



GCAPP PARENT TOOLKIT:

Warning Signs of a Violent Dating Partner

WHAT PARENTS CAN DO

- Talk early and often about healthy relationships and self-respect. Help your teen create a "Dating Bill of Rights."
- Learn the warning signs of an abusive relationship and look beyond myths to understand the facts.
- Encourage open dialogue. If your teens want to talk, listen without judgment.
- Take their concerns seriously. If abuse is suspected, work with the school, adjust schedules, or arrange safe transportation.
- Seek help if needed from advocacy groups, counselors, or law enforcement.

RESOURCES:

- <https://www.thehotline.org/stakeholders/domestic-violence-statistics/Teen-Safety-Plan.pdf>

VIDEO RESOURCE:

- <https://youtu.be/cWrtQEKaOSk?si=JZ3aqMh16loTkMpJ>
- <https://youtu.be/0Urz4HZFljs?si=ViFe6ySIoojHK7Li>

WEBSITES:

- <https://padv.org/>
- <https://www.loveisrespect.org/>

REFERENCE:

- <https://padv.org/dating-violence/>
- <https://publichealth.gmu.edu/news/2022-02/10-warning-signs-teen-dating-violence>
- <https://www.loveisrespect.org/dating-basics-for-healthy-relationships/warning-signs-of-abuse/>
- <https://www.sdsheriff.gov/resources/domestic-violence/signs-of-an-abuser>
- <https://womenshealth.gov/relationships-and-safety/other-types/dating-violence-and-abuse>
- <https://padv.org/dating-violence/>

What is Dating Violence?

Dating violence occurs when someone you are seeing romantically harms you physically, sexually, emotionally, or through controlling behaviors. It can happen at any stage of a relationship from a first date to a long-term partnership and it is never the victim's fault.

While many parents underestimate its prevalence, dating violence among teens is alarmingly common. According to the National Domestic Violence Hotline, more than 80% of parents don't believe dating violence is a problem yet 1 in 3 teens will experience some form of dating abuse.

Warning Signs of an Abusive Partner

- Is jealous, possessive, or controlling
- Constantly calls, texts, or checks up on them
- Demands to know where they are or who they are with
- Checks their phone, email, or social media without permission
- Isolate them from friends and family
- Use guilt, shame, or blame to get their way
- Puts them down, calling them names, or belittling their opinions
- Has sudden mood swings, explosive temper, or violent outbursts (breaking objects, abusing animals, or threatening violence)
- Downplays aggression, excuses abusive behavior, or claims domestic violence is a "myth"
- Pressures or forces sex
- Show hostility toward authority or frequently disregards others' rights

Signs Your Teen May Be Experiencing Abuse

- Unexplained bruises, scratches, or other injuries
- Changes in clothing, makeup, or appearance
- Declining grades, skipping school, or dropping activities
- Avoiding friends or becoming isolated
- Difficulty making decisions or always deferring to their partner
- Anxiety, depression, secretive behavior, or emotional outbursts
- Changes in eating or sleeping habits
- Using drugs or alcohol
- Constantly worrying about or defending their partner

