



# TEEN DATING VIOLENCE

Dating, relationships, hook-ups, "swiping right" -- these are all part of today's world, for teens and adults. Most teenagers do not experience physical aggression when they date. However, for some teens, abuse is a very real part of dating relationships. February is **National Teen Dating Violence and Prevention Awareness Month**. Read on for data on this important topic, important communications tips for any kind of romantic relationship, and resources if you are in an abusive relationship and need help.

## DATA

### 2019 Youth Risk Behavior Survey

Region	Physical Dating Violence	Sexual Dating Violence
United States	8.2%	8.2%
North Carolina	6.7%	7.0%
Chatham County	<b>8.4%</b>	<b>9.6%</b>

Percent of high school students in the stated region experiencing stated violence one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey.

#### What is physical dating violence?

Being physically hurt on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon) by someone they were dating or going out with

#### What is sexual dating violence?

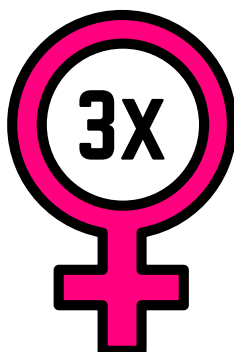
Being forced to do sexual things (counting such things as kissing, touching, or being physically forced to have sexual intercourse) they did not want to do by someone they were dating or going out with



**IN 2021, 13% OF NORTH CAROLINA HIGH SCHOOL STUDENTS WHO WERE DATING SOMEONE SAID THEY HAD EXPERIENCED PHYSICAL DATING VIOLENCE IN THE LAST YEAR.**

*National and county-level data for 2021 not yet available as of February 2023*

**Who is most likely to be a victim of physical or sexual dating violence among Chatham County high school students who are dating?**



Female students who were dating were more than three times as likely as male students who were dating to experience sexual dating violence (**14.8% vs. 4.5%**). Rates of physical dating violence were similar.



Students identifying as **gay, lesbian, or bisexual** were more than three times as likely as students identifying as heterosexual to experience both physical dating violence (**19.6% vs. 6.1%**) and sexual dating violence (**22.5% vs. 7.1%**)

# HEALTHY RELATIONSHIP TIPS



If there is a problem or an issue in your relationship, **talking to a trusted adult** openly and honestly can help you make decisions that are best for you. It may be uncomfortable, but can ultimately keep you safe.

When it comes to sexual activity and sex, you have the right to decide when you do it, where you do it, and how you do it. For any sexual activity to happen -- kissing, cuddling, touching, anything -- everyone needs to consent, or say yes, willingly and freely. Another way to think about consent is that **only yes means yes**. If you are unsure, stop and ask.

# YES



In a healthy dating relationship, all people have equal power and are involved in decision making. Each person needs mutual respect and trust. If important things like respect and trust are missing, it may be an **unhealthy relationship**. If there is fear, threats, and/or physical, sexual, financial, emotional/mental or spiritual abuse happening, then it is often an abusive relationship.

## IF YOU NEED HELP



A project of the National Domestic Violence Hotline, **Love Is Respect** is a resource specifically for youth who want to learn more about healthy dating and relationships.

**Online:**

[www.loveisrespect.org](http://www.loveisrespect.org)

Need help now?

**Call:** 1-866-331-9474

**Text:** LOVEIS to 22522



**Second Bloom of Chatham** is the county's agency dedicated to providing person-centered support and resources for survivors of domestic violence and/or sexual assault.

**Online:**

[secondbloomofchatham.org](http://secondbloomofchatham.org)

Need help now?

**Call:** 919-545-0055



**Chatham Family Violence Prevention Services**

provides bilingual assistance with safety planning, protective orders, mental health services and more for survivors of domestic violence, as well as a Spanish-speaking support group.

**Online:**

[chathamcountync.gov](http://chathamcountync.gov)

**Call:** 919-548-2329



Utilizing a mobile app and several online resources, **ThatsNotCool.com** advocates for healthy relationships among teens, online and offline. The website has information on speaking up, videos with important messages, and info for parents.

**Website:** [thatsnotcool.com](http://thatsnotcool.com)

**App:**

Search "respect effect"