



# Learn More About Teen Dating Abuse



**WHAT ARE THE  
COMPONENTS OF A  
HEALTHY RELATIONSHIP?**



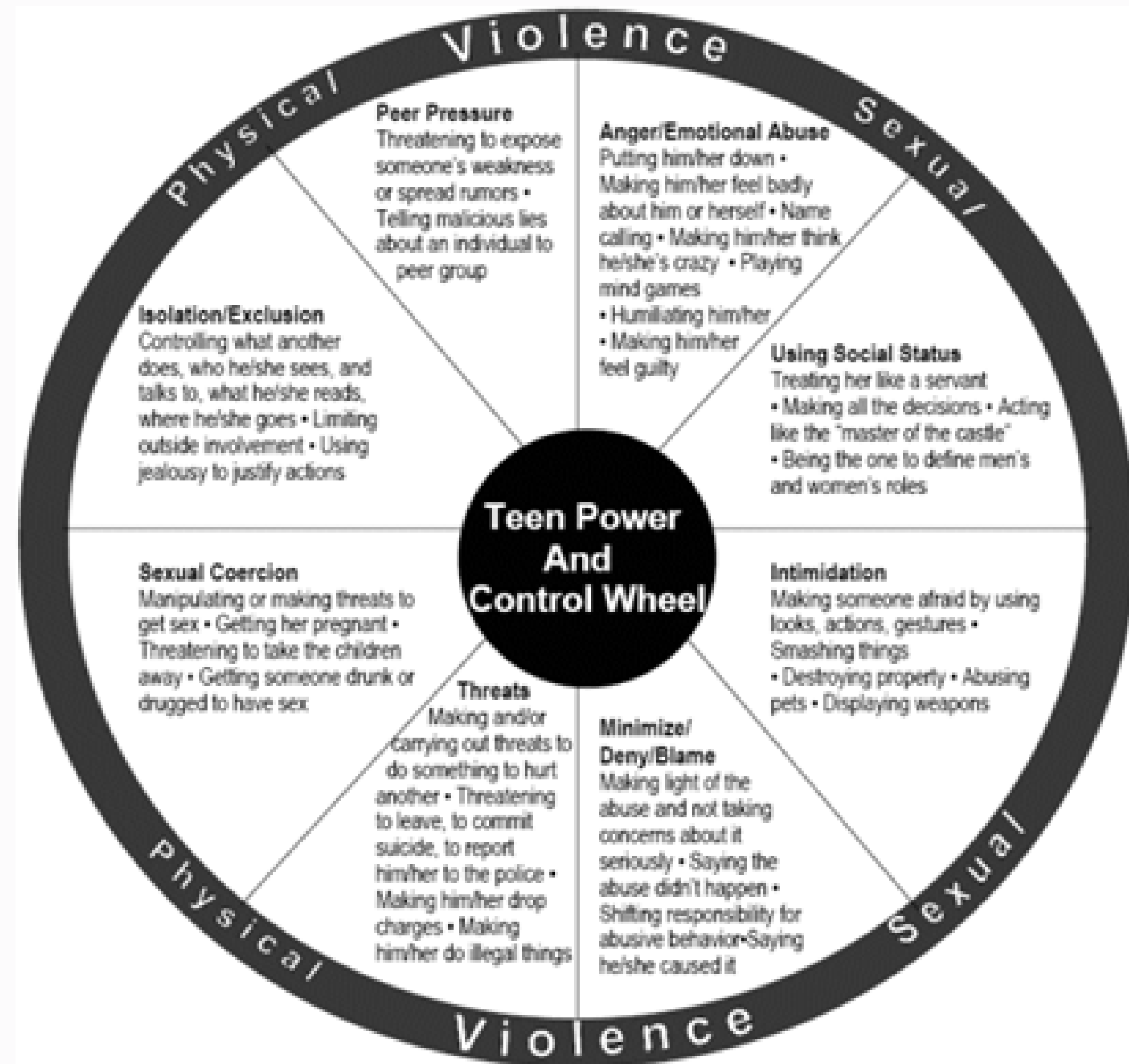
- Respect, valuing partner's opinion/needs
- Clear consent, an enthusiastic YES
- Trust
- Honesty
- Positive communication
- Compromise and negotiation
- Shared conflict resolution
- Responsibility for feelings and actions
- Support
- Humility
- Healthy boundaries
- Kindness and tact
- Shared power
- Affection

**SAFETY!**

# TEEN POWER AND CONTROL WHEEL

Physical assaults, or threats to commit them, are the most apparent forms of teen relationship violence and are usually what allows others to become aware of the problem. However, regular acts of other abusive behaviors by the teen perpetrator, when reinforced by physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of their partner's life and circumstances.

The Power and Control Wheel is particularly helpful in understanding the overall pattern of abusive and violent behaviors, which are used by an abuser to establish and maintain control over their partner. Often, one or more violent incidents are accompanied by an array of these other types of abuse. Though more difficult to identify, these actions firmly establish a pattern of intimidation and control in the relationship.



# IMPACT of Teen Dating Abuse

## TEEN DEVELOPMENTAL TASKS

## POTENTIAL IMPACTS OF ABUSIVE RELATIONSHIPS

### Body image acceptance

An abuser may disparage their partner's appearance, call them ugly or fat, or physically assault them. This can inhibit or reduce the victim's body confidence level.

### Development of personal value system

A teen victim may be told what to think, read, or study, feeling unsafe to disagree. They may identify so strongly with their abuser that they are unable to develop their own values.

### Preparation for independence from parents and a productive role in society

A teen victim who is prevented from pursuing interests outside of the relationship may fear pursuing college; excelling in school, sports, or other interests; or calling attention to themselves.

### Development of an adult identity

The teen's identity may become enmeshed with the abuser and/or they be consumed with pleasing the abuser. Coping with the resulting fear and anxiety can deplete the victim's energy and stunt social development.

# Why don't teens leave abusive relationships?

- Reasons are unique to individual teens.
- Leaving can be the most dangerous time in the relationship.  
The likelihood of escalating violence increases by 70%.
- The number one reason is **hope that the abuser/relationship will change.**
- Other reasons:
  - Fear
  - Social isolation
  - Religion
  - Shame
  - Guilt/embarrassment
  - Money
  - Low self-esteem