

? ? ? What is Teen Dating Violence?

Teen dating violence is when someone you're dating or interested in treats you in a way that hurts, controls, or scares you. It can occur in various forms, including verbal abuse, controlling behavior, physical violence, or sexual coercion. This type of violence can happen in person or through digital means, such as texting or social media.

Examples of teen dating violence can include:

Physical Abuse: hitting, slapping, punching, kicking, or any form of physical harm inflicted by one partner onto the other.

Emotional Abuse: manipulation, intimidation, constant criticism, humiliation, or threats, which can lead to the victim feeling worthless, anxious, or depressed.

Sexual Abuse: any unwanted sexual activity or coercion, including rape, sexual assault, or pressuring a partner into sexual acts against their will.

Digital Abuse: With the rise of technology, digital abuse has become more prevalent, including behaviors such as constant texting or calling to check up on a partner, spreading rumors or embarrassing photos online, or using social media to monitor or control a partner's activities.

Controlling Behavior: This can include isolating the partner from friends and family, monitoring their whereabouts, controlling their finances, or dictating what they wear or who they can see.

Stalking: Persistent and unwanted attention or surveillance, either in person or online, that causes fear or distress to the victim.

It is important to remember that abuse is never ok and **you are not to blame for someone else's violent actions.**

Contact Us



Monday-Friday
8:00 am - 5:00 pm



400 East Main Street 7th Floor
Stockton, CA 95202



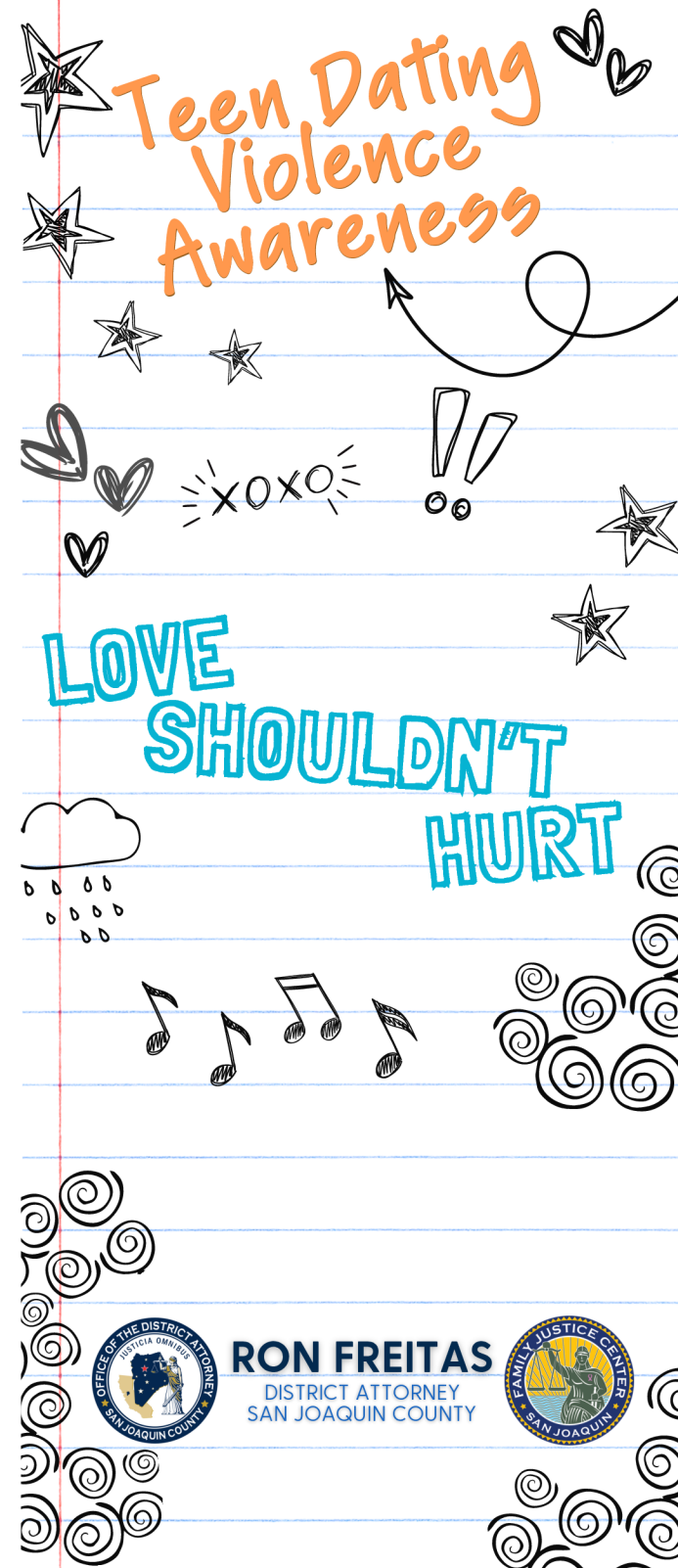
(209) 468-2600



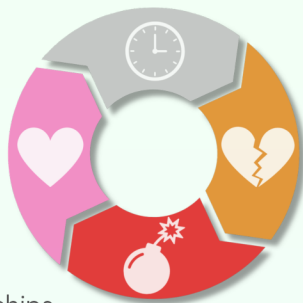
familyjusticecenter@sjcda.org



sjcfamilyjusticecenter.com



The Cycle of Violence



The cycle of violence is seen in violent relationships and follows a pattern that can be difficult to break. Here's a typical outline:

Tension Building Phase:

- Stress, jealousy, insecurity, and/or arguments increase
- The abuser becomes more controlling, critical, or easily irritated
- The other person may feel like they are "walking on eggshells," trying to avoid conflict

Explosion Phase:

- The tension reaches a breaking point, and the conflict turns into abuse
- This can be:
 - Physical violence
 - Sexual Coercion
 - Verbal threats
 - Destroying property
 - Online harassment, controlling/stalking behavior through social media

Honeymoon Phase:

- The abuser may apologize, cry, make excuses, or promise it will never happen again.
- They may also give gifts, or become extra affectionate.
- Some abusers will blame stress, alcohol/substances, or someone else.

Calm Phase:

- Things seem normal, maybe even better than before.
- There tends to be more affection and less arguments.
- Can make the relationship feel worth saving.

Over time, the calm period often becomes shorter, while the abusive incidents may become more frequent or more severe.

1 in 11
TEEN GIRLS



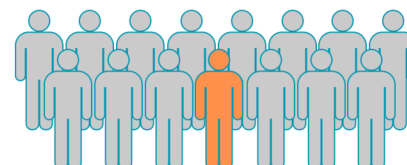
Only **33%** of teens ever told anyone about abuse inflicted on them by their partner

reported experiencing physical dating violence in the last year.



Teens who experience dating violence are more likely to develop depression and anxiety

&



1 in 15
TEEN BOYS



The presence of a gun in a domestic violence situation increases the risk of homicide by **500%**

If you are strangled one time by your abuser, you are **750%** more likely to be killed by them



Plan Ahead to Stay Safe:

Tell someone you trust what is happening such as a friend, family, or school officials.

Make up a code word or signal so you can alert friends or family you need help.

Identify safe locations where you can go if you feel threatened.

Memorize important phone numbers.

Use the buddy system so you aren't walking alone.

Trust your instincts and judgement.

Reach out to your local domestic violence resource agencies.



How Can I Help?

Be supportive and non-judgmental.

Determine if they are in immediate physical danger and if so, contact the authorities.

Offer to go with them to make a report or when seeking services.



Encourage them to speak to a counselor or therapist.

Most important, **be patient**. Leaving an abusive relationship is complex and must be done on their terms. If they decide to go back, assure them that they can always reach out to you.

Always Remember:

Healthy relationships are built on respect, trust, honesty, and feeling safe.

Everyone argues sometimes, but abuse is never a normal or acceptable part of a relationship.

If someone repeatedly hurts you and then apologizes without making lasting changes, that's a **warning sign** and not just "relationship drama."

You Are Not Alone

IF YOU ARE IN IMMEDIATE DANGER CALL 911

24-HOUR
CRISIS LINES

National Domestic Violence Hotline:

800-799-7233 or
text: **BEGIN** to 88788

PREVAIL:

209-948-1911

ADDITIONAL
RESOURCES

SJC Family Justice Center:

209-468-2600

**SJC
Domestic
Violence
Task Force:**



Loveisrespect.org