



Teen Dating Violence Types of Abuse

Teen dating violence is a pattern of physically, sexually, verbally, and/or emotionally abusive behavior in a dating relationship.

Physical Abuse

Any intentional unwanted contact with the other person's body. Physical abuse does not have to leave a mark or a bruise.

Examples:

- Scratching
- Kicking
- Pulling hair
- Pushing
- Shoving
- Punching
- Pinching
- Choking
- Using a weapon
- Biting
- Burning
- Strangling
- Slapping

Sexual Abuse

Any intentional behavior that is unwanted or interferes with the other person's right to say "no" to sexual advances.

Examples:

- Unwanted kissing or touching
 - Date rape
 - Forcing someone to go further sexually than he or she wants to
 - Unwanted rough or violent sexual activity
 - Not letting someone use birth control or protection against sexually transmitted infections
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Verbal/Emotional Abuse

Saying or doing something to the other person that causes the person to be afraid, have lower self-esteem, or manipulates or controls the person's feelings or behaviors.

Examples:

- Ignoring the person in front of other people
- Humiliating or embarrassing the person
- Call the person names
- Making fun of the person
- Making the person feel like they can never do anything right
- Controlling the person's plans
- Giving the person a guilt trip when they want to spend time with friends/family
- Using drugs or alcohol as an excuse for behavior
- Wanting the person to change the way they dress, think, or act
- Threatening to break up the person if they don't do something they want
- Making decisions for the person or making them feel like they can't make decisions on their own
- Blaming problems on the person
- Destroying gifts, pictures, or clothing
- Checking up on the person and always calling, texting, wanting to know where they are
- Accusing the person of flirting or cheating
- Denying things that really happen
- Accusing the person of not really loving or caring about them
- Pressuring the person to do things they aren't ready for
- Threatening to leave the person somewhere if they don't go along with what they say
- Expecting the person to make excuses for them
- Expecting the person to do things they are not comfortable with
- Not allowing the person to disagree
- Putting the person down when they disagree
- Going through the person's stuff
- Invading the person's privacy
- Going through the person's phone, reading text messages
- Showing up places or calling places to make sure the person is there
- Not being loving in order to punish the person
- Telling the person that they will never find anyone else

If you feel like you or a friend needs help, contact A Woman's Place.

1.800.220.8116

www.awomansplace.org