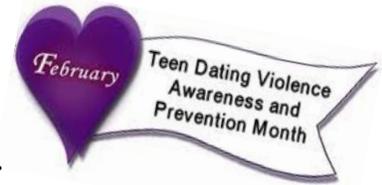




# Health Tribune

Thinking about your health in Portage County  
Provided by the Portage County Health Department



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## February is... Dating Violence Awareness month

Dating in today's society is already hard enough as it is. Adding violence to that mix makes it that much harder. Dating violence is a pattern of abusive behaviors used to take power or control over another person. Abusive behaviors are not just physical. It can also be emotional, sexual or verbal abuse as well. Every relationship is different, but the one thing that is common to most abusive dating relationships is that the violence escalates over time and becomes more and more dangerous for the young victim. Dating violence becomes a vicious cycle but it ends when you choose to walk away from it and seek help.



Teens and young adults experience the same types of abuse in relationships as adults. This can include:

- **Physical Abuse:** Any intentional use of physical force with the intent to cause fear or injury, such as hitting, shoving, biting, strangling, kicking or using a weapon.
- **Verbal or Emotional Abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.
- **Sexual Abuse:** Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs.
- **Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner. This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts or stalking on Facebook or other social media.

## Did you know?

- 1 out of 11 teens report being a victim of bullying each year.
- About 10% of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.
- 9.7% of Ohio high school students report dating violence.
- 10.2% of Ohio high school students reported having been "physically forced to have sexual intercourse."
- Teens who are victims are more likely to be depressed and do poorly in school.

## 10 Warning Signs of Abuse

While there are many warning signs of abuse, here are ten common abusive behaviors:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do



For more information on dating violence visit: <http://www.teendvmonth.org/>

## Questions or Comments?

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