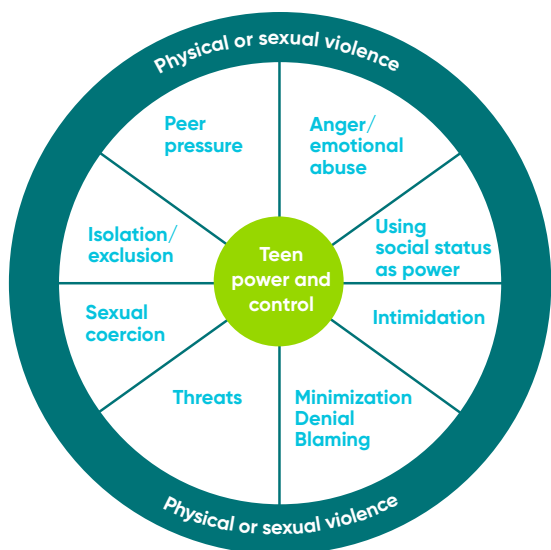
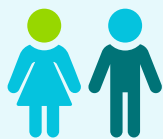


# Teen power and control wheel



**21%**  
Teenage girls



**10%**  
Teenage boys

EXPERIENCE  
**DATING VIOLENCE**  
IN HIGH SCHOOL



## Resources

VIA Link 211

Crisis Teen Textline  
833.TXT.TEEN (833.898.8336)

National Human Trafficking Hotline  
1.888.373.7888  
Text: 233733

National Teen Dating Abuse Hotline  
866.331.9474

Children's Hospital New Orleans  
200 Henry Clay Ave., New Orleans  
504.899.9511  
24/7: 911

Children's Bureau of New Orleans  
935 Calhoun St., New Orleans  
504.525.2366

New Orleans Family Justice Center  
701 Loyola Ave., New Orleans  
504.592.4005  
24/7: 504.866.9554

Metro Centers for Community Advocacy  
504.837.5400  
24/7: 888.411.1333

Sexual Trauma Awareness & Response (STAR)  
123 N. Genois St., New Orleans  
504.407.0711  
24/7: 855.435.STAR

**Morgan Rae Center for Hope/  
New Orleans Children's Advocacy Center**  
1101 Calhoun St.  
New Orleans, LA 70118  
504.894.5484

24-17783-0712

# What to know as a teen in the dating world



**Morgan Rae Center for Hope/  
New Orleans Children's Advocacy Center**



**Children's Hospital  
New Orleans**  
LCMC Health



## Healthy vs. unhealthy relationships

### Signs of a healthy relationship

- Trust and honesty
- Respect
- Kindness
- Independence
- Equality
- Comfortable pace
- Healthy conflict or disagreement
- Takes accountability or responsibility for actions
- Fun!

### Signs of an unhealthy relationship

- Betrayal
- Belittling
- Isolation
- Possessiveness
- Hot-bloodedness
- Explosiveness
- Deflecting responsibility or denying accountability
- Guilting
- Sabotage
- Manipulation
- Intensity

## Dating violence

### A type of intimate partner violence that can be...

- Physical: Hitting, punching, shoving, throwing things, using weapons
- Emotional or verbal: Constant criticism, name-calling, threats, jealousy, isolation
- Sexual: Forcing sex, violence during sex, denying condom use
- In-person or electronic

### Red flags or warning signs

- Moving too quickly or not respecting boundaries
- Extreme control or jealousy
- Does not take accountability for behaviors
- Grew up in an abusive home
- Tells you who you can and can't hang out with
- Rages out of control and is impulsive
- Seems too good to be true initially

### Long-term consequences

- More likely to develop depression and anxiety
- More likely to use tobacco, drugs, or alcohol
- More likely to think about suicide
- Higher risk of victimization in college

### How to prevent dating violence

- Stop it before it starts
- Seek out positive mentors
- Improve communication and problem-solving skills
- Outline qualities of healthy relationships
- Look for these signs with your friends

## Consent and boundaries

### What is consent?

- Agreement between people or permission
- Not feeling pressured to do things you're uncomfortable doing
- Critical to a happy, healthy relationship
- Cannot legally give consent if you're under 17
- Can be awkward but doesn't have to be
- Consent should be clear and enthusiastic, willing, coherent/sober, and ongoing

### What are boundaries?

- Ongoing mutual agreements between partners about what they want to experience
- Essential to healthy relationships
- May change as the relationship progresses
- Help you feel in control of yourself, your space, and your choices

### Types of boundaries

- Digital: Sexting, posting on social media, sharing passwords
- Physical: Touch and intimacy, PDA
- Financial: How to spend money, access to cards or bank account
- Emotional: Feelings and trust, emotional support, consistency