



Understanding Teen Dating Violence

A comprehensive guide to helping
you understand teen dating violence

Teens and young adults are the most at-risk age groups for dating and domestic violence.

Dating violence can be especially sinister because young people are often new to relationships, more trusting, more impulsive and may not have learned what healthy boundaries look like. They may be making adult decisions on their own for the very first time.

This toolkit will provide you with these insights and more. Inside you'll find:

- Helpful Articles
- Recommended Books
- Lists
- Danger Assessments
- Survey Results
- Support Communities
- How to Find Help



There are hundreds of articles on [DomesticShelters.org](https://www.DomesticShelters.org) covering the many facets of domestic violence. Here are links to those that will help you understand teen dating violence.

[Understanding Teen Dating Violence](#)

A guide to recognizing abuse when it happens to young people.

[Technology and Teen Dating Violence](#)

Dating abuse is easier than ever thanks to cell phones and social media.

[Breaking the Cycle of Teen Dating Violence](#)

A couple aims to raise awareness of dating violence after their teenage daughter is murdered.

[Dating and Domestic Violence](#)

Leading facts and statistics related to dating and domestic violence.

[Are We Believing Teens When They Report Dating Violence?](#)

It's imperative that teens are taken seriously when they report dating violence.

[Teaching Teens About Dating Violence](#)

Learning about healthy relationships early means less chance of domestic violence later on.

[When Your Teen is Dating an Abuser](#)

Advice from a professional on how to protect your teen without driving them away.

[Teens: How to Talk to Your Parents About Dating Abuse](#)

If you think you may be dating an abuser, keeping it a secret could put you in more danger.

[Getting Through to Teens with Video Games](#)

How one organization is using computer games to educate teens about dating violence.

[Survey Says... Parents Just Don't Understand](#)

How adults can help young people build healthy relationships before dating violence begins.

[Netflix's You is a Roadmap to Dating Violence](#)

The show inadvertently highlights a slew of different warning signs of dating violence.

[Can I Get a Protection Order if I'm Under 18?](#)

How to get one varies state-to-state, but the bottom line is yes, you can.

[Teens: Are You In an Unhealthy Relationship?](#)

Abuse doesn't always leave bruises—how to spot four different common forms.

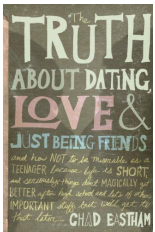
[Are These Texts Abusive?](#)

Abusers will utilize any form of communication to exert power and control over a survivor, and texting is an immediate way to do that.

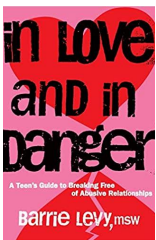


These books can be a helpful resource to help recognize and understand an abuser's behavior.

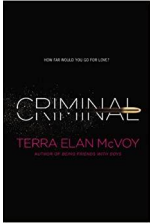
Here are our recommended reads:



The Truth About Dating, Love, and Just Being Friends. The author offers clarity, revelations, and answers to teenager's biggest questions: How do I know who to date? When should I start dating? How should I start dating? Is this really love? Why do guys just want to be friends? Packed with humor that adds to the sound advice, this book can help teens make better decisions, have healthier relationships, and be more prepared for their futures.



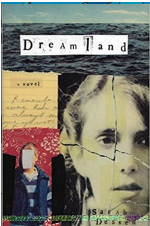
In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships. With one out of 11 high school students experiencing physical abuse, this book is an important read for teenagers who have questions about abusive dating relationships, helps them understand the causes and consequences of their situation, learn what they can do about it, find help from parents and other adults, and discover how to build healthier relationships.



Criminal. Nikki's life is far from perfect, but at least she has Dee. Her friends tell her Dee is no good, but Nikki can't imagine herself without him. He's hot, he's dangerous, he has her initials tattooed over his heart, and she loves him more than anything. There's nothing Nikki wouldn't do for Dee. When Dee pulls Nikki into a crime that ends in murder she tells herself that it's all for true love.



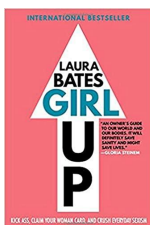
The Girl Who Fell. Zephyr is focused on leading her team to the field hockey state championship and leaving her small town for her dream school, Boston College. Enter the new boy in school, Alec. He's cute, charming, and understands her fears and insecurities, he even shares them. Soon, their relationship becomes something bigger than Zephyr, something she can't control, something she doesn't want to control.



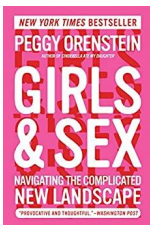
Dreamland. Love can be a very dangerous thing. After her sister left, Caitlin felt lost. Then she met Rogerson. When she's with him, nothing seems real. But what happens when being with Rogerson becomes a larger problem than being without him?



Die for You. Emma must face her senior year in a new school knowing absolutely no one. Then she meets Dillon Hobbs and something just clicks. But just when everything seems picture-perfect, Emma is offered an opportunity that will upend the future they've planned. Uncertainty grows, and fear spirals into something darker. What if saving Dillon means losing herself?



Girl Up: Kick Ass, Claim Your Woman Card, and Crush Everyday Sexism. Already an international bestseller, this empowering survival guide provides no-nonsense advice on sex, social media, mental health, and sexism that young women face in their everyday life from one of the emerging leaders in the feminist movement.



Girls & Sex: Navigating the Complicated New Landscape. Drawing on in-depth interviews with more than seventy young women and a wide range of psychologists, academics, and experts, renowned journalist Peggy Orenstein goes where most others fear to tread, pulling back the curtain on the hidden truths, hard lessons, and important possibilities of girls sex lives in the modern world.



Sometimes lists are easier on the mind because they are uncluttered and to-the-point. If you'd rather read a few items versus articles or books, these lists are for you.

To view all list items at once, click the SEE ALL button located below the list text.

- [24 Teen Dating Abuse Warning Signs](#)
- [25 Risk Factors for Domestic Violence](#)
- [19 Myths About Domestic Violence](#)
- [25 Relationship Red Flags](#)
- [27 Characteristics of Unsafe People](#)
- [19 Stalking Signs](#)



There are three well-known, free, online assessment tools available that can help you understand the level of danger that may be present, but not always obvious.

The Danger Assessment

The free tool helps determine the level of danger an abused person has of being killed by an intimate partner.

MOSAIC

Using a series of questions, this tool assesses how similar a situation is to other situations that have gotten worse.

Stalking and Harassment Assessment and Risk Profile (SHARP)

SHARP is a 15-minute online assessment that is free and confidential. Within about a minute of completing the assessment, participants receive a narrative summarizing their situation and steps they may want to consider to improve their safety.



A lot of lessons can be taken from people who have been through it before. Check out the following survey results to learn from the experiences of others.

- [As a teen, did you feel like you had someone you could talk to about dating violence?](#)
- [At what age did you or do you plan to talk to your kids about boundaries and consent?](#)
- [Does the entertainment industry influence society's ideas on abuse, rape and consent?](#)
- [If you've experienced cyberstalking, what tactic did your abuser use?](#)
- [At what age did you first experience abuse by an intimate partner?](#)



Online forums and chats can help you connect with others who are in or have faced similar situations, and find support and ideas from the survivor community.

[AfterSilence.org](https://www.aftersilence.org) aims to help victims become survivors and to communicate in the recovery of domestic and sexual violence. It offers an active message board and chat room for rape, sexual assault, sexual abuse, incest and molestation survivors. There are over 31,000 members and about 1,000,000 posts, including recent posts and many useful posts from days and months past.

[Pathways to Safety International](https://www.pathways.org) If you're an American overseas, your situation is different than 99% of your fellow citizens, and this site will be a wonderful resource for you. Among the services is a 24-hour response to emails, as well as international phone options.

[DomesticShelters.org Facebook Page](#) offers one of the most active places where domestic violence survivors connect. You'll find conversation, past experiences and unvarnished stories, and occasionally advice from professionals who have joined in on a topic.

[DomesticShelters.org Facebook Group](#) is a private group designed to be a safe space for domestic abuse victims, survivors, advocates and others affected by abuse to support one another through meaningful dialogue and helpful insight.

[Fort Refuge](#) is a clever, grassroots site run by survivors for fellow survivors as a safe place to come together and discuss their struggles and victories in healing from various types of abuse. Though the forum and chat do not boast the same numbers as some of the larger organizations, they are one of the more active conversation places on the internet currently. They also add new content to their site regularly.

Love is Respect - National Teen Dating Helpline focuses on teen relationships and can be accessed by phone, text or live chat. It offers real-time, one-on-one support by trained peer advocates who offer information and advocacy to those involved in dating abuse. They also offer support to parents, teachers, clergy, law enforcement, and service providers.

National Domestic Violence Hotline offers confidential, private, one-on-one chats with advocates every day 24/7.

OnYourMind.net is a safe and anonymous place for teens to get information and support from other teens in an online chat room, covering topics such as relationships, school, depression, stress, suicide, parents, cutting, identity and health.

Pandora's Aquarium is an online forum with around 2 million posts and over 70,000 members, and is run by Pandora's Project, which provides information, support and resources to rape and sexual abuse survivors and their friends and family.

When accessing hotlines, chats or forums from a computer, tablet or smartphone, please remember to take the necessary precautions to keep your activities confidential from your abuser. Learn more about how to stay safe online [here](#).

Also, keep in mind that local shelters may offer in-person or virtual support groups. You can find shelters in your area at [DomesticShelters.org](#).



Another way to determine if you're experiencing abuse is to contact a trained domestic violence advocate near you or through a national service.

To search for domestic violence program's staffed with trained advocates, visit [DomesticShelters.org](https://www.DomesticShelters.org) and type either your city and state, or ZIP code, into the search bar at the top of the page. A list of organizations and contact numbers near you will be displayed. To reach an advocate, reach out directly by calling the phone number listed. Most are open 24/7.

To speak to an advocate at the National Domestic Violence Hotline, also 24 hours a day, seven days a week, call 800-799-SAFE (7233) or visit thehotline.org to chat online.

It's important to know that your call is confidential and you can choose to remain anonymous when speaking with an advocate. To know what to expect when calling, read [this article](#).