

## Teen Dating Violence: The Facts

### LOVE IS NOT SUPPOSED TO HURT

What is teen dating violence? Teen dating violence consists of *emotional abuse*, *sexual abuse*, and *physical abuse*.

**Emotional abuse** harms a person's self-esteem or causes shame. Examples given by teens are:

- Being yelled at
- Money stolen
- Constantly blamed for partner's own faults
- Publicly humiliated
- Labeled "stupid" or "crazy"
- Called names
- Repeatedly interrogated
- Constantly accused of flirting or having sex with others

**Sexual abuse** is any kind of unwanted sexual Advance or Contact. Examples given by teens:

- Called sex names
- Forced sex
- Made me walk home nude
- Acted indifferent
- Forced me to do disgusting sex acts
- Unwanted sex after hitting
- Always wanted to have sex
- Slapped or pinched to get their way

**Physical Abuse** causes pain or injury. Examples given by teens are:

- Scratched
- Choked
- Hair pulled
- Arm-twisted
- Fingers bent
- Burned
- Cut with knife
- Hit head against wall
- Punched in face
- Slapped or hit with object
- Beat up



**REMEMBER,  
EVERYONE HAS A  
CHOICE IN LIFE.**



### Contact the following Support Services:

- Emergency Services **911**
- North Vancouver RCMP  
(604) 985—1311
- West Vancouver Police  
(604) 925—7300
- Squamish RCMP  
(604) 892—6112
- Squamish Valley Peacekeepers,  
(604) 892—6306
- North Vancouver Peacekeepers,  
(604) 985—6147

Linda George – Manager  
Prevention & Community  
Awareness,  
Squamish Nation  
Ayas Men Men  
Child & Family Services  
Department



Phone: (604) 985-4111

*Huy chexw aa*



# TEEN DATING VIOLENCE



Squamish Nation Ayas Men Men  
Child & Family Services  
321 Seymour Blvd  
North Vancouver, BC V7J 2J4

## TEEN DATING VIOLENCE

### Signs of a Victim

- frightened of your partner's temper?
- afraid to disagree with your partner?
- find yourself apologizing to yourself and others when your partner treats you badly?
- been frightened by your partner's violence towards others?
- been kicked, hit, or shoved?
- avoid seeing friends or family because of your partner's jealousy?
- had things thrown at you?
- been forced to have sex?
- forced to justify everything you do and everyone you see?
- become secretive, ashamed or hostile to your parents because of this relationship?

### Signs of an Abuser

- extremely jealous and possessive?
- constantly ridicule, criticize or insult your partner?
- become violent when you drink and/or use drugs?
- broken things that belong to your partner?
- threatened to hurt or kill your partner or someone close to him or her?
- forced anyone to have sex, or intimidated anyone so he or she is afraid to say no?
- threatened to kill yourself if he or she leaves you?
- spy or call constantly to check up on your partner?
- accuse him or her of seeing others?

### THE CYCLE OF VIOLENCE

- 1) Tension Building is a time of minor conflicts and, possibly, some physical abuse.

This stage may last from a few hours to many months. The victim is aware of the building tension and tries many ways to please and humor the partner.

- 2) A major Episode of Violence once an assault starts, there's usually little the victim can do to stop it. Apologizing or reasoning with the abuser seldom works.
- 3) A period of Remorse follows. The abuser feels ashamed and guilty, and promises it will never happen again. This phase wears off and tension begins to build again. The victim wants to believe these promises and stays in the relationship hoping the abuse will not occur again.

Tension Building  
Major Episode of Violence  
Period of Remorse

### MYTHS ABOUT TEEN RELATIONSHIPS

**Myth:** If I just try a little harder, my partner will treat me better.

**Fact:** Hitting or other abuse is never the fault of the person who is mistreated! The abuser—not the victim—needs to change his or her behavior.

**Myth:** I don't care if my partner treats me badly—without him or her I'm nothing.

**Fact:** Sometimes it may feel like an unhealthy relationship is better than none at all. Treating one another with respect is the only way to achieve the happiness that healthy relationships offer.

**Myth:** If I told people that my partner hits me, they'd probably think it was my fault.

**Fact:** It is common for abusers to tell their victims that the victims are to blame. In fact, victims of abuse are never to blame! And by breaking the silence about the abuse, they are likely to find the help they need.

**Myth:** Abusive behavior is normal in a relationship because I see this happen within my family.

**Fact:** Teens often think abusive behavior is normal because they see this behavior in relationships of family or friends. Abusive behavior is never acceptable in a healthy relationship!

If you believe that police protection is needed for your safety, **you have the right** to ask an officer to help you:

If you know a victim of Dating Violence....

#### Believe the Person

\*Victims need to know they will not be doubted, or blamed for the abuse.

#### Support the Person

\*It's not always easy to admit there's a problem. Be there for your friend as your friend goes through the hard work of questioning and making decisions. Encourage your friend to get help and get out of the relationship.

#### Suggest Options

\* Often, a victim of abuse will feel there are no choices. Help your friend think of ways to overcome fears.

#### **Contact the following support services**

- \* Emergency Services **911**
- \* North Vancouver RCMP 604-985-1311
- \* West Vancouver Police 604-925-7300
- \* Squamish RCMP 604 892-6112
- \* Squamish Valley Peacekeepers, 604-892-6306
- \* North Vancouver Peacekeepers, 6049856147

Ayas Men Men Child & Family Services—North Vancouver  
321 Seymour Blvd.  
(604) 985—4111 8:30 a.m. to 4:30 p.m.

Ayas Men Men Child & Family Services—Squamish Valley  
100 Billy Road.  
(604) 892—5975 8:30—4:30 pm

Esemkwu Healing Centre  
(604) 904—1253 8:30 a.m. to 4:30 p.m.

**ALL SERVICES ARE FREE AND CONFIDENTIAL**