

IS YOUR TEEN IN AN UNSAFE RELATIONSHIP?

Teen dating may seem like a normal, harmless part of growing up. Sadly, it isn't always that way. Relationships between teens can be incredibly intense, and it's easy for young people to wind up in unhealthy or even violent situations.

Dating creates the basis for all future relationships, including marriage. That's why it's so important for teens to recognize the difference between healthy and unhealthy relationships.

SIGNS OF AN UNHEALTHY RELATIONSHIP:

- The boyfriend/girlfriend is extremely jealous or possessive.
- You notice unexplained marks or bruises.
- The boyfriend/girlfriend emails or texts excessively.
- Your son/daughter has become depressed or anxious or has developed mood swings.
- He/she stops participating in extracurricular activities or other interests.
- He/she stops spending time with other friends and family.
- Your son/daughter begins to dress differently.
- He/she apologizes/makes excuses for the boyfriend/girlfriend's behavior.



Duke Energy supports Teen Dating Violence awareness



HOW PARENTS CAN HELP

THE MOST IMPORTANT THINGS PARENTS CAN DO ARE:

- Keep the lines of communication open.
- Listen without becoming defensive, arguing, or making demands.
- Reach out to resources in the community when necessary.

WAYS TO START CONVERSATIONS

- Is being in a relationship important to you? Your friends? Why?
- What makes a relationship healthy and happy? What signs indicate a relationship is no longer healthy?
- What you would do if you witnessed or experienced abuse?
- What are the unspoken rules about texting? How do you feel when someone texts you a lot or doesn't text you back?
- How would you know if someone was being abused? How would you help them if you knew they were in an abusive situation?

WAYS TO HELP WHEN YOU SUSPECT ABUSE

- Believe them and take them seriously. Try not to minimize their relationship because of their age or inexperience. By showing support and being non-judgmental, you encourage them to trust you with more information.
- Let them know that you're concerned for their safety and are on their side. Be supportive and understanding. Let them know that it's not their fault and no one deserves to be abused.
- Help them develop a safety plan, especially if they're trying to end the relationship (one of the most dangerous times).
- Document instances of abuse you may see or that they tell you about.
- Contact your local prosecutor's office to get a protective order if necessary.

SPEAK UP
DON'T COVER IT UP!
TALK ABOUT TEEN DATING VIOLENCE

Get free help and advice from:

Sheltering Wings 317.745.1496

Indiana Coalition Against Domestic
Violence Hotline 800.332.7385

National Teen Dating Violence
Hotline 866.331.9474

Text "parentinfo" to 22522 for
parent resources and updates on teen
dating violence

Text "inveis" to 22522 to chat with
someone who can help