

# FEBRUARY IS



## Teen Dating Violence Awareness and Prevention Month



### Impact of Teen Dating Violence

“This issue impacts **EVERYONE** - parents, teachers, friends, and communities. Together, we can raise the nation’s awareness about teen dating violence and promote safe, healthy relationships.

Nationwide, youth age 12 to 19 experience the highest rates of rape and sexual assault. Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use.

Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Children who are victimized or witness violence frequently bring this experience with them to the playground, the

classroom, later into teen relationship and ultimately, they can end up the victims and perpetrators of adult intimate partner violence.

## What Can I Do?

Talk to Teens! As we interact with teens in our work or personal lives, each of us can promote safe, healthy teen relationships.



- Discuss the [warning signs](#) of dating abuse, not just physical abuse.
- Discuss the characteristics of healthy teen relationships, [characteristics of healthy teen relationships](#)
- Talking about how the media portrays healthy and unhealthy relationships. For example, many popular movies, TV shows, commercials, books, and magazines portray stalking as romantic or harmless when it is actually very dangerous” (youth.gov).

## How Can I Get Help?

The Air Force, Space Force, and community provide a variety of services to Airmen, Guardians and their families to enhance relationship skills and improve quality of life. For support, please reach out to a helping resource below:

- Family Advocacy – 494-8171
- Military and Family Life Counselor (Youth) – 474-1530
- Chaplain – 494-4073
- Military OneSource – 1-800-342-9647 or web: [www.militaryonesource.mil](http://www.militaryonesource.mil) or live chat: [livechat.militaryonesourceconnect.org/chat](https://livechat.militaryonesourceconnect.org/chat)
- National Dating Abuse Helpline – 1-866-331-9474
- Love is Respect – 1 -866-331-9497 or text LOVEIS to 77054 or live chat at [www.loveisrespect.org](http://www.loveisrespect.org)
- School Counselor

The POC for this article is the 45 SW Violence Prevention Office.