

Teen Dating Violence

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Unhealthy relationship can start early and last a lifetime. Dating violence often starts with teasing, name calling and jealousy. Sometimes these behaviors at the beginning of the relationship can be considered normal or a testament of love. However, these behaviors can lead to a long time of physical and verbal abuse.

Teens with no experience in dating may feel that the unhealthy relationship they are in is normal or the submissive role, they are in, is what is expected in a relationship. As a result, they condition themselves to believe they are being loved. As a parent of a teen who suspects dating violence should educate the teen is what is a healthy and unhealthy relationship. Parent can start with the definition of what is teen dating violence.

Teen Dating Violence is the physical, sexual or psychological/emotional

violence within a dating relationship, as well as stalking. It can occur in person or electronically and may occur between a current or former dating partner.

Teen relationships have tremendous effect on the individual whether its in a positive or negative way. A dysfunctional relationship can cause sever consequences such as doing poorly in school, suicide attempts, low self esteem, physical fighting and violence in future relationships.

In order to prevent teen dating violence we need to know why it happens. There are plenty of reasons why teens put themselves in dangerous relationships. These are just a few.

1. Believe it's normal to get aggressive in order to get what you want.
2. The use of drug and alcohol
3. Are emotionally unstable--suffers from depression
4. Witness violence at home
5. Can't manage anger

In addition, teen violence is influence in how teenagers look at themselves or others.

Young men may believe that: they have the right to control , men are suppose to be aggressive, females should be submissive.

Young women may believe that: they are solely responsible for solving relationship problems, jealousy and physical violence is consider to be

“romantic” and abuse is normal because their friends are also being abuse.

Teen dating violence can be prevent with parents, teens, and community working together to implement programs that identify and help teens. Parents can start at home by getting involve in their teens life. It is very important for parents to learn how to communicate, understand and support their teens.

Some safety dating rules for teens:

1. Be assertive when feeling uncomfortable
2. If your partner uses drugs re-evaluate relationship
3. If your partner has anger issues consider getting him/her help
4. If you feel uncomfortable in a situation stay calm and think of ways to remove yourself safely.
5. Always make sure that someone else knows who you are with and where you will be (preferably a parent).



Quotes of the month:

“In violence, we forget who we are”-Mary McCarthy

“At the end of the day, violence never really solves any problem... it just creates new ones” -Unknown



We are on



Suggested Readings:

