

If you need help, please call...

National Dating Abuse Helpline

Call or visit website for hours of operation.

1.866.331.9474

1.866.331.8453 (TTY)

www.loveisrespect.org

Nevada Statewide Hotline

1.800.500.1556

**National Domestic
Violence Hotline**

1.800.799.SAFE or 1.800.799.7233

1.800.787.3224 (TTY)

www.ndvh.org

Hotlines provide crisis intervention,
information, referrals and safety planning.

All hotlines are toll-free, confidential and
anonymous and most operate 24 hours a day
365 days a year.

Se habla Español



This publication was supported by
a grant issued by the Nevada
State Health Division. Its contents
are solely the responsibility of the
authors and do not necessarily
represent the official views of the
Nevada State Health Division.

**The Nevada Network Against
Domestic Violence (NNADV)...**

...is a statewide organization that was
formed in 1980 to work toward the elimi-
nation of domestic and sexual violence
against all persons and the empower-
ment of women and children.

NNADV helps Nevada's communities
respond creatively and effectively to the
needs of domestic violence victims by
providing information to service providers
in the fields of domestic and sexual vio-
lence. In addition, NNADV provides edu-
cation and advocacy to the general pub-
lic and actively educates legislators on
issues of concern to Nevada families.



**Nevada Network Against
Domestic Violence**

220 South Rock Blvd. Suite 7
Reno Nevada 89502

Phone: 775.828.1115 or
800.230.1955 statewide

Fax: 775.828.9911

Website: www.nnadv.org

A program in your area:



**Nevada Network Against
Domestic Violence**

**Teen Dating
Violence:
What Parents
Need to Know**



Of the teens in abusive relationships,
fewer than one in three (32 percent)
confide in their parents about their
abusive relationship.

Source: www.futureswithoutviolence.org

NNADV wishes to acknowledge the information and
research provided by www.futureswithoutviolence.org;
www.knowmoresaymore.org; www.cdc.gov;
www.nnedv.org; www.thesafeplace.org; and
www.loveisrespect.org.

Get the Facts on Teen Dating Violence

How prevalent is violence in teen dating relationships?

Dating violence is a serious problem in the U.S. Many teens do not report it because they are afraid to tell friends and family. Here are some recent statistics:

- Nationwide, nearly one in 10 high school students has been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend.
- One in five tweens (ages 11 to 14) say their friends are victims of dating violence and nearly half who are in relationships know friends who are verbally abused.
- Approximately one in three adolescent girls in the U.S. is a victim of physical, emotional, or verbal abuse from a dating partner—a figure that far exceeds victimization rates for other types of violence affecting youth.
- Teens in same-sex relationships experience violence and abuse at rates similar to teens in heterosexual relationships.



Your son/daughter may be in an unhealthy relationship if they...

- Are accused of behavior they don't actually engage in.
- Call or text their partner incessantly, frequently between midnight and 5 a.m.
- Make excuses for their partner's poor behavior or say it's all my fault.
- Are increasingly secretive and/or isolated since they started dating.
- Have a partner that is very critical of appearance, talents, or abilities.
- Frequently have to explain themselves or often say, "I'm sorry."
- Have bruises they can't explain or appear nervous about explaining.
- Have a partner that becomes jealous if they look at or speak casually with another person or if their partner tells them what to do.



Remember, teens may be unable to identify the abuse, because they...

- Have little or no experience with healthy dating relationships. Go to [Break the Cycle](#) website to learn more about relationships based on mutual trust, honesty and respect.
- Believe being involved with someone is the most important thing in their life.
- Don't think friends and others would believe this is happening or they've lost touch with friends.
- Know the abuser will act nice—*sometimes*.

As a parent, you can help by...

- Discussing with your son/daughter what you are observing and tell them how much you love them and want to help.
- Pointing out how unhappy they seem to be while with this person.
- Not pressuring them to end the relationship. Doing so may actually draw them closer.
- Making it clear to them that you have seen the warning signs and while they have a choice of continuing to date this person, you are here for support.
- Not taking away cell phones or other devices. It discourages them from discussing abuse and they may need it to contact you.
- Supporting their decision if they break up with an abuser. Encourage them to speak with a trained advocate prior to breaking up so they can do so safely.

For additional resources, go to the websites listed in this brochure. Access other resources, such as the [Family Safety Center](#) on Facebook to find out how teens can have a safer social life.

What you can say...

- "You are not to blame; the abuser has a problem. No one deserves to be abused."
- "If you feel afraid, it may be abuse. Let's talk about healthy relationships."
- "If you don't want to talk with me, find someone you trust and talk to them." To speak confidentially with a trained advocate on dating violence, encourage them to call the [National Dating Abuse Helpline](#) or contact a domestic violence program in your community.