

You are not alone

In a survey conducted by the National Institute of Justice in 2013, two thirds of U.S. teens reported experience of relationship abuse. Most of us will deal with this at some point in our lives

Safety planning

Breaking up in an abusive relationship can be dangerous. It's good to make a plan for your physical and emotional safety while leaving the relationship. Discuss safety planning with your local domestic violence program or get information online.

Help a Friend

- Listen and be supportive. Let your friend know that you care and you're there for them.
- Resist the impulse to try to take over. Allow your friend to make their own decisions.
- Work overtime to not judge their decisions. They have valid reasons for making them.
- Provide your friend with resources and information.
- Know the limits of what you can provide. Encourage your friend to seek help from an adult or professional if the situation feels too big for you to handle.



Resources

Indiana Coalition Against Domestic Violence
toll free 24-hour hotline 800.332.7385

Connect2Help (in most areas of Indiana)
211

For teens:

Loveisrespect.org

iamcourageous.org

icadvinc.org/prevention/for-teens

Breakthecycle.org

Thatsnotcool.com

PlannedParenthood.org/info-for-teens

sexetc.org

For adults:

Stand4Respect.org

Breakthecycle.org

Teen Dating

Am I in a respectful relationship?

This brochure was approved by the ICADV Youth Council.

Indiana Coalition Against Domestic Violence

Since 1980, the Indiana Coalition Against Domestic Violence has worked to ensure that people who help survivors have the information and resources they need. To prevent future violence, ICADV advocates for change through public policy, informational campaigns to increase awareness and educating young people on the cyclical nature of violence so we can all say "No More" in Indiana.



INDIANA SAYS
NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

1915 W. 18th St., Suite B
Indianapolis, IN 46202
Phone 317.917.3685 / 800.538.3393
VideoPhone 317.644.6206
Fax 317.917.3695
Email icadv@icadvinc.org
Website icadvinc.org

This project was supported by Grant No. 5390 awarded by the Office for Victims of Crime, U.S. Department of Justice. The opinions, findings, conclusion, and recommendations expressed in this publication are those of the author and do not necessarily reflect the views of the Department of Justice, Office for Victims of Crime.

Teen Dating Relationships



Relationship Rights

- To start and end a relationship.
- To be heard and taken seriously.
- To freely express what you think.
- To make decisions about your body, property, schedule, opinion and privacy.
- To feel safe and cared for in a relationship.
- To live free from all forms of abuse including emotional, physical, sexual and tech abuse.
- The right to make informed decisions regarding sexual activity.

Relationship Responsibilities

- Listen to your partner.
- Be fair and honest.
- Ask for consent before any sexual behavior.
- Provide support.
- Communicate openly.
- Think about your own well-being.
- Be accountable for your own behavior.
- Respect your partner's independence, space, and choices.

Preventing dating abuse begins when we all agree that fair treatment in a relationship is a basic right.

Here is some advice from teens about how respectful relationships work.

Flirt with respect.

- It's fun, exciting, and mutual.
- There's laughter.
- The flirting is consensual.
- Don't act rude to try to look cool.

Make out with respect.

- Both people agree to the romantic behaviors involved.
- Ask permission before and during, especially if things are heating up.
- Discuss which romantic behaviors are private - don't kiss and tell.

Argue with respect.

- Listen to each other.
- Care about each other's opinions and feelings.
- Work through it together.
- Neither person is physically or emotionally threatening.

Break up with respect.

- It is handled by the people in the relationship, not through friends or social media.
- It is honest and firm, but also compassionate.
- There is no assigning blame or picking a fight.
- Breakups are lousy. It's helpful to process with friends and family.



What does a respectful relationship look like?

Respectful relationships are based on affection, friendship, trust, good communication and equality for everyone in the relationship (regardless of the gender or number of people involved). They allow both partners to feel supported and connected, but also independent.



Though you may share many things, you and your partner both deserve to have your own thoughts, opinions, interests and friends.

What is teen dating abuse?

It is a pattern of actual or threatened behavior that one partner uses to control a current or former dating partner. Abuse takes many forms.

- Physical - hitting, destroying objects.
- Emotional - name calling, jealousy.
- Psychological - threatening to hurt you, stalking.
- Sexual - pushing you to do sexual things you don't want to do.
- Financial - using money as a source of manipulation or control (such as making your partner buy you things or buying them gifts to guilt them into doing stuff).