

# Teen Dating Abuse: The Basics

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[www.loveisrespect.org](http://www.loveisrespect.org)



Whether you know them personally or not, teens at your own school are in unhealthy relationships involving control, physical abuse, and other behaviors that can follow them into adulthood as perpetrators or victims of relationship abuse.



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Nationally, 1 in 3 teenagers report knowing a friend who has been hit, punched, kicked, slapped, choked or physically hurt by their boyfriend or girlfriend.



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*Teen dating abuse is not an argument every once in a while or a bad mood after a bad day.*

**IT IS:**

A pattern of controlling and abusive behavior.

**IT CAN:**

Cause injury and even death.

**IT CAN:**

Be verbal and emotional abuse.



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# *New technologies cause new forms of abuse.*

- Constant texting, phone calls or embarrassing postings on MySpace or Facebook pages can be a form of abuse.
- Communicating online or via text message is normal but may be used as a way to monitor, control or even blackmail a girlfriend or boyfriend.
- A 2007 survey found that 71% of teens regard boyfriends/girlfriends spreading rumors about them on cellphones or online as a serious problem.
- 68% of teens say boyfriends/ girlfriends sharing private or embarrassing pictures/videos on cell phones and computers is also a serious concern.

# Facts about loveisrespect, the National Teen Dating Abuse Helpline.

- ◉ From the inception of the Helpline in February 2007 to the end of 2008, NTDAH Advocates were contacted by over 21,000 callers and chatters (and spoke to nearly 19,000 callers and chatters).
- ◉ In its second year of operation, the contact volume for NTDAH increased by over 50%. From 2007 to 2008, calls increased by 55% and chats increased by 53%.
- ◉ In the last 6 months of 2008 (July through Dec), NTDAH saw a 111% increase in call volume and a 90% increase in chat volume from the same time period in 2007. Altogether, contact volume nearly doubled.



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# Facts about loveisrespect, the National Teen Dating Abuse Helpline.

- Peer advocates between the ages of 16-24 offer support and referrals through the 24/7 telephone helpline and live chat.
- Visitors to the [loveisrespect.org](http://loveisrespect.org) website continue to grow as word gets out about our “peer advocacy”



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# Is your relationship healthy or not?

## Does your boyfriend or girlfriend:

- Look at you or act in ways that scare you?
- Act jealous or possessive?
- Put you down or criticize you?
- Try to control where you go, what you wear or what you do?
- Text or IM you excessively?
- Blame you for “making” them treat you badly?
- Threaten to kill or hurt you or themselves if you leave them?
- Try to stop you from seeing or talking to friends and family?
- Try to force or guilt you into sexual activity?

*If you answered yes to even one of these questions, consider talking to a peer advocate by calling 1-866-331-9474 (1-866-331-8453 TTY) or chatting live at [www.loveisrespect.org](http://www.loveisrespect.org)*



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# Sources:

Teenage Research Unlimited  
Technology & Teen Dating Abuse Survey, 2007  
Teen Dating Abuse Survey, 2006  
Teen Dating Abuse Survey, 2005