

Teen dating abuse is preventable and **adults** are critical participants in the solution. We can prevent teen dating abuse by **taking a stand with young people** to establish respectful relationships as the expected norm in our families, organizations and communities.



How can adults help?

Adults can use their credibility and influence to support young people in developing healthy relationship expectations and behaviors.

The key is to **talk with youth about teen relationships. This does not mean telling them what to do** because this rarely works. The most effective strategy will lie in finding the balance between representing your opinions and values and respecting their emerging experience and perspective.

Respectful relationships don't have to be a mystery for teens

We spend most of our time in relationships with other people, but we don't spend much time talking with young people about how relationships work. Young people draw conclusions about relationships from watching the ones around them - real ones among friends and family - as well as the ones they see in the media. Adults can work with teens to make our relationship expectations clear.

- **Talk** with young people about their worth and what a healthy relationship should be.
- **Listen** to youth. Respect their experience and hear their perspective on their relationships.
- **Model** respectful behaviors in your relationships.
- **Engage** with youth. Empower teens to partner with adults on prevention work.
- **Adopt** organizational policies and practices that promote respectful behavior, and that ensure consequences for abusive behavior.

For more information, talking points, activities, policy information and models, best practice curricula information, helpful links, and resources visit:

Stand4Respect.org

We ALL have opportunities to prevent teen dating abuse. Here's a quick list of things that adults can do to support young people in creating healthy, respectful relationships.

Parents: Have the relationship you want your children to emulate.

Youth Workers: Be aware of media and pop culture influences on teens and discuss their impact.

Coaches: Take a stand against sexist and homophobic language on and off of the field.

Youth Mentors: Provide education about teen dating abuse and healthy relationships as a regular part of mentor training.

Faith Leaders: Include healthy relationship education in the congregation's programs, youth groups, adult study groups and marriage readiness classes.

Grandparents: Support the development of healthy esteem among youth by affirming their value.

Teachers: Display healthy relationship messages in your classroom.

Administrators: Adopt organizational policies that support respectful relationships and that articulate consequences for abusive behaviors.

THE PROBLEM

Dating abuse and sexual harassment are prevalent among teens in Indiana.

- 11% of Indiana high school students reported experiencing physical abuse from a boyfriend or girlfriend in the past year. (CDC, 2011)
- 10% of Indiana high school students reported an experience of forced sexual intercourse in their lifetime. (CDC, 2011)
- 48% of high school students nationally reported experience of sexual harassment at school. (AAUW, 2011)



Most teens won't tell an adult about their experience of abuse.

- In a national study only 32% of teens said that they would tell any adult about their experience of teen dating abuse (TRU, 2009)

Traditional teen dating abuse prevention strategy has involved adults warning teens about risks and red flags. This approach hasn't reduced rates of abuse among teens.

Rather than warnings, adults can work to eliminate those risks by standing up for respectful relationships.

This publication was created with support from the Centers for Disease Control and Prevention, Cooperative Agreement #5US4CE002284-04. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



Because thousands of teens in Indiana are experiencing dating abuse.



Because dating abuse hurts teens physically, emotionally, socially and academically.



Because relationship behaviors established during adolescence are often carried into adulthood.

Stand4Respect.org



Because teen dating abuse is preventable.



Because adults and teens can work together to take a stand for respectful relationships!



Indiana Coalition
Against
Domestic Violence

Prevention • Awareness • Advocacy
Until the Violence Ends.

Stand4Respect is a project of the Indiana Coalition Against Domestic Violence. For information about ICADV visit www.icadvinc.org

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TEEN DATING ABUSE IS PREVENTABLE.



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Adults and teens together taking a stand for healthy, respectful relationships