Teen Dating Violence

Signs

- Excessive jealousy or insecurity.
- Invasions of your privacy.
- Unexpected bouts of anger or rage.
- Unusual moodiness.
- Pressuring a partner into unwanted sexual activity.
- Blaming you for problems in the relationship and not taking any responsibility for the same.
- Controlling tendencies.
- Explosive temper.
- Preventing you from going out with or talking to other people.
- Constantly monitoring your whereabouts and checking in to see what you are doing and who you are with.
- False misleading you of things.
- Vandalizing or ruining your personal property.
- Taunting or bullying.
- Threatening or causing physical violence.
- Abuse behaviors such as online shaming, intimate acts coerced through cyberbullying, and constant requests for images or sharing of images without consent.

Statistics

- In 2 women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.
- The rates of violent crime against women aged 15 to 24 are 42% higher than for women aged 25 to 34, and nearly double the rates of women aged 35 to 44.
- Partner violence and homicide are highest for women aged 15 to 24.
- According to police statistics, rates of dating violence experienced by females aged 15-19 was 10 times higher than males of the same age.
- Only one in eleven incidents of teen dating violence are reported to adults or authorities.
- Young female survivors are 1.5 times more likely to experience intimate partner violence abuse as adults.

Rights in a Relationship

- Express your opinions and have them respected.
- Make decisions about yourself and have equal decision-making power.
- Say “no” to physical closeness or any other activity that makes you uncomfortable, at any time, even if you originally said “yes” but now have changed your mind.
- Refuse a date at any time.
- Choose your own friends, and keep your friendships.
- Control your own money and possessions.
- Participate in activities that do not include your boyfriend or girlfriend.
- Have your needs be as important as the other person's needs.
- Grow as an individual in your own way.
- Not have to take responsibility for someone else’s behaviour.
- Not be physically or sexually assaulted, or emotionally abused.
- Break up and fall out of love with someone and not be threatened or hurt.

What to do when you get angry?

- If things are getting heated, take a time-out—Use this time to talk yourself down from hostile thoughts, feelings and urges, and come up with creative, healthy solutions.
- If you have trouble keeping your anger in check, or if you think you might be abusive, get help. You can change your behaviour!
- Understand your limits, and those of the other person, and respect them.
- Figure out what is really bothering you and talk about it.
- Negotiate, look for healthy compromises, try to be fair and generous.
- Act as you want to be treated when someone is unhappy with you.
- Take 100% responsibility for your own thoughts, feelings and actions—You might be angry, but the other person didn’t MAKE you mad.

Resources

- Available only certain hours
- Available 24 hours everyday

Cupid’s Sting is a non-profit that teaches women life-saving skills to protect themselves inside and outside the home. If you need assistance, please email info@cupidssting.org. Visit our website www.cupidssting.org

References