TYPES OF ABUSE

Relationship abuse is **a pattern of coercive behavior** used by one person to gain power and control over another within a relationship. This can happen to anyone and has many different forms, including but not limited to:

- **Physical Abuse**
  -Hitting, kicking, choking, etc.
- **Verbal/Emotional Abuse**
  -Name calling, put downs, manipulations, threats, etc.
- **Sexual Abuse**
  -Pressuring or threatening into sexual acts that the other is uncomfortable with, sharing nude photos with peers, etc.
- **Stalking**
  -Monitoring location or social media, coming to home or work uninvited, etc.

DID YOU KNOW...

A national survey of teenagers showed that almost 70% of teens aged 12-18 reported experiencing some type of dating abuse.

LOCAL RESOURCES

YWCA Hanover Safe Home
717-632-0007
www.ywcahanover.org

ACSAS
(Adams County Sexual Assault Services)
1-888-772-7227

School's Guidance Dept

FOR MORE INFORMATION, CALL OR VISIT

PCADV
(Pennsylvania Coalition Against Domestic Violence)
www.pcadv.org

National Domestic Violence Hotline
1-800-799-SAFE (7233)
Text "START" to 88788
www.thehotline.org

Love Is Respect
1-866-331-9474
Text "LOVEIS" to 22522
www.loveisrespect.org

TEEN DATING AWARENESS GUIDE

ADULT CAREGIVERS EDITION

eliminating racism
empowering women
ywca
Hanover

Safe Home

PROVIDING SERVICES for VICTIMS of
DOMESTIC VIOLENCE and HUMAN TRAFFICKING
24/7 Hotline: 717-632-0007

23 West Chestnut St.
Hanover, PA 17331
www.ywcahanover.org

WHAT TO LOOK FOR IN HEALTHY RELATIONSHIPS

- Honesty
- Understanding
- Mutual Respect
- Privacy + Space
- Safety
- Trust
- Good Communication
- Individuality
- Equality

SIGNS OF UNHEALTHY RELATIONSHIPS

- Manipulation
- Mistreatment
- Unhealthy Obsession
- Inequality
- Disrespect
- Lack of Boundaries
- Controlling Behavior

#TalkAboutTeenDatingViolence

HOW TO START THE CONVERSATION

- Define Healthy Relationships
- Describe Different Types of Abuse and Associated Warning Signs
- Explain Differences Between Lust, Infatuation, and Love
- Talk Realistically About Safe Sex
- Set Expectations and Boundaries
- Offer Unconditional Support
- Use Gender-Inclusive Language That Remains Neutral To Sexual Orientation
- Be Respectful
- Consult With An Advocate or Counselor

TIPS IF YOUR TEEN IS EXPERIENCING ABUSE

- Give Support
- Validate, Empathize, and Create Space Where Your Teen Feels Safe
- Accept What They Are Telling You
- Focus On Behaviors, Not The Person(s) Involved
- Talk About Their Safety In A Non-Judgmental, Supportive Way
- Decide On The Next Steps Together

TIPS IF YOUR TEEN SHOWS UNHEALTHY BEHAVIORS

Even though it can be very hard to hear or witness that your teen may be causing harm to someone, talking about these behaviors is a critical first step in preventing abuse. Make sure to be empathetic by validating their feelings and frustration **without validating the behavior**. Identify healthy alternatives and coping skills to utilize when the youth is having unhealthy thoughts.