

# TEEN DATING VIOLENCE

All people can experience teen dating violence, though young girls experience abuse at disproportionate rates.[1] Transgender youth are particularly at risk. One in three teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults.[2] Experiencing violence or abuse in formative teen years can negatively impact physical and mental health, school performance and increases risk for drug use and future exposure to violence. Teen dating violence is preventable by starting early, promoting healthy relationships, and increasing access to culturally specific services.

## WHAT IS TEEN DATING VIOLENCE?

Teen dating violence (TDV) - also called adolescent relationship abuse - affects millions of young people, and includes physical, psychological, economic or sexual abuse, harassment, or stalking of any person ages 12 to 18 in the context of a past or present romantic or consensual relationship. [4]

## FACTS AND FIGURES

- 1 in 12 U.S. high school students experience physical and or sexual violence in a dating relationship [5]
- 1 in 5 girls and 1 in 10 boys experience physical and or sexual violence in their intimate relationship [6]
- TDV is more prevalent in LGBTQ teen relationships than in heterosexual teen intimate partner relationships [7]
- Transgender youth are especially at risk and report the highest rates of physical dating violence (88.9%), psychological dating abuse (58.8%), cyber dating abuse (56.3%), and sexual coercion (61.1%) [8]
- According to a national survey of youth, 68% of teens experienced educational interference, 67% experienced job interference, and 65% experienced financial control. [9]
- 1 in 3 homicides in girls aged 11-18 are committed by an intimate partner [10]

## CONSEQUENCES

Experiencing violence and especially in the formative teen years can lead to harmful consequences both in the immediate aftermath and later in life. TDV can lead to higher rates of anxiety and depression, increased risk for suicide, increased risk for drug use and higher risk for additional victimization later in life. [11] The increased risks from TDV can have compounding affects for marginalized individuals who already experience negative consequences and increased risk factors from things like racism and transphobia.

## PREVENTING TEEN DATING VIOLENCE

Teen dating violence can be prevented. Several key areas of investment to prevent teen dating violence include:



### Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



### Engage Influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



### Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



### Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



### Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports



### Support survivors to increase safety and lessen harms

- Victim-centered services
- First responder and civil legal protections
- Treatment and support for survivors of IPV, including teen dating violence
- Housing programs
- Patient-centered approaches

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>



## RESOURCES

If you or someone you know is experiencing violence or abuse, or is a survivor of teen dating violence, please consider the below resources:

- [The National Dating Abuse Helpline](#) - A service of Love is Respect, this national, 24-hour resource is specifically designed for teens and young adults.
  - CALL: 1-866-331-9474
  - CHAT: <https://www.loveisrespect.org/get-relationship-help/>
  - TEXT: Text 'LOVEIS' to 22522
- [The National Domestic Violence Hotline](#) - The Hotline is a nonprofit organization that provides crisis intervention, information, and referral to victims of domestic violence, perpetrators, friends, and families.
  - 1.800.799.SAFE (7233) or 1-800-787-3224 (TTY)

---

## REFERENCES

1. Silverman JG, Raj A, Mucci LA, Hathaway JE. Dating violence against adolescent girls and associated substance use, unhealthy weight control, sexual risk behavior, pregnancy, and suicidality. *JAMA*. 2001 Aug 1;286(5):572-9. doi: 10.1001/jama.286.5.572. PMID: 11476659.
2. "The What, Why, and How of TDVAM" Love is Respect, <https://www.loveisrespect.org/resources/the-what-why-and-how-of-tdvam/>
3. "Fast Facts: Preventing Adverse Childhood Experiences [Violence Prevention|injury Center|CDC]." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 6 Apr. 2022, <https://www.cdc.gov/violenceprevention/aces/fastfact.html>.
4. "Teen Dating Violence." National Institute of Justice, <https://nij.ojp.gov/topics/crimes/teen-dating-violence>.
5. "Fast Facts: Preventing Adverse Childhood Experiences [Violence Prevention|injury Center|CDC]." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 6 Apr. 2022, <https://www.cdc.gov/violenceprevention/aces/fastfact.html>.
6. Silverman JG, Raj A, Mucci LA, Hathaway JE. Dating violence against adolescent girls and associated substance use, unhealthy weight control, sexual risk behavior, pregnancy, and suicidality. *JAMA*. 2001 Aug 1;286(5):572-9. doi: 10.1001/jama.286.5.572. PMID: 11476659.
7. "LGBTQ Issues in Teen Dating Violence" 2015 National Judicial Education Program, Legal Momentum, <https://www.legalmomentum.org/sites/default/files/reports/LGBTQ%20Fact%20Sheet%20Final.pdf>
8. Ibid.
9. "Economic Abuse Among Adolescent Relationships" Futures Without Violence, UPMC Children's Hospital of Pittsburgh, and The Allstate Foundation, 2021, <http://futureswithoutviolence.org/wp-content/uploads/Teen-Economic-Abuse-Summary-Report.pdf>
10. Coyne-Beasley T, Moracco KE, Casteel MJ. Adolescent Femicide: A Population-Based Study. *Arch Pediatr Adolesc Med*. 2003;157(4):355-360. doi:10.1001/archpedi.157.4.355
11. "Fast Facts: Preventing Adverse Childhood Experiences [Violence Prevention|injury Center|CDC]." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 6 Apr. 2022, <https://www.cdc.gov/violenceprevention/aces/fastfact.html>.

For more information, please contact Tiffany Garner at [tgarner@futureswithoutviolence.org](mailto:tgarner@futureswithoutviolence.org) or Kiersten Stewart at [kstewart@futureswithoutviolence.org](mailto:kstewart@futureswithoutviolence.org).