

Slide 1



- Thank you for joining today's session on teen dating abuse
- This workshop was developed by JWI with a generous grant from the Avon Foundation for Women
- My name is [] and I'll be leading today's session. I'm not an expert on this issue, but will act as a facilitator today and can connect you to experts for further learning.
- Our company/organization feels that this issue is important. We understand that employees have complete lives outside of work.
- We value your success and happiness at work and at home and hope that this program will help you help the teens in your life.
- Today's thirty-minute session provides an overview of teen dating abuse, some guidance on red flags for abuse and general strategies for talking to a teen. A complete one-hour version of the presentation, which includes more comprehensive conversation guidance as well as additional tip sheets, learning modules and resources, are available on the website.
- This is a serious topic that can be difficult to discuss, and I appreciate you joining me today. There are resources available if you need to talk about these issues in more detail (*Note to Facilitator: if your workplace has a counselor, mention the counselor here and how the participants can contact him or her*)
- As a trigger warning, today's presentation includes examples and stories of physical, sexual, digital and emotional abuse.

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- Why are we here today? We're here because we all have the power to make a huge difference in teens' lives
- Thousands of teens experience dating abuse every day
- It is a chronic and widespread problem
- More teens are injured in their own relationships than from school shootings, bullying or other types of youth violence
- We are all responsible for guiding and protecting teens
- People in this room know and love teens – you are parents, godparents, aunts, uncles, cousins, coaches, tutors, mentors, teachers and neighbors
- Each one of us can be an active bystander – meaning we can step up when the teens we know are in trouble instead of standing by and letting it happen
- Your action on this issue is essential

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Today's Goals

- Define teen dating abuse and recognize its prevalence
- Understand the dynamics of dating abuse
- Identify dating abuse in a teen relationship
- Gain intervention skills

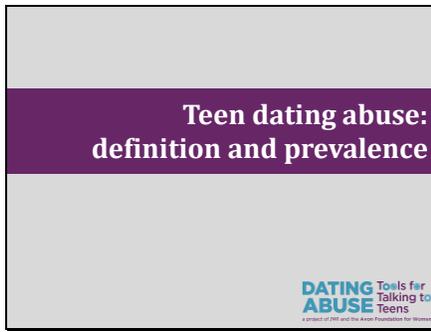


DATING ABUSE Tools for Talking to Teens
A project of PFA and the Anne Foundation for Women

- By the end of this workshop, you'll be able to define dating abuse and recognize its prevalence, understand the dynamics of dating abuse, learn how to identify abuse in a teen relationships and consider tips for intervention.

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**Teen dating abuse:
definition and prevalence**



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- We'll start today with the prevalence and definition of teen dating abuse
- As we go through some of these statistics, realize that – though they may seem high – abuse is *underreported*, and the actual prevalence of abuse is even higher than the numbers available.
- I'd like to start with a question for the group. What percentage of teens do you think are victims of dating abuse? (*Facilitator note: get 2-3 responses before moving to next slide*).

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Prevalence

1 in 3 adolescents is a **victim of physical, sexual, emotional or verbal abuse** from a dating partner – a number that far exceeds other types of youth violence.



Partner Violence Among Adolescents in Opposite Sex Romantic Relationships: Findings From the National Longitudinal Study of Adolescent Health
Caroline Finkelhor, PhD, Steven C. Ojima, MPH, Mary L. Young, MS, Sandra L. Martin, PhD, and Kenneth A. Isinger, PhD
<http://ajph.appublications.org/doi/full/10.2195/ajph.11.10.1679>

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- Thank you for those guesses.
- 1 in 3 adolescents is a victim of physical, sexual, emotional or verbal abuse from a dating partner
- Both males and females can be victims of dating abuse.

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Prevalence



Half of teenagers in relationships report being **controlled, threatened, and pressured** to do things they did not want to do by their boyfriend or girlfriend.

"Teen Dating Abuse: Key Findings - Patterns Without Violence, 2009."
http://www.datingabuseprevention.org/sites/default/files/TeenDatingAbuse_2009_key_findings.pdf

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- Half of teenagers in relationships report being controlled, threatened, and pressured to do things they did not want to do by their boyfriend or girlfriend.
- Another question for the group. What percentage of teens do you think have experienced physical abuse by a girlfriend or boyfriend? (*Facilitator note: get 2-3 responses before moving to next slide*).
- Thank you for those guesses.

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Prevalence

Nearly **10%** of students nationwide have been **hit, slapped, or physically hurt** deliberately by their boyfriend or girlfriend.



"Youth Risk Behavior Survey - "Causes for Disease Control, 2011."
<http://www.cdc.gov/youthriskbehavior/>

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- Nearly one in ten students nationwide have been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend.

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Teens Want to Talk to Parents

62% of teens **wish** they were able to **talk more openly** about relationships with their **parents**.



Parents have the **biggest influence** on teen decisions about relationships and sex.

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The National Campaign to Prevent Teen and Unplanned Pregnancy, 2010.
<http://www.ncj195686.nij.gov/pdffiles1/nij/ncj195686.pdf>
<http://www.ncj195686.nij.gov/pdffiles1/nij/ncj195686.pdf>

- Teens actually *want* to talk about relationships with their parents. 62% say they wish they could talk more openly with their parents about relationships
- Teens consistently say that parents—not peers, not partners, not popular culture—most influence their decisions about relationships and sex.

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And Yet...



Less than 1/3 of parents **talk to their teens** about dating abuse.

Nearly 2/3 **parents** of teens in relationships **do not think their children are at risk** of teen dating violence.

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Prevent Without Violence and Liz Claiborne, 2009.
http://www.preventwithoutviolence.org/newsroom/Teen/teen_dating_abuse_2009_key_top_line_ending.pdf

- Parents aren't stepping up and starting these conversations
- Less than 1/3 of parents talk to their teens about dating abuse.
- Adults are more likely to talk to teens about drugs, alcohol and sex than they are about dating.
- Adults aren't aware of how big an issue teen dating abuse is. Most parents assume their children aren't at risk.
- It's time for parents to start having these conversations with teens.

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Many Mentors

Teens see **many adults** as **mentors** – not just their parents.



Having **just one trusted adult** makes a huge difference to a teen.



Everyone has a role to play in ending teen dating abuse.

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Teens Today 2006 Study: Students Against Destructive Decisions. www.saadd.org/teentoday/mentors.htm

- Parents are important, but you don't have to be the parent of a teen to make an impact.
- Many adults have a strong influence on teens' choices.
- Teens also look up to teachers, religious leaders, older siblings, grandparents, aunts and uncles, cousins, coaches, babysitters, tutors and neighbors.
- Teens who have even just one adult they trust and see as a mentor have better health outcomes and are

more successful than those who don't.

- Teens talk to adults because of the relationships they share, not the adult's official role or job title.
- Everyone has the potential to be a significant person in a teen's life.

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What is Dating Abuse?

A **pattern** of actual or threatened acts of physical, sexual, emotional and/or digital abuse against a dating partner.



Abuse is about power and control.

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- What is dating abuse? Dating abuse is a *pattern* of behaviors in which one partner gains power and control over the other person.

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Methods of Control

Physical	Emotional	Digital	Sexual
			

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- Abuse can be physical, emotional, digital and/or sexual
- A relationship may be abusive even if there is not physical violence. Emotional, digital and sexual abuse are all ways to control a partner.
- Some abusers use multiple types of abuse, and may start with one type (like emotional) and build to another (like physical).
- In other situations, an abuser may only use one method
- Very briefly, we'll go over the types of abuse and some examples of each

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Physical Abuse

- Slapping
- Grabbing
- Punching
- Kicking
- Cutting
- Throwing objects
- Burning
- Scratching
- Pulling hair
- Forcibly restraining
- Stabbing



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- Physical abuse tends to be the most clear-cut type of abuse
- Physical abuse can range from a shove to murder
- These are some examples of physical abuse

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Emotional Abuse

- Yelling
- Threats
- Insults
- Invading privacy
- Isolating from others
- Public humiliation
- Possessiveness
- Destroying objects
- Lying
- Withholding affection
- Intimidation



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- Emotional abuse can be just as harmful as physical abuse
- Emotional abuse includes manipulating a victim, isolating them from friends and family, yelling and put-downs, violating privacy and boundaries and making the victim feel responsible for the abuse

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Digital Abuse

- Monitoring communications
- Demanding sexual photos
- Excessive texts
- Hacking
- Posting private images or messages
- Demanding check-ins
- Tracking location
- Posting cruel things about a partner



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- Digital abuse is a type of emotional abuse perpetrated online
- Through technology, abusers can be in constant contact with the victim, demanding check-ins and responses and tracking where the victim is at all times
- An abuser can also demand and share private or sexual images and messages, hack into accounts or post degrading things about a partner online

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Sexual Abuse

- Rape
- Unwanted penetration of any kind
- Battering that leads to rape
- Voyeurism
- Unwanted touching
- Unwanted kissing
- Sexual name-calling
- Sabotaging birth control



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- Sexual abuse is more than just rape
- It includes unwanted touching, kissing or penetration of any kind, battering that leads to rape, voyeurism, demanding sexual photos or messages and tampering with or refusing to use contraceptives

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Dynamics of Dating Abuse

- Abuse is a **pattern**.
- Abuse will **escalate** over time.
- Abuse comes in **cycles**. There will be peaceful periods.



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- Abuse can be difficult to understand, and every situation looks a little different.
- Abuse is a pattern of behaviors, not a single event or an isolated incident.
- Abuse will escalate over time. Relationships do not start off as abusive, and abuse can happen at a very slow pace. Little by little and very slowly, a relationship goes from healthy to unhealthy to abusive.
- Abuse comes in cycles. Even

abusive relationships will have positive aspects and good times. Tension will build, there will be an incident, and then there are often peaceful periods where the abuser apologizes and promises to change.

- However, the abuse will always return and will become more severe.

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Abuse is Intentional

- **Unhealthy** relationships are **different** than **abusive** relationships.
- For a relationship to be abusive, one partner **deliberately** gains and maintains **power** and **control** over the victim.
- If the victim does not do what the abuser wants, the abuser will **punish** the victim.



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- There is a difference between unhealthy relationships and abusive relationships
- In an unhealthy relationship, the couple may communicate poorly, disappoint each other or otherwise not get along well. They may be a poor match, have different priorities or not meet each other's needs.
- For a relationship to be abusive, one partner deliberately gains and maintains power and control over the victim. It is intentional, and the abuser is actively trying to change the victim's behavior.
- When the victim doesn't do what the abuser wants, the abuser will punish him or her. This punishment could range from verbal (i.e., yelling, insulting) to physical. The victim will change his or her behavior to avoid punishment and accommodate the abuser.

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Abuse's Impacts

Victims of teen dating violence are more likely to:

- Do poorly in school
- Experience depression, anxiety and other mental health issues
- Binge drink
- Attempt suicide
- Engage in physical fights
- Have an unplanned pregnancy

"Teen Dating Violence." Center for Disease Control, 2014. <http://www.cdc.gov/teen-dating-violence/pdf/teen-dating-violence-2014-a.pdf>
Petrochko, Cole, and Robert Janner. "MeatEggs." Pediatrics, 2012. <http://www.aap.org/child/child/Pediatrics/ChildhoodViolence/2012>

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a project of the Teen Dating Violence Prevention Program

- Dating abuse impacts different young people in different ways and can have serious lifelong effects
- It can lead to mental health issues as well as self-destructive and violent behaviors

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Abuse Over the Lifetime

- Teens in abusive relationships are more likely to **become victims or abusers in college and as adults.**
- **Abuse escalates** and becomes more severe **over time.**
- **Early intervention** is the best strategy.



"Teen Dating Violence." Center for Disease Control, 2014. <http://www.cdc.gov/teen-dating-violence/pdf/teen-dating-violence-2014-a.pdf>
Petrochko, Cole, and Robert Janner. "MeatEggs." Pediatrics, 2012. <http://www.aap.org/child/child/Pediatrics/ChildhoodViolence/2012>

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- Dating abuse can have serious lifelong impacts.
- Teens in abusive relationships are more likely to be abusers or victims in college and end up in abusive relationships as adults.
- Abuse escalates over time – if a teen stays in an abusive relationship into college and adulthood, the abuse will become even more severe and dangerous.
- Stepping in now can break this cycle and protect teens from a potential lifetime of abuse.

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Identifying Teen Dating Abuse

"Teen Dating Violence." Center for Disease Control, 2014. <http://www.cdc.gov/teen-dating-violence/pdf/teen-dating-violence-2014-a.pdf>
Petrochko, Cole, and Robert Janner. "MeatEggs." Pediatrics, 2012. <http://www.aap.org/child/child/Pediatrics/ChildhoodViolence/2012>

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- Teens are both victims and abusers
- The following are some red flags that might indicate a teen you know is in an abusive relationship

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Seeing Red Flags



- It can be difficult to see red flags in teen relationships
- **There are red flags** that may be indicators that a teen is a **victim** or an **abuser**.

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A program of 2011 with the same trademarks for Women

- Seeing the red flags in a teen relationship can be difficult for an outsider
- Teens are private, and their privacy is important to them
- Adults may not have access to a teen's digital space -- like their phone or Facebook account -- where much communication takes place
- However, it is possible to see red flags that are indicators the teen is a victim or an abuser

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Red Flags: Victim Behavior



- **Social behavior changes**
Examples: withdraws from activities, no longer gets along with friends, dresses differently
- **New risky behaviors**
Examples: drug use, alcohol, partying, sex
- **Academic changes**
Examples: truancy, grades decline
- **Mood changes**
Examples: Depression, anxiety, irritability
- **Physical signs**
Examples: Physical marks on victim, holes in walls of home/signs of struggle, covering up when seasonally inappropriate

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A program of 2011 with the same trademarks for Women

- Sometimes, you can see changes in victim behavior as a result of the abuse
- These changes are happening because they are trying to please their partner and because they are emotionally impacted by what's going on
- Social behavior change like no longer getting along with friends, engaging in new risk behaviors like drinking or drugs, grades declining, mood changes and physical marks can all be signs of abuse

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Red Flags: Couple Communication



- **Excessive** texting, calling or **contact**
- Tense, dramatic **conversations** that may include yelling, crying, **fighting**
- Abuser **answers for** victim or tells victim what to do
- Victim appears **afraid** of abuser and/or is **quiet** in abuser's presence

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- In person, on the phone or online, the way a perpetrator and victim interact can be red flags that the relationship is abusive
- Excessive texting, calling or other contact may mean that an abuser is trying to dominate the victim's attention and control how they spend their time
- Tense dramatic conversations and fighting are also indicators that something is wrong
- You may see strange power dynamics in the conversation, like an abuser answering for a victim or telling them what to do, or a victim becoming quiet in an abuser's presence

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Red Flags: Abuser Behavior



- **Disrespectful conversations with peers about victim**
Examples: shares private message or images with peers, refers to partner with degrading language, shares personal or private information about victim
- **Demonstrates anger and/or possessive behavior**
Examples: yelling, aggression towards peers and/or family, constantly texting, anger when partner is absent or busy
- **History of trauma**
Examples: history of substance abuse, history of violent behavior, experience of trauma and/or family violence

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- These are signs that a teen may be an abuser
- An abuser may have disrespectful conversations with his or her peers about the victim, sharing private information, using degrading language or otherwise not showing their partner equal respect
- An abuser may demonstrate angry or possessive behavior, like yelling, aggression and agitation when a partner is absent or busy
- A history of trauma is a risk factor for abusive behavior.

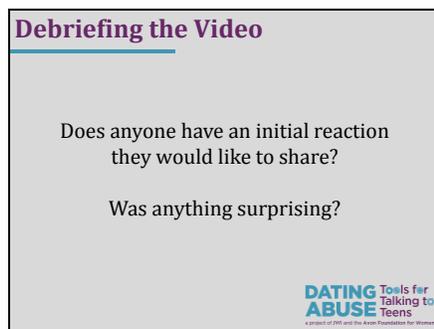
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Introducing the Video:

- Before we discuss intervention strategies, we'll watch this short video that follows three teens and their experiences of dating abuse
- During the video, think about the way the abuse escalates, the different types of abuse and the red flags you might see as an outsider
- The video is about 5 minutes long

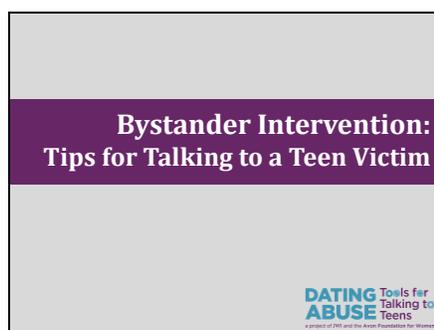
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Debriefing the Video

- Does anyone have any reactions or comments they would like to share?
- What red flags for abuse might an outsider have noticed?
- Was anything surprising?
- As the video showed, young people in abusive relationships need someone to talk to. You can be that person.

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- Knowing what to say can be confusing and intimidating. Teens can be challenging to talk to.
- These are some general strategies and things to keep in mind when you're talking to a teen victim.
- Step by step guidance on how to start a conversation with a victim if you suspect abuse is available in the full version of the program available online.

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Context Matters



- Every teen is different.
- Your response should match the severity of the situation.

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- While I provide these general tips, it's important to remember that every teen and every situation is different
- Abuse – and the intervention it requires – will vary depending on the teen's age, experience, maturity level and personality
- Your response should match the severity of the situation, and safety should always be considered first.
- If the abuse is physical and a teen is in danger, then urgent action is necessary
- You may need to call the police, alert school authorities and consider legal options, like getting a protective order. Take urgent action to protect a teen in danger.
- The following tips are to prevent abuse from getting to that level.

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Teen Concerns



- Being blamed
- Being interrogated
- Being made to feel guilty
- Not being believed
- An adult telling others what happened

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Gallagher, Colleen, JD and Laila Leigh. "Teen Perceptions of Dating Violence, Help-Seeking, and the Role of Schools." 2009. The Prevention Researcher, V. 16, No. 1, pp 17-20. Issue A161-Gallagher

- When you plan to talk to a teen about abuse, you should keep their concerns in mind.
- Teens have legitimate concerns about discussing abuse with adults
- They mostly fear being blamed for the abuse, being interrogated about what happened, being made to feel guilty about their choices, an adult not believing them, or an adult telling other people what happened

Best Practices

- Take teens seriously.
- Don't interrogate.
- Support and validate.
- Give options, not orders.
- Be the best listener you can be.



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A project of 2011 with the support of the National Endowment for the Humanities

To address these concerns, you should:

- Take teens seriously. Value their experiences and feelings. Don't dismiss or minimize what they are going through. Believe them.
- Don't interrogate the teen. It's difficult for victims to come forward. Don't put them on the spot by demanding detailed information or proof of what happened.
- Support and validate. Don't blame the victim by questioning or judging the teen's choices or behaviors.
 - For instance, avoid questions and statements like "well why did you go over there?" or "how could you let him do that?" or "You're smarter than that."
 - The abuse is not the victim's fault, and nothing he or she did is a reason for abuse.
- Give options, not orders. The victim needs to be empowered to understand what is happening and take ownership of their choices. You can guide them.
- Be the best listener you can be. Really hear what the teen has to say without judgment or criticism.
- It's up to you to start the conversation with teens – they care that you care about what's happening to them, and you'll be the one to check in and follow up.

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Find the Right Resource

- **Find someone for them to talk to.**
Be ready with **resources** and don't take it personally.
- **Keep your opinions** on teen dating and sex **out of this conversation.**



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- At the same time, many teens are more comfortable talking about the details of their relationship with someone removed from the situation.
- After you've started the conversation, expressed concern and explained abuse, find anonymous resources and someone else for them to talk to. Teens are often most comfortable talking to a stranger removed from the situation, like an expert through a hotline. Be ready with resources and don't take it personally.
- Keep your opinions on teen dating and sex out of this conversation. While your values are important, this is the time to help a victim, not judge them for having sex or dating sooner than you are comfortable with.
- The focus should be on helping the teen, not judging them or criticizing their choices.

Breaking Up

- The victim usually doesn't want to break up, **they want the abuser to change** and stop the abuse.
- Abuse often **escalates** when a victim tries to leave an abuser. Breaking up can be **dangerous**.
- Telling a victim he or she must break up may lead to **secrecy** in continuing the relationship.



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A program of the National Center for the Prevention of Teen Dating Abuse

- Ending even a healthy relationship is difficult, and ending an abusive relationship is very challenging and may not be safe.
- Adults should not tell victims they must end the relationship
- The victim usually doesn't want to break up, they want the abuser to change and stop the abuse.
- There are still good times and parts of the relationship the victim enjoys.
- Abuse often escalates when a victim tries to leave an abuser. Breaking up can be dangerous.
- If you order a teen to break up with the abuser, it's likely they'll continue the relationship in secret and stop talking to you about the relationship. This can help the abuser make the case that you misunderstands the victim and cannot be trusted.
- In short, demanding that they break up can backfire and be dangerous.

Transparency



- Be honest with teens.
- Share your plan.

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- Many teens distrust adults and fear that an adult will take total control of the situation, leaving the teen powerless.
- Be honest with teens about what's going on.
- Share your plan. If you're going to call the school, contact the teen's parents, call authorities, get the parents of the abusive teen involved or take any other action, let the teen know. Keep the teen posted as actions are taken.
- Be aware that some youth-serving professionals, like teachers, healthcare providers and counselors, are legally obligated to report some types of abuse to authorities if they think a teen is in danger. This is called being a mandatory reporter. These laws vary state-to-state. Make sure teens ask who has to report what kind of information so they can decide what to share.

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Conversation Outline

- Express concern and love
- Explain healthy relationships
- Explain what dating abuse is
- Help teen identify the abuse that may be happening in his or her relationship
- Give time and tools
- Check in

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- Every conversation will look different, but this is a rough outline that can help you structure your thoughts, incorporate the tips we discussed and get started talking to teens about dating abuse.
- These steps are discussed in more detail, with examples and scenarios, on the website.

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Conclusion

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Today's Goals

- Define teen dating abuse and recognize its prevalence
- Understand the dynamics of dating abuse
- Identify dating abuse in a teen relationship
- Gain skills to intervene

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- Today, we defined teen dating abuse and discussed its prevalence, explained the dynamics of dating abuse, explored red flags and ways to identify dating abuse and considered general strategies for intervention
- More detailed information on intervention, including step-by-step conversation guidance, is available on the website at jwi.org/datingabuse.

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Conclusion

- Dating abuse is a serious and prevalent issue for diverse young people
- Adults can help teens identify dating abuse and get the help that they need
- Visit our website for more guidance and information



- Thank you for your time today
- I hope that you're leaving here today with a deeper knowledge of dating abuse and understanding that each one of us can and must be an active bystander – we can step up when the teens we know are in trouble instead of standing by and letting it happen. You have the power to make a huge difference for the teens in your lives.

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This program was developed by



JWI works to ensure that all women and girls thrive in healthy relationships, control their financial futures and realize the full potential of their personal strength.

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Funding for this program provided by



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- This entire presentation, along with additional web resources – like conversation guides, resources for parents and teens, and more information – are online at JWI.org/DatingAbuse.