

## WHAT IS TEEN DATING VIOLENCE?

Teen dating violence refers to abuse within a romantic or intimate relationship among teens or young adults. 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:** This can involve hitting, slapping, punching, kicking, or any form of physical harm inflicted by one partner onto the other.

**Emotional Abuse:** This includes behaviors such as manipulation, intimidation, constant criticism, humiliation, or threats, which can lead to the victim feeling worthless, anxious, or depressed.

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

**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.

**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.

**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



222 East Weber Ave.  
Stockton, CA 95202



(209) 468-2600



familyjusticecenter@sjcda.org



sjcfamilyjusticecenter.com



### Notes

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# THE CHOICE IS YOURS

TEEN DATING VIOLENCE AWARENESS



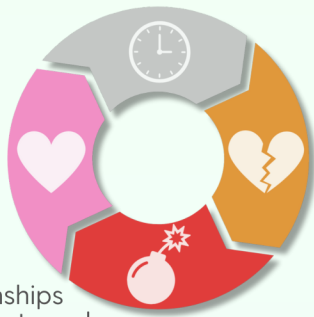
**RON FREITAS**

DISTRICT ATTORNEY  
SAN JOAQUIN COUNTY



**222 East Weber Ave, Stockton**  
**209-468-2600**

## 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:** This phase is marked by increasing tension, anxiety, and stress within the relationship. Communication may become strained, and minor conflicts may escalate. The victim often feels like they are walking on eggshells, trying to avoid triggering the abuser.

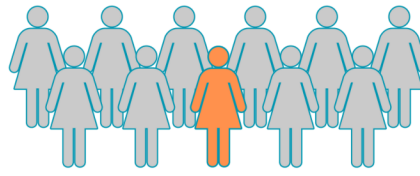
**Explosion Phase:** The tension reaches a breaking point, resulting in an explosive incident of violence or abuse. This can take various forms, including physical violence, verbal abuse, emotional manipulation, or sexual assault. The abuser may lose control and unleash their anger or frustration on the victim.

**Honeymoon Phase:** Following the explosion phase, the abuser may show remorse, apologize, and make promises to change their behavior. This phase is characterized by a temporary period of calm, affection, and reconciliation. The abuser may shower the victim with attention, gifts, or affectionate gestures, leading the victim to believe that the worst is over and that the relationship can be salvaged.

**Calm Phase:** During this phase, the relationship appears stable, and both parties may try to move on from the traumatic incident. However, underlying issues and tensions remain unresolved, setting the stage for the cycle to repeat itself. This cycle can continue indefinitely, with the periods of calm becoming shorter and the explosions more frequent and severe over time. Victims may become trapped in the cycle due to fear, emotional dependence, financial constraints, cultural factors, or a lack of support networks.

Breaking the cycle often requires intervention, support, and resources to help both the victim and the abuser address the root causes of the violence and build healthier patterns of behavior. This may involve counseling, legal protection, community resources, and education on healthy relationships.

1 in 11  
TEEN GIRLS



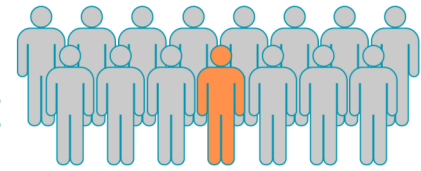
Only **33%** of teens ever told anyone about abuse inflicted on them by their partner

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.



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

**Chest of Hope:**  
209-259-5552

**PREVAIL:**  
209-948-1911

ADDITIONAL  
RESOURCES

**SJC Family Justice Center:**  
209-468-2600

**SJC Domestic Violence Task Force:**



[Loveisrespect.org](http://Loveisrespect.org)