

## Love Shouldn't Hurt:

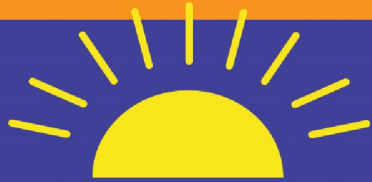
**The**

**Facts**

**on**

**Teen**

**Dating**



DATING STARTS EARLY.

**75%**

of seventh graders reported having a dating partner at some point.<sup>1</sup>



**1 in 3**



teens experience some type of dating abuse, including: physical, emotional, sexual, and psychological abuse.<sup>2</sup>

"Girls are always trying to get boys to do what they want."

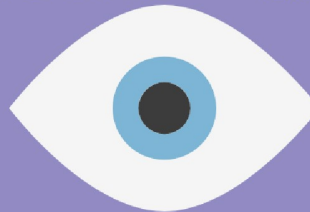
**63%**

"With boyfriends and girlfriends, boys should be smarter than girls."

of 12-13 year olds believe in harmful gender stereotypes.<sup>1</sup>

**50-80% of teens**

have reported knowing others who were involved in violent relationships.<sup>3</sup>



**59%**

LGBT teens reported emotional abuse, compared to

**46%**

of heterosexual youth.<sup>4</sup>



At least

**25%**

of adolescent mothers are in abusive relationships before, during or after their pregnancies.<sup>5</sup>



More than

**1 in 5**

teens with a disability report experiencing violence from a stranger or partner-

**MORE THAN 2x** the rate of youth without a disability.<sup>6</sup>



We can help, call our 24 hour hotline today! **877.844.3594**

[humanoptions.org](http://humanoptions.org)

# Let's Tech about Digital Abuse

**1 in 4**

dating teens is harassed through digital means by their dating partner.



## DIGITAL ABUSE INCLUDES:

- Cyberbullying and spreading rumors online
- Pressuring you to send a sexual photo of yourself and/or threatening to send an intimate photo of you to other people
- Making you feel afraid when you don't respond to calls/texts
- Using your social media accounts or looking through your phone without your knowledge



Controls who you talk to online



Sends you negative, insulting, or threatening messages



Constantly texts you and gets angry if you don't respond in a given time frame



Uses any kind of technology to monitor you

**For more red flags, contact us!**

**96%**

of teens experiencing digital abuse also experience other forms of abuse from their partners.<sup>8</sup>

## SPEAK UP

Facebook/Instagram/LinkedIn/Twitter Posts

In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.

## Healthy Relationships

### RESPECT EACH OTHER



Your partner's wishes & feelings have value, and so do yours. Let your partner know you are making an effort to keep their ideas in mind.

### BE SUPPORTIVE



Offer reassurance & encouragement to each other. Let your partner know when you need their support. Build each other up, don't put each other down.

### GIVE EACH OTHER SPACE



Just because you're in a relationship doesn't mean you have to share everything and constantly be together. It's okay to have healthy space from your partner.

**We can help, call us today!**

**1-877-854-3594**  
**24 Hour Hotline**

**HUMAN OPTIONS**  
PREVENT. PROTECT. EMPOWER. TRANSFORM.

## References

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