



Don't just pretend that you love others. Really love them. Hate what is wrong. Stand on the side of the good. Love each other with genuine affection and take delight in honoring each other. Romans 12:9, 10

February Teen Dating Violence Awareness Month

Protect their hearts! Knowing or even suspecting that your child is in an unhealthy relationship can be both frustrating and frightening. But as a parent, you're critical in helping your child develop healthy relationships and you can provide life-saving support if they are in an abusive relationship.

Dating violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in the relationship. The abuser intentionally behaves in ways that cause fear, degradation and humiliation to control the other person. Forms of abuse can be physical, sexual, emotional, psychological and digital (use of technologies such as texting and social networking to bully, harass, stalk or intimidate).

Did you know?

- 1 in 3 adolescents experience dating abuse.
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse.
- Dating abuse affects around 1.5 million teens annually.

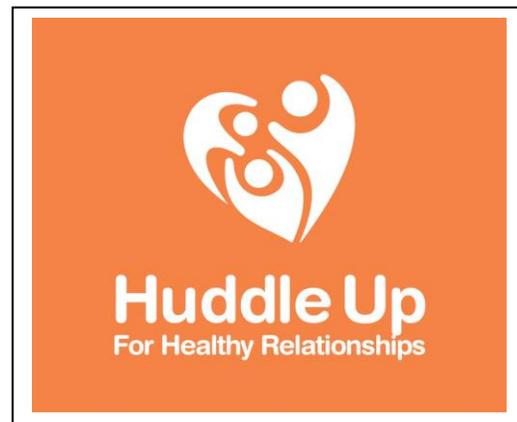
Warning signs of a relationship going in the wrong direction:

- Constantly putting someone down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating someone from their family or friends, dictating who they can see or hang out with
- Mood swings (nice one minute and angry the next)
- Checking someone's cell phone, social media or email without permission
- Physically hurting someone in any way
- Possessiveness
- Telling someone what to do or what to wear

Resources:

The National Dating Abuse Helpline is available 24/7, and can also be accessed by concerned friends and family members from anywhere in the country: 1-866-331-9474 or text "loveis" to 22522, or log onto the interactive website, www.loveisrespect.org and receive immediate confidential assistance.

www.Breakthecycle.org, <https://www.michigan.gov/datingviolence>



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