

Teen Dating Violence

Signs⁵

- 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.
- Falsely accusing 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

- 1 in 2 women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.²
- The rates of violent crime against women aged 15 to 24 are 42% higher than rates for women aged 25 to 34, and nearly double the rates of women aged 35 to 44.²
- Partner violence and homicide are highest for women aged 15 to 24.²
- According to police statistics, rates of dating violence experienced by females aged 15–19 was 10 times higher than males of the same age.⁴
- Only one in eleven incidents of teen dating violence are reported to adults or authorities.⁵
- Young female survivors are 1.5 times more likely to experience intimate partner violence abuse as adults.⁵

Rights in a Relationship¹

- 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.

Resources

Available only certain hours

Available 24 hours everyday

Assaulted Women's Hotline

assistance in English and up to 154 other languages

Phone: 1-866-863-0511

TTY: 1-866-863-7868

awhl.org

Femaide for Francophone Services

Phone: 1-877-FEMAIDE (336-2433)

TTY: 1-866-860-7082

Femaide.ca

Good2Talk line for post-secondary students

Phone: 1-866-925-5454

good2talk.ca

Kids Help phone

1-800-668-6868

kidshelpphone.ca

LGBT Youth Line

(Sunday to Friday 4pm - 9:30pm EST)

Phone: 1-800-268-9688

Text: 647-694-4275

youthline.ca

Nisa Helpline

(Monday to Friday from 10am - 10pm EST)

Nisa Helpline is a peer-to-peer counselling helpline available to Muslim women of all ages

Phone: 1-888-315-NISA (6472)

Nisahelpline.com

Shelter Safe (24/7)

Online map that will let you know where the closest shelter is in your community

sheltersafe.ca

Support Service for Male Survivors of Sexual Assault

Phone: 1-888-887-0015

Talk4Healing

Services offered in Ojibway, Oji-Cree and Cree

Phone: 1-855-554-HEAL (4325)

Talk4healing.com

Trans Lifeline

(every day from 10am - 4am EST)

Hotline staffed by transgender people for transgender people.

Phone: 1-877-330-6366

translifeline.org

What to do when you get angry?¹

- 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.



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

- 1 Canadian Red Cross. (2021). Healthy Relationship Tips. <https://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/youth/healthy-relationship-tips>
- 2 Canadian Women's Society. (2016). FactSheet: Moving Women Out of Violence. https://www.canadianwomen.org/wp-content/uploads/2017/09/FactSheet-VAWandDV_Feb_2018Update.pdf
- 3 Neighbours, friends and families. (2020). Dating violence among youth: Changing the Narrative. <http://www.neighboursfriendsandfamilies.ca/sites/neighboursfriendsandfamilies.ca/files/Dating%20Violence%20Among%20Youth.pdf>
- 4 University of the Fraser Valley. (n.d). Teen Dating Violence. <http://cjr.ufv.ca/wp-content/uploads/2015/03/Teen-Dating-Violence.pdf>
- 5 Teen Dating Violence. (2020). Signs of Teen Dating Violence. <https://www.teendvmonth.org/resources/signs-teen-dating-violence/>