

66 IS A TEEN I KNOW AT RISK?

Warning signs that a teen may be in an unhealthy relationship:

- Declining interest in school, sports, or other activities they once enjoyed.
- Withdrawal, isolation from friends/family.
- Sudden drop offs in grades.
- Emotional changes - feeling sad, fearful, irritable, or argumentative.
- Fear of "getting in trouble" with their partner for doing something, going somewhere or talking to someone.

HOW TO HELP

It's possible that you know, or will know, a person who is in an unhealthy or abusive relationship. Here's how you can help:

- **Believe them.** Survivors of abuse are often told by their abusive partner that they are at fault for the abuse. Saying "I believe you" encourages someone to share their story and access support.
- **Let them know that you are concerned and that the abuse is wrong.** Tell them you care about how they feel and how they are being treated. Share an example of a behavior you witnessed that concerned you to open a safe dialogue.
- **Ask how you can help.** In situations where there is dating abuse, it is important to empower the survivor to choose what they'd like to happen and to support their choices. If you're concerned about their imminent safety and are not sure how to address the situation, crisis hotlines are available and can help you navigate your response.



CRISIS SUPPORT
AVAILABLE 24/7

For free, confidential crisis hotline support 24/7 and information about short-term counseling services, contact Doorways for Women and Families Hotline at 703-237-0881 or visit www.doorwaysVA.org



GENERAL INFORMATION

For information about dating violence and access to a free, confidential, online hotline visit www.loveisrespect.org



GET INVOLVED

Adults: Project PEACE (Partnering to End Abuse in the Community for Everyone) is a countywide collaboration dedicated to preventing and improving Arlington's response to domestic and sexual violence. Learn more at <https://health.arlingtonva.us/project-peace/> or email info-ProjectPEACE@arlingtonva.us

Youth: The Arlington Healthy Relationships Task Force (HRT) is a group of students (ages 14-21) representing the Arlington high schools. They meet monthly to raise awareness about sexual assault and healthy relationships. Interested youth can email HRT-ProjectPEACE@arlingtonva.us or follow [@HRTArlington](https://twitter.com/HRTArlington) to learn more or join!



[@ArlProjectPEACE](https://twitter.com/ArlProjectPEACE)

Arlington's
**PROJECT
PEACE**
Partnering to End Abuse in
the Community for Everyone

HELPING TEENS NAVIGATE DATING RELATIONSHIPS



**FOR CRISIS SUPPORT, 24/7
CALL: 703-237-0881**



DATING VIOLENCE HAPPENS IN ARLINGTON

25% of APS female students in grades 8,10, & 12 report that someone they went out with put them down or called them names.*

20% of APS female students in grades 8,10, & 12 report that a dating partner made unwanted sexual contact with them.*

All teens are at risk. The National 2015 YRBS survey estimates that 24% of Lesbian, Gay, Bisexual students had experienced dating violence in the past year.

These statistics are consistent with the national averages and highlight an increasing problem among young dating partners. More than ever, young people need support navigating the dynamics of dating and sex. Adults, who work or live with youth, have numerous opportunities to model and discuss what young people should expect from a safe and healthy relationship.

Full results of the 2017 Arlington Youth Risk Behavior Survey can be found at www.apcyf.org



CONSENT & SEX

WHEN IT COMES TO RELATIONSHIPS,

teens have the right to decide when, where, and what activity they want to engage in. For any sexual activity to happen (hugging, kissing, and more), both people need to consent, or say yes, willingly and free from pressure.

IT'S IMPORTANT TO TALK TO YOUTH

about how they will ask for, and know if, they have consent before engaging in any sexual activity. Letting them know that they can stop an activity they are engaging in at any time, empowers youth to feel comfortable with vocalizing their limits.

4 THINGS YOU CAN DO



Model Healthy Relationships

Use healthy emotional and physical behaviors when interacting with friend and family to model what safe and healthy relationships look like.



Encourage Healthy Behaviors

Talk to the teens you know about healthy communication and boundaries.



Discuss Healthy Communication

Discuss with your teen about how to have healthy disagreements and ensure they feel safe and heard when sharing their wants and needs.



Recognize Abusive Behaviors

(examples include)

Excessive jealousy/communication

Isolating their partner from friends/family

Using force of any kind

LEARN MORE AT
www.loveisrespect.org