating Violence!

- ♦ Find ways to introduce the subject by talking about their friends or peers, abuse they see at school, or examples from your own life or the media.
- ♦ Ask and encourage questions, identify options and resources, and encourage open discussion, making sure you maintain a judgement-free attitude toward whatever it is they say.
- ♦ Avoid lecturing, admit when you don't know something, and keep the conversation low key. If they're not ready to talk or you aren't ready to listen, let it be and try again another time.

Content Source: Loveisrespect.org

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**Domestic violence is not
a Native American tradition.**



STRONGHEARTS
Native Helpline

1-844-7NATIVE

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