

FOR IMMEDIATE RELEASE

For more information, contact Michelle Broxterman
Family and Child Development Extension Agent, Wildcat Extension District
mbroxterman@ksu.edu (620)724-8233

Shedding Light on Teen Dating Violence

February is National Teen Dating Violence Awareness Month. This annual, month-long effort focuses on advocacy and education to stop dating abuse before it starts. Dating violence among teens is more common than you might think. According to the CDC, about one in twelve U.S. high school students have experienced dating violence. While healthy relationships tend to have a positive effect on emotional development, abusive relationships generally do the opposite. Dating violence victims are likely to experience suicidal thoughts, antisocial behaviors, depression and anxiety, and engage in unhealthy behaviors such as alcohol and drug use.

When a teen is dating, it is important to have an open dialogue with them about their relationship. Be proactive by talking with teens regularly about how their partner treats them. Take time to get to know your teen's partner. Another beneficial step to take, is to become aware of the warning signs of teen dating violence. These signs may include:

- Isolation from friends and family
- Changes in behavior
- Unexplained injuries or bruises
- Constant communication via text or other forms of social media
- Personal insults, name calling, and lack of respect

For more guidance on teen dating violence visit teendvmonth.org. If you or someone you know could benefit from speaking to a peer advocate call 1-866-331-9474 or text "loveis" to 77054.

For more information contact Michelle Broxterman, mbroxterman@ksu.edu, (620)724-8233.

###

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.