

# Healthy Relationships

## Matter:

### SPOTTING TEEN DATING VIOLENCE!

**1 in 10**

Oklahoma teenagers have experienced some form of dating violence.



**less than 25%**  
of teens who identify in the **LGBTQIA+** community ever report the abuse.

Students who have experienced **sexual or dating violence** are more likely to experience suicidal ideation.



## Warning Signs

### YOU NEED TO KNOW:



#### **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.

Recognizing these signs can help prompt intervention and support for those affected.

# How to Help Someone

## EXPERIENCING TEEN DATING VIOLENCE:

1

### listen without judgement:

Encourage them to talk and validate their feelings without blaming or criticizing them.

2

### express concern:

Let them know you're worried about their safety and well-being.

3

### educate yourself & them:

Share information about healthy relationships and the warning signs of abuse.

4

### offer support, not ultimatums:

Be patient and let them make decisions at their own pace while offering help.

5

### create a safety plan:

Help them identify safe spaces, trusted adults, & emergency contacts.

6

### connect them to resources

Talk to them about their options: In the OKC Metro, they can call/visit Palomar or they can call the DV Hotline at 1.800.522.SAFE 24/7.

7

### encourage self-worth:

Remind them of their strengths and that they deserve respect and care in a relationship.

what do you want in your

# relationship???

COMMUNICATION

TRUST

FUN

BOUNDARIES

SUPPORT

NO PRESSURE

EQUALITY

RESPECT

SAFETY

CARE

PATIENCE

CONSENT

SHARED  
VALUES &  
INTERESTS