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## Teen Dating Violence Awareness & Prevention

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Teen dating violence is a pattern of behavior that includes emotional, physical, verbal or sexual abuse. It can occur between ages 13- 19. Teen dating violence is a mechanism to get another to do what they want, to gain power and control, to cause humiliation and fear, and to attack an intimate partner.

The effects of teen dating violence are long lasting and can dramatically change the emotional development of a teen. There are several different words that can be used to describe teen dating violence, relationship abuse, intimate partner violence, dating abuse, and domestic violence are used the most frequent. Teen dating violence is widespread with long-term and short-term effects.



When teens develop emotionally, they are greatly influenced by experiences in their relationships. Unhealthy, violent, or abusive relationships can have long-term and short-term negative effects on developing teens. It's easy for a teen to normalize unhealthy behavior if they've never been in a healthy relationship in the past.

On the other hand, healthy relationship behaviors can have a positive effect on a teen's emotional development. When teens experience teen dating violence they can have symptoms of depression and anxiety. Teens can also start to have involvement in antisocial behaviors and eventually thoughts of suicide. Teen dating violence has a negative impact on teens emotionally and physically well-being.



Teen dating violence can be perpetrated in the media as normal and acceptable. Teens always receive messages about how to maintain healthy relationships and how to behave in relationships, but media is starting to normalize unhealthy relationships. There are many reasons why violence occurs. Risks of unhealthy relationships increase for teens who are depressed, anxious, or have any other symptoms of trauma. Teens who display aggression towards other teens or any kind of aggression can lead to violence.



Also, teens who witness or experience violence in the home could be future perpetrators of violence. Teen dating violence can be prevented by families, teens, and organizations who work together to educate and instill prevention strategies.

There are many prevention programs that can end teen dating violence through education and prevention advocacy. These programs stop violence before it begins.

Teaching preteens and teens how to form positive, healthy relationships with others can prevent teen dating violence. National Prevention programs and organizations like Jennifer Ann's Group, Dating Abuse Stops Here, Ending Teen Violence and WomensLaw.org. Local resources include The Women's Center, Inc., The Women's Resource Center, located on BU campus, and your school district's guidance counselor.



**If you are a victim of teen dating violence, please know help is out there. But it is all our jobs to stop the cycle of abuse.**

Resources:

- [www.loveisrespect.org/resources/dating-violence-statistics/](http://www.loveisrespect.org/resources/dating-violence-statistics/) (<http://www.loveisrespect.org/resources/dating-violence-statistics/>)
- [www.dosomething.org/us/facts/11-facts-about-teen-dating-violence](https://www.dosomething.org/us/facts/11-facts-about-teen-dating-violence) (<https://www.dosomething.org/us/facts/11-facts-about-teen-dating-violence>)
- [ncadv.org/files/Dating%20Abuse%20and%20Teen%20Violence%20NCADV.pdf](https://ncadv.org/files/Dating%20Abuse%20and%20Teen%20Violence%20NCADV.pdf) (<https://ncadv.org/files/Dating%20Abuse%20and%20Teen%20Violence%20NCADV.pdf>)

After reading the Education Page, please fill out the information below to count it as 30 minutes toward your additional educational training.

### Services at The Women's Center

The Women's Center offers educational training's on teen dating violence. To schedule any of our training's please contact the Education Department at 570-784-6632.

If you are a victim of domestic violence and sexual assault and want to know the resources that are available to you, then you can always reach out to The Women's Center at 570-784-6631 or toll-free at (800) 544-8293. All of our services are free and confidential.