



Preventing Teen Dating Violence & Promoting Healthy Relationships

HOW DOES DATING VIOLENCE AFFECT HEALTH AND SCHOOL SUCCESS?

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to be depressed and do poorly in school. They may engage in unhealthy behaviors, like using drugs, alcohol, and are more likely to have eating disorders. In Connecticut, students that were in a verbally abusive relationship were **three** times more likely to attempt suicide (2013 CSHS). Teens who are victims in high school are at higher risk for victimization during college.

Source: Centers for Disease Control and Prevention
www.cdc.gov/violenceprevention
 Connecticut Department of Public Health
www.ct.gov/dph/cshs

THE FACTS:

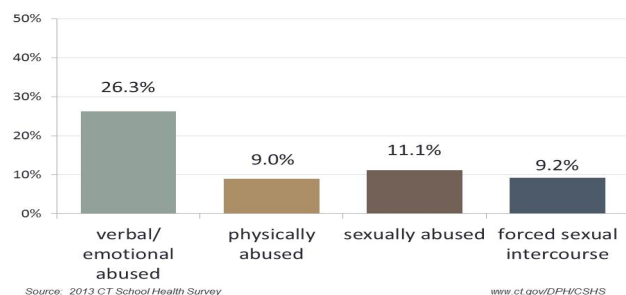
- One in four teens will experience dating abuse during this coming year. (CSHS, 2013)
- Teens that were in a verbally abusive relationship were **three times** more likely to attempt suicide (CSHS, 2013)
- Students that say they have been verbally, emotionally, physically or sexually abused by their partner were more likely to report:

- missing school because felt unsafe
- being threatened at school
- alcohol or drug use or abuse
- burning or cutting him-/herself
- two-week period of being sad in the past year
- seriously considering suicide
- victim of electronic bullying
- sexually risky behavior
- inadequate sleep
- no post-high school plans
- unsupportive parents or family (CSHS 2013)

TEEN DATING VIOLENCE IN CONNECTICUT

Results from the 2013 Connecticut School Health Survey (CSHS) indicate that about **26 percent** of Connecticut high school students have been in a verbally or emotionally abusive dating relationship in the past year, **9 percent** in a physically abusive dating relationship in the past year, **11 percent** in a sexually abusive relationship in the past year and **9 percent** were forced into sexual intercourse. While girls were more likely to be in a verbally, emotionally or sexually abusive relationship, boys were just as likely to be in one that was physically abusive.

Teen Dating Violence in Connecticut, 2013



Replace with 2013 file provided (.jpg)

Source: 2013 CT School Health Survey

www.ct.gov/DPH/CSHS

Source: Connecticut Department of Public Health
www.ct.gov/dph/cshs

WHO IS AT RISK FOR DATING VIOLENCE

Studies show that people who harm their dating partners are more depressed and are more aggressive than peers. Other factors that increase risk for harming a dating partner include:

- Trauma symptoms
- Alcohol use
- Having a friend involved in dating violence
- Having problem behaviors in other areas
- Belief that dating violence is acceptable
- Exposure to harsh parenting
- Exposure to inconsistent discipline
- Lack of parental supervision, monitoring and warmth

PREVENTION TEEN DATING VIOLENCE & PROMOTING HEALTHY RELATIONSHIPS

HOT LINES:

Connecticut Coalition Against Domestic Violence Helpline
1-888-774-2900

Connecticut Information Line
Keyword – Teen Dating Violence
211

Connecticut Sexual Assault Crisis Services Hotline
1-888-999-5545

Connecticut Statewide Domestic Violence Hotline
1-888-774-2900

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

National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline
1-866-331-9474



WHAT IS TEEN DATING VIOLENCE?

Dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual and defined as follows:

- **Physical** – This occurs when a partner is pinched, hit, shoved, or kicked.
- **Emotional** – This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- **Sexual** – This is forcing a partner to engage in a sex act when he or she does not or cannot consent.
- **Stalking** – This refers to a pattern of harassing or threatening tactics used by a perpetrator that is both unwanted and causes fear in the victim.

Dating violence can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online. Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a “normal” part of a relationship. But these behaviors can lead to more serious violence like physical assault and rape.

Source: Centers for Disease Control and Prevention www.cdc.gov/violenceprevention

WHAT IS HAPPENING TO PREVENT TEEN DATING VIOLENCE AND PROMOTE HEALTHY RELATIONSHIPS?

- School-based **professional development** is now required for all teachers, administrators and pupil personnel on teen dating violence and domestic violence programs.
- **Coordinated School Health Initiative** is an effective system designed to improve health and academic achievement.
- **Guidelines for the Sexual Health Education Component of Comprehensive Health Education** have been issued by the Connecticut State Department of Education.
- Bullying policies have been strengthened through state legislation to promote **Safe and Healthy School Climates** in all schools.
- The Connecticut Department of Public Health leads a **Sexual Violence Prevention Planning Committee** and developed a state strategic plan. One area of focus is school prevention and intervention.
- These resources and many others can be found on a new **Teen Dating Violence Webpage** that has been launched by the Connecticut State Department of Education.

LEARN MORE – VISIT THE TEEN DATING VIOLENCE WEBPAGE!

For more information and valuable resources about preventing Teen Dating Violence and promoting Healthy Relationships visit:

www.ct.gov/sde/teendatingviolence