

# Healthy Teen Relationships Facts & Stats



## Four Types of Dating Violence

**Physical Violence** — Intentional use of physical force to hurt a partner, such as hitting, kicking, shoving, or slapping.

**Psychological or Emotional Aggression** — Using verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person through threats or coercion, such as shaming, bullying, name-calling, emotional blackmail, gaslighting, manipulation, or possessiveness.

**Sexual Violence** — Forcing, or attempting to force, intimidate or pressure a partner to take part in a sex act, sexual touching or sexting when the partner does not consent, or is unable to consent due to illness, disability or is under the influence of drugs or alcohol.

**Stalking** — A pattern of repeated, unwanted attention or contact by a partner that causes fear or concern for one's safety or the safety of someone close to the victim.

**Cyber Dating Abuse** — A type of emotional dating violence that occurs via technology in the form of digital messages or videos. Cyber dating abuse can be particularly damaging and humiliating because it may occur quickly, publicly, at any time, and may be permanently recorded in cyberspace.

**Cyber Relationship Sabotage** — The use of technology to sabotage, destroy, or end a relationship by ignoring or 'ghosting' someone, ending a relationship via text, putting negative comments or posts on the partner's social media, or texting in abusive ways.

# 20%

Overall, 20% of all adolescents report experiencing physical dating violence.

# 1 in 4 Girls 1 in 8 Boys

One in four teen girls admitted to perpetrating dating violence compared to one in eight teen boys.

## Supervised Activity Dating

Starts about age 11-14

## Group Dating

Starts about age 12-15

## One-to-One Dating

Starts about age 15-16

## What Dating is **Not**:

- Looking for the person you will spend the rest of your life with
- A 'hook up' or 'one night stand'
- A way to show that you are not a loner
- Looking for someone to please your parents or other people in your life

## Fast Facts:

- Early daters who begin dating before their peers may suffer from more academic or behavioral problems than their peers
- Dating violence occurs more in adolescent relationships than in adult relationships
- The highest rates of victimization occur between the ages of 12 and 18

## Signs of Dating Violence Video

[www.youtube.com/watch?v=IjDpQfSPB4A](http://www.youtube.com/watch?v=IjDpQfSPB4A)

## What is Consent Video

[www.youtube.com/watch?v=kJOKRYbgDh8](http://www.youtube.com/watch?v=kJOKRYbgDh8)