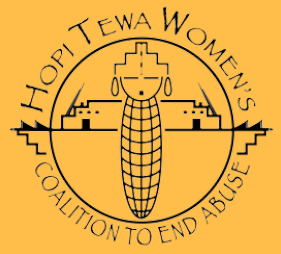


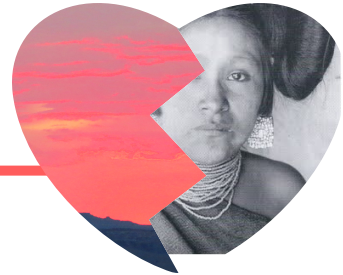
TEEN DATING VIOLENCE



What is teen dating violence?

Teen dating violence - also called intimate relationship violence or intimate partner violence among adolescents or adolescent relationship abuse - includes physical, psychological or sexual abuse; harassment; or stalking of any person ages 12 to 18 in the context of a past or present romantic or consensual relationship.

-- National Institute of Justice.



TYPES OF ABUSE

Physical Abuse: purposeful act of causing injury or trauma to another person by way of bodily contact.

Emotional/ Psychological Abuse: Any act including confinement, isolation, verbal assault, humiliation, intimidation, or any other treatment which may diminish the sense of identity, dignity, and self-worth.

Verbal Abuse: Insults, yelling and screaming at partner, put-downs, verbal threats, shaming, name calling

Sexual Abuse- Sexual contact with someone who cannot give a clear and informed yes or no, OR Forcing someone to do something sexual that they do not want to do.

Digital Abuse - the use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. This type of abuse is emotional and/or verbal and perpetrated online. Examples include cyberstalking, cyber-harassment, and cyberbullying

Act of Physical Abuse:

- Strangulation/Choking
- Hitting, Slapping, Pinching,
- Shoving, Pushing, Kicking
- Hair Pulling
- Weapons to harm
- Grabbing

Acts of Emotional & Psychological Abuse:

- Threats
- Constant monitoring or "checking in", excessive texting,
- Humiliation of partner
- Isolation from friends and family
- Stalking

Acts of Sexual Abuse:

- Unwanted kissing or touching
- Sexual assault
- Making threats if they don't have sex or don't perform a sexual act
- Threatening to spread rumors, if they don't have sex. and/ or rape
- Forced sex while intoxicated
- Person unable to say yes or no because they are "passed out" from drugs and/or alcohol

WHY DO PEOPLE ABUSE?

People abuse their partners because they feel they have a right to have power and control over the other person. The abuser may think they know best, or they should be "in charge" of the relationship. the excuses may vary.

ABUSE IS A LEARNED BEHAVIOR. Some people may learn it growing up, or they may misinterpret or learn messages from music, TV, the web, or other forms of media. But, no matter where it was learned. Abuse is NEVER okay.

Many people have also lived in environments where they experienced or witnessed abuse, but they decide not to use negative methods to hurt or control people. **Abuse is a choice.**

HEALTHY RELATIONSHIPS

Many people define healthy relationships differently, but one essential component that is always present, is **RESPECT**.

Healthy Communication:

- What is important to you? School, culture, family? Tell them.
- **RESPECT** - value the other person's opinion, differences, and point of view.
- **Compromise:** be courteous and fair when talking out a problem.
- **Supportive:** encouragement is important, build each other up, not tear each other down. Speak up if you need help

Healthy Boundaries:

- Good way of keeping bonds healthy and secure
- Deeper understandings of what you and partner want, OR what your Native culture instills you to be: a respectful young woman or man.
- Boundaries are not meant to trap or feel like you are "walking on eggshells"
- Creating boundaries are not a sign of distrust but rather giving an opportunity to build trust and respect.
- Boundaries will encourage giving opportunities for partners to hang out with friends without you, privacy of phone passwords, participate in hobbies or activities, etc.
- Boundaries will give chances to acknowledge that partners are simply individuals.

Respecting Native Differences and Values in Partner:

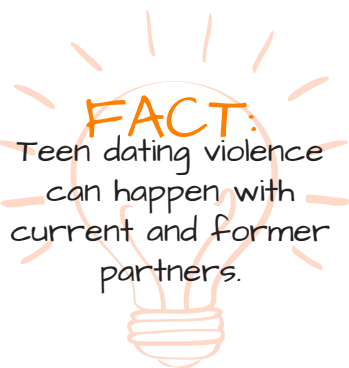
- All Native tribes are different, and therefore each have their own values and teachings, but communicating what they are is essential.
- Family is usually the center of Native people, therefore understanding familial obligations and respect is important.
- Extended and clan relationships are important.
- Supporting a partner through ceremonies or events is crucial to their beliefs and identity. Even if that means: no touching or even less affection, that doesn't mean they don't care. It means that you have an opportunity to support them and give them and their family with your respect.



HOW CAN I HELP MY FRIEND?

Watching a person you care about go through an abusive relationship can be scary and even upsetting, but there are things you can do to help your friend:

- Don't be afraid to reach out to a friend who may need your help. They may reject you, but even letting them know you are there can be helpful.
- Be supportive and listen. Acknowledge their feelings.
- Tell them abuse is NOT normal, and it is not their fault. No one deserves to be hurt. There are no excuses for abuse.
- Connect your friend to **resources*** or people who can help them in your community.
- Continue to be supportive if there is a breakup, that is when support is needed most. Because most likely rumors will start, or peers can be angry. Support from you will help them.
- Do not contact the abuser or make negative public remarks about them on Facebook, Twitter, etc. This could possibly make things worse for your friend.
- If your family or friend is the abuser, it is important to still speak up against the abuse. Choosing to be silent is letting the abuse happen.



RESOURCES*

- **Strong Hearts Native Help Line:**
1-844-762-8483, Monday-Friday, 9am-530pm, CST
- **National Domestic Violence Hotline:**
1-800-799-7233 24/7 hotline
- **National Sexual Assault Hotline:**
1-800-656-HOPE (4673) 24/7 hotline
- **Child Abuse Hotline:**
1-800-4-ACHILD (422-4433) 24/7 hotline
- **LGBT National Youth Hotline:**
1-800-246-7743, 1pm-9pm, Pacific time, help@lgbthotline.com
- **National Suicide Prevention Hotline:**
1-800-273-8255 24/7 hotline
- **Teen Crisis Hotline-Your Life, Your Voice:**
1-800-448-3000, 24/7 hotline
TEXT: text VOICE to 20121, 2pm-1am, CST
- **Crisis Text Line:** TEXT: text HOME to 741741
- **Loveisrespect.org**
- **EMERGENCY: 911**

