

Are your kids at risk for dating violence?



Many parents don't realize how common teen dating violence is today. Or they think, "That can't happen to my child." In fact, one out of every three teens is in a dating relationship where there is physical, emotional or sexual violence.¹

What teens need to know

Teens should know it's not normal or okay for their dating partner to harm or scare them. What's more, they should be concerned about going out with someone who:

- Tries to keep them away from friends and family
- Threatens to hurt them
- Gets jealous easily
- Has outbursts that are scary
- Bullies, blames or embarrasses them
- Forces sexual activity they don't want
- Encourages risky behavior like drinking, smoking or drug use

How parents can help

Here are some tips to help keep your kids safe:

- 1. Spend time with them.** Have device-free dinners. Set aside time to do something together on the weekend. It can be a challenge to connect with teens, but it's critical.

- 2. Keep lines of communication open.** Always be ready to listen and not judge. Respect their privacy as long as safety isn't a question.

- 3. Tell your kids what to do in an emergency.** Create a code word kids can use to alert you if they're in danger and an abuser is listening while they talk to you.

Get help and more information

Both teens and parents can contact loveisrespect.org online or at **1-866-331-9474**. This is a 24/7 confidential, hotline with trained counselors. You can call, email or text them to discuss any concerns you may have about a relationship. They'll listen and give you tips and suggestions.

The National Domestic Violence Hotline is also available 24/7:
1-800-799-SAFE (1-800-799-7233)
TTY 1-800-787-3224

¹[Dating Abuse Statistics](#). Accessed October 2017

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