



## MC&FP FACT SHEET

### Data

- ✓ *Nearly 10 percent of high school students report having been physically abused by a boyfriend or girlfriend within the previous year.*
- ✓ *Teen dating violence can lead to poor school performance, binge drinking, suicide attempts and violence in future relationships.*

### Additional information

**The National Domestic Violence Hotline**

[www.thehotline.org](http://www.thehotline.org)

**Military OneSource Abuse Page**

[www.militaryonesource.mil/abuse](http://www.militaryonesource.mil/abuse)

**Start Strong**

<http://startstrong.futureswithoutviolence.org>

**Love is Respect**

[www.loveisrespect.org](http://www.loveisrespect.org)

**Dating Matters**

[www.cdc.gov/violenceprevention/datingmatters](http://www.cdc.gov/violenceprevention/datingmatters)

## Teen Dating Violence

### Background

For teenagers, dating relationships can be both exciting and confusing. What may start out as teasing or harassing behavior in a relationship can set the stage for physical violence. Teens may have difficulty recognizing when a relationship turns abusive. They may think abuse is a normal part of a relationship and may be ill-equipped to handle the confusing emotions. Like their civilian counterparts, military teens are at risk for dating abuse, which includes physical, sexual or emotional abuse in a dating relationship or with a former dating partner. Helping teens learn to develop healthy relationship skills can go a long way to preventing teen dating violence.

### Highlights

Parents play a key role in preventing teenage dating abuse when they keep the lines of communication open with their teenagers. Parents can help by:

- Modeling healthy relationships at home and showing teens that communicating in a positive way builds trust and respect
- Talking with teens about the importance of being respected – and being respectful – in a relationship
- Teaching teenagers to use social networking sites and other forms of digital media responsibly
- Guiding teens to help if they feel threatened, including the Family Advocacy Program on any military installation

