

# BREAK THE CYCLE:

## Ending Teen Dating Violence



## WHAT IS TEEN DATING VIOLENCE?

Did you know that 1 in 10 Oklahoma teenagers have experienced some form of domestic violence? Teen Dating Violence is a *pattern of harmful behaviors* in adolescent relationships, including **physical, emotional, sexual, or psychological abuse**. This *can involve hitting, insults, manipulation, coercion, or digital harassment like excessive texting or controlling social media*. TDV may also include forcing sexual activity **without consent** or **financial control**. It's crucial to recognize the signs and promote healthy, respectful relationships.

## KNOW THE SIGNS:



- extreme jealousy:** Constant accusations of cheating or needing to know their whereabouts.
- isolation:** Discouraging contact with friends or family.
- controlling behavior:** Dictating what they wear, do, or say.
- verbal or emotional abuse:** Name-calling, threats, or belittling.
- unexplained injuries:** Bruises or fear of their partner.
- pressure in intimacy:** Forcing or pressuring sexual activity.

## ABOUT PALOMAR:

Palomar is a **one-stop shop** where experts *work together* to help people dealing with tough situations like **domestic violence, sexual assault, human trafficking, stalking, child abuse, and elder abuse**. They make it easier to get medical help, legal advice, therapy, and other support—*all in one spot*. **Palomar offers protection, hope, and healing.**

## everyone deserves healthy relationships.



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