Teen Dating Violence: An Overview for Educators

“Legislation (P.L. 2011, Chapter 64) (N.J.S.A. 18A:35-4.23a, 18A:37-33 et.al) enacted on May 4, 2011 requires each school district/charter school to approve a policy to prevent, respond, and educate their students, as well as their school community on incidents of dating violence. A safe and civil school environment is necessary for students to learn and achieve high academic standards. A student who is a victim of dating violence suffers academically and the student’s safety at school is jeopardized.”

Teen dating violence is a highly prevalent issue. According to the Centers for Disease Control and Prevention (CDC), one in four adolescents reports verbal, physical, emotional, or sexual abuse from a dating partner. To combat this statistic, in 2011, it became a NJ state law requirement for all NJ school districts to instate dating violence education in the health curriculum. In an effort to enforce compliance with this law, the NJ Domestic Violence Fatality and Near Fatality Review Board, along with a number of leading agencies in NJ, has endorsed this series of fact sheets on teen dating violence that can guide administrators and educators in the implementation of dating violence education programs.

Compiled by the
Center on Violence Against Women and Children
Rutgers University, School of Social Work, vawc.rutgers.edu
in collaboration with the NJ Domestic Violence Fatality and Near Fatality Review Board
What is Teen Dating Violence?

### Psychological

- **Verbal and Emotional**
  - Yelling and screaming
  - Name-calling, ridiculing, criticizing, humiliating
  - Starting rumors about a dating partner
  - Making a dating partner feel guilty or insecure
  - Making a dating partner think s/he is irrational
  - Emotional blackmailing
  - Playing mind games

### Physical

- Hitting, slapping, punching, kicking, shoving
- Scratching, pinching, biting, choking, hair pulling
- Grabbing a dating partner's body parts or clothing to prevent partner from leaving or forcing him/her to go somewhere
- Grabbing a partner’s face to make him/her look at them
- Throwing a foreign object at a dating partner
- Using a gun, knife, bat, mace, or other weapon

### Sexual

- Unwanted kissing, touching, and sexual activity gained through force, pressure, threats, manipulation and/or intimidation
- Sexual assault or attempted sexual assault
- Getting a dating partner drunk/drugged for sex
- Sexual contact with a dating partner who is drunk, drugged, unconscious, or otherwise unable to give a clear and informed “yes” or “no”
- Keeping a dating partner from protecting him/herself from STIs or getting pregnant
- Sexual slurs or attacks on a dating partner’s gender or sexual orientation
- Sending unwanted, explicit pictures/videos and/or demanding them in return

### Controlling Behaviors

- **Isolation**
- Preventing a dating partner from interacting with friends/family
- Controlling what a dating partner does and who s/he sees and talks to

- **Intimidation**
- Stalking
- Using looks, actions, gestures to scare a dating partner
- Smashing things/destroying personal property
- Displaying weapons

- **Manipulation**
- Blaming dating partner’s actions for perpetrator’s abusive or unhealthy behavior
- Forcing a partner to drop charges/do illegal activities
- Using jealousy to justify actions
- Minimizing – making light of the abuse and not taking concerns about it seriously
- Denying the abuse happened
- Shifting responsibility for abusive behavior

Any of these behaviors can be perpetuated via electronic methods (i.e. phone calls, texts, emails, social media, etc.)

References


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What is the Impact of Teen Dating Violence?

Survivors of teen dating violence may experience a wide range of emotional, psychological, social, and health issues.

**Emotional and Psychological Issues**

- Depression and anxiety
- Post-Traumatic Stress Disorder (PTSD) and difficulty concentrating
- Contemplated or attempted suicide
- Stress, anger, hurt, and/or fear.
- Lowered self-esteem
- For LGBTQ survivors, feelings of isolation due to discrimination, homophobia, and a lack of services available to this community

“Being abused in a relationship can shatter a teenager’s belief that she is a worthy, decent, and independent person who can cope with life in a mature, self-assertive fashion. For the teen victim, the world becomes a frightening, confusing place where understanding how things are supposed to work is called into question. The victim’s sense of her ability to protect herself and function autonomously is undermined.”


**Social and Health Issues**

- Limited contact with peers, family, and other organizations, resulting in social isolation
- Increased likelihood of engagement in unhealthy and antisocial behaviors such as...
  - Drug, alcohol, and/or tobacco use
  - Eating disorders
  - Unsafe sex
- Possibility of sustained injuries such as bruises, broken bones, cuts and lacerations, concussions, etc.
- Female high school survivors of TDV are...
  - 4 to 6 times more likely to get pregnant than non-survivors.
  - 3 times more likely to have been tested for STIs and HIV than non-survivors.
  - More than twice as likely to have an STI than non-survivors.

References

Evidence suggests that the consequences of TDV tend to be greater for girls compared to boys, but it affects students regardless of race, income, sexual identity, religion, and disability.
Teen Dating Violence Statistics

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.¹

The Victims/Survivors*

- One in three adolescents in the U.S. is a survivor of physical, sexual, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.¹²
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence – almost triple the national average.¹³
- Nearly one in four girls (23%) who have been in a relationship reported going further sexually than they wanted as a result of pressure.²
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse, and 86% said they would confide in a friend rather than a caring adult.¹⁴
- Hispanic immigrant girls have less than half the risk of TDV as their non-immigrant Hispanic peers.⁶
- TDV is extremely common in LGBTQ relationships – up to 50% of LGBTQ individuals will be abused by a dating partner.⁷

*The terms victims and survivors are both used because sometimes individuals identify as one or the other.

1 in 5 high school female students are physically and/or sexually abused by their dating partner.⁴

The Perpetrators

- Violent behavior typically begins between the ages of 12 and 18.¹³ More than 50% of sexual assaults are committed by a woman’s romantic partner.⁹
- Individuals with a history of physical violence against their partners are 13 times more likely to commit future acts of physical aggression compared to persons who have never committed this form of physical abuse.⁹
- Youth who engaged in high rates of self-reported bully perpetration during middle school were almost 7 times more likely to engage in physical TDV perpetration four years later in high school.¹⁰

The Bystanders

- 81% of parents believe TDV is not an issue or admit they don’t know if it’s an issue for teens.¹⁴
- Over 80% of high school counselors report feeling unprepared to address incidents of abuse on their school campus.²
- 50-80% of teens have reported knowing others who were involved in violent relationships.³
- 57% of teens say they know of a peer who has been physically, sexually, or verbally abusive to their dating partner. 33% of teens have actually seen the abuse or violence themselves.⁴

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Risks of Teen Dating Violence

- Half of youth survivors of both TDV and sexual assault attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.¹
- Physical or sexual abuse makes teen girls 6 times more likely to become pregnant and twice as likely to get an STI.¹
- Survivors of TDV are significantly more likely to use drugs, smoke, or drink alcohol than those who did not experience abuse.⁵

References
Bullying and Teen Dating Violence

Bullying

Unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.¹

The Bully’s Goal: Abjection
To psychologically, emotionally, and physically damage the victim.

Teen Dating Violence

Occurs when one partner uses violence or threats of violence to gain and maintain power and control over the other. The behaviors are repeated and intentional over time.²

The Perpetrator’s Goal: Subjection
To subordinate and control the victim.

Although there are notable contrasts between bullying and TDV, it is also important to understand how they are interrelated.

Bullying and TDV Overlap

Violence against peers and early antisocial behavior and aggression have been correlated with using sexual and physical violence in dating relationships. Similarly, students who reported bullying their peers also reported more violence victimization in their dating relationships (both physical and social) than non-bullies. Bullying and TDV often co-occur.

Development of Bullying and TDV from Childhood through Adolescence

Risk factors for TDV perpetration include exposure to trauma, abuse, and/or violence as well as family conflict and/or aggression in early life. These risk factors may lead to deviancy and bullying when students are developing personal identity in grades 6-8. As these students develop sexual identity and attitudes, they become more susceptible to TDV, sexual harassment, and health risk behavior (i.e. substance abuse and risky sex) in grades 9-11.

References


Responding to Teen Dating Violence for Educators

Educators are often in the position to first notice TDV. Teachers, staff and administrators may be one of the first to respond to a survivor, perpetrator, or friend of a survivor disclosing experiences of TDV. The first response a survivor receives can have a tremendous impact on his/her healing and recovery. Responding in a supportive and empowering way is critical.

If someone shares that s/he is experiencing TDV...

- Find out what they would like to do and support them regardless of their decision.
- Be culturally sensitive. For instance, certain cultural groups typically do not seek help and depend on family relationships to cope, which may cause reluctance in confiding. LGBTQ populations face unique obstacles due to discrimination.
- Be non-judgmental and let the individual know you take the issue seriously. Students are most likely to not report because of the fear that adults will make the situation worse, cast blame, or make them feel guilty.
- Let the individual know that abuse usually gets worse over time.
- Reassure the student that you will be there for him/her.
- Expect survivors to be confused about their feelings and what to do. Also, know that they may change their mind.
- Talk to the survivor in a place where s/he feels safe.
- Connect the student with resources that can help provide support and safety. It is important for the victim to consider safety needs and to work with someone trained in developing a safety plan. See njcbw.org for a domestic violence program available in your county.

If you suspect someone is a perpetrator...

- Although you may feel that you want to address the accused perpetrator, do not confront the individual. It may put the victim at increased risk.
- Based on your school’s policies and protocols, decide how you should proceed with informing any other persons, especially if the survivor’s safety may be in danger.

General Guidelines

- Listen to what the student, family member, or friend is saying without interrupting.
- Do not talk to the victim and perpetrator together.
- Be aware of your body language and respect the student’s right to privacy and personal space.
- Help the student become informed of available resources.
- Maintain confidentiality while following school protocol on reporting and making sure the student is aware of this.

“By addressing abusive behaviors when they happen, particularly in school, youth service providers can make an impact on every teen who believes that adults do not take the issue seriously. In doing this, providers can also communicate an important message to teens experiencing dating violence—that adults will believe and care for them if they seek help for an abusive relationship.”

References


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Teenagers are learning about forming relationships within many different settings including the school environment. It is critical not only to give students individual skills for creating positive relationships, but also to shape their experiences by creating a safe, empowering school wide culture that reinforces the importance of building relationships built on respect.

**Prevention**

- Incorporate lesson plans addressing TDV and related issues such as healthy relationships and bystander intervention.
- Teach students how to recognize the signs that tell them whether they are at risk of entering an abusive relationship or are already involved in one, and how to intervene safely and effectively when they know of something going on with their peers.
- Model respectful behavior.
- Create a school environment where responsibility, safety, and respect for all regardless of gender, race, or sexual orientation are promoted.

**Policies and Programs**

- Set clear policies about reporting teen dating abuse or violence of any kind. (i.e. documentation, protocol, etc.)
- Implement awareness education for students and parents about TDV.
- Provide counseling services for affected students.
- Enforce protective and restraining orders and use “Stay-Away Agreements” (School-based alternatives to protective orders. See example on pg. 15 of source.)
- Hold staff trainings on how to recognize signs of teen dating violence and how to intervene.
- Identify local community resources and make these available to students in a safe, accessible place.
- Find creative ways to make the school community aware of policies.

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Teen Dating Violence Resources

There are various resources for dating violence victims and perpetrators that offer prevention, intervention, and advocacy efforts on the local, state, and national levels.

NJ Coalition to End Domestic Violence  
http://www.njcedv.org/  
The NJCEDV, formerly NJCBW, is a statewide association that provides leadership, support and resources on the prevention of domestic violence in New Jersey through advocacy, education and training, technical assistance and community awareness.

Break the Cycle  
http://www.breakthecycle.org/  
Break the Cycle is an organization that inspires and supports young people to create healthy relationships by providing comprehensive dating abuse and violence prevention programs, hosting public campaigns, and championing effecting laws and policies.

Veto Violence  
http://vetoviolence.cdc.gov/  
Created by the CDC, Veto Violence was created to educate and empower communities to stop violence before it happens. The website provides violence education resources as well as training, tips, and tools designed specifically for prevention practitioners.

NO MORE  
http://nomore.org/  
NO MORE is a public awareness and engagement campaign focused on ending domestic violence and sexual assault by breaking social stigmas, normalizing the conversation, and increasing resources to address these issues on the local, state, and national levels.

That’s Not Cool  
http://www.thatsnotcool.com/  
Geared toward a young audience, this website is part of a national public education campaign that uses digital examples of controlling, pressuring, and threatening behavior to raise awareness about and prevent teen dating abuse.

Hotlines
National Sexual Assault Hotline: 1-800-656-HOPE https://www.rainn.org/