

Supporting your Teen

33%

of teens who were in an abusive relationship never told anyone about the abuse.

Communication Tips

If you feel like your teen may be in an abusive relationship, here are some ways you may be able to help:


- Understand that abuse is complex and affects people differently.
- Focus on your teen, not their partner.
- Don't wait for your teen to come to you.
- Privacy and confidentiality are key.
- Start the conversation by expressing your concerns, and talking about certain behaviors or red flags you've seen.
- Talk about boundaries and consent in every relationship, not just in romantic ones.
- Listen and believe your teen, and be mindful to not minimize their relationship due to age, inexperience, or the length of their relationship.
- Withhold negative remarks about their partner and don't confront the abuser.
- Acknowledge their feelings and respect decisions, even if you do not approve or agree with them.
- Stay calm.
- Refrain from making demands, giving ultimatums, or offering advice.
- Provide resources and information.
- Don't blame your teen for what is happening. Remind your teen that they deserve a healthy, violence-free relationship and that they didn't cause this, abuse is **NEVER** appropriate and **NEVER** their fault.
- Don't try to fix this by yourself.

Resources

Love is Respect

www.loveisrespect.org

 [loveisrespectofficial](https://www.instagram.com/loveisrespectofficial)

 1-866-331-9474 - 24/7

Text LOVEIS to 22522

OneLove

www.joinonelove.org

 [joinlove](https://www.instagram.com/joinlove)

The Trevor Project

(LGBTQ+ Support)

Text 678-678

 [BreaktheCycleDV](https://www.instagram.com/BreaktheCycleDV)

National Suicide

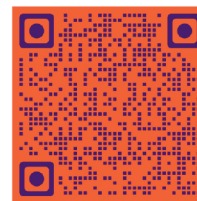
Prevention Lifeline

800-273-TALK (8255)

WE ARE HERE TO HELP

Resources and Center
Directory found at

www.FLDVTraining.org



Certified Domestic Violence Centers provide confidential services at no cost. Contact your local DV Center for the full-service offering. Services include: Safety planning · Legal Advocacy · Case Management · Emergency Shelter · Crisis Counseling · 24/7/365 Confidential Hotline · Victim Compensation assistance · Address Confidentiality assistance.

Stats: dayoney.org/statistics



Recognizing Teen Dating Violence

Recognizing the signs from your teenager will significantly improve the outcomes from teen dating violence.

WE ARE HERE TO HELP



Outreach Offices: (352) 377-5690

24-Hour Helpling: (352) 377-8255

Text: (352) 727-0948

Florida Domestic Violence Hotline

Call or Chat 1-800-500-1119

TDD: 800-621-4202

Florida Relay 711

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

If you, your friends, or family members are in immediate danger call 911, or their local law enforcement agency.

Abuse is not only physical.
Abuse is about
power and control.

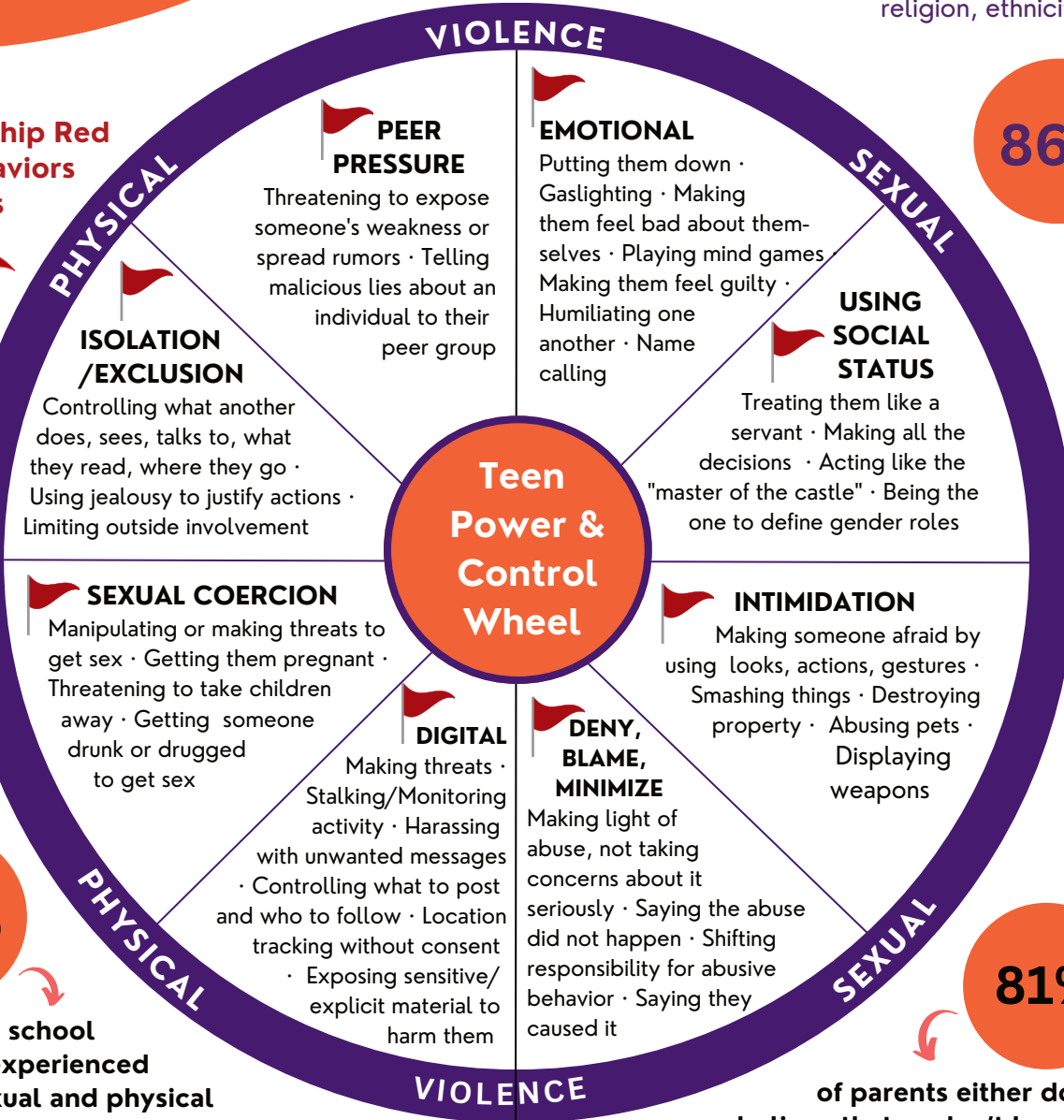
What Is Teen Dating Abuse?

Teen dating abuse is... A pattern of violent behavior that one person uses to gain power and control of their current or ex-dating partner. Anyone can be in an abusive relationship regardless of their sexual preference, gender, race, religion, ethnicity, or class.

Relationship Red Flag Behaviors Examples



Adapted from the Domestic Abuse Intervention Project, Duluth, MN



86%

of US teens that were in a violent relationship were more likely to confide in a friend rather than an adult.

You Should Know...

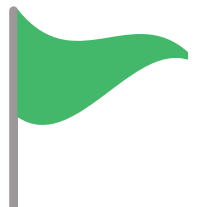
You can play an important role in helping your teen recognize abuse and get the help they need. Not sure if your teen is in trouble? If you know the signs to look for, you might be able to recognize an abusive relationship before it becomes dangerous. Don't try to control the situation. As an adult, your instinct may be to jump in and protect your teen. Use resources and speak to your teen.

Abusive relationship signs. Your teen.....

- Is depressed or anxious
- Has stopped seeing friends and family
- Has a change in appearance and personality
- Has lost interest in activities
- Constantly worries about making their partner angry
- Has unexplained marks or injuries, or gives nonsensical explanations

Healthy Relationship Behaviors are based on:

- Equality & Respect
- Independence & Autonomy
- Trust & Support
- Honesty & Accountability
- Shared responsibility
- Healthy communication
- Negotiation & Fairness
- Non-threatening Behavior



80%

of US high school students experienced dating sexual and physical abuse have attempted suicide & 9 of 10 have seriously contemplated suicide.

81%

of parents either don't believe that or don't know if teen dating violence (TDV) is an issue.

Florida Domestic Violence Hotline
Call or Chat 1-800-500-1119
1-800-621-4202 (TDD)
Florida Relay 711

Sponsored by Women in Distress, Inc. and the State of Florida Department of Children and Families.

FLDVC
Women in Distress of Broward County
CASA of Pinellas County
The Spring of Tampa Bay
FLORIDA DOMESTIC VIOLENCE COLLABORATIVE

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1-800-799-SAFE (7233)
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