Supporting your Teen



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
 - . | 1-866-331-9474 - 24/7

Text LOVEIS to 22522

OneLove

www.joinonelove.org



joinllove

The Trevor Project

(LGBTQ+ Support) Text 678-678

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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 \cdot Legal Advocacy \cdot Case Management \cdot Emergency Shelter \cdot Crisis Counseling \cdot 24/7/365 Confidential Hotline \cdot Victim Compensation assistance \cdot Address Confidentiality assistance.

Stats: dayoneny.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.

VIOLENCE

Relationship Red Flag Behaviors Examples

Adapted from the Domestic Abuse In

e Intervention Project, Duluth, AN

80%

PEER PRESSURE

Threatening to expose someone's weakness or spread rumors · Telling malicious lies about an individual to their peer group

Putting them down ·
Gaslighting · Making
them feel bad about themselves · Playing mind games
Making them feel guilty ·
Humiliating one
another · Name
calling
Treating

EMOTIONAL

86%

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

ISOLATION /EXCLUSION

Controlling what another does, sees, talks to, what they read, where they go · Using jealousy to justify actions · Limiting outside involvement

Teen
Power &
Control
Wheel

USING SOCIAL STATUS

Treating them like a servant · Making all the decisions · Acting like the "master of the castle" · Being the one to define gender roles

SEXUAL COERCION

Manipulating or making threats to get sex · Getting them pregnant · Threatening to take children away · Getting someone drunk or drugged to get sex

Making threats ·
Stalking/Monitoring
activity · Harassing
with unwanted messages
· Controlling what to post
and who to follow · Location
tracking without consent

cking without consent

Exposing sensitive/
explicit material to
harm them

INTIMIDATION

Making someone afraid by using looks, actions, gestures · Smashing things · Destroying property · Abusing pets · Displaying

weapons

MINIMIZE

Making light of abuse, not taking concerns about it seriously · Saying

DENY.

BLAME,

seriously · Saying the abuse did not happen · Shifting responsibility for abusive behavior · Saying they caused it

81%

VIOLENCE

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

of US high school students experienced dating sexual and physical abuse have attempted suicide

& 9 of 10 have seriously contemplated suicide.

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

Women in Distress of Broward County
CASA of Pinellas County
The Spring of Tampa Bay
ELORIDA DOMESTIC VICENICE COLL ARCIDATIVE

National Domestic Violence Hotline 1-800-799-SAFE (7233) 1-800-787-3224 (TTY) 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

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