

Conifer Counseling Informational Page

Conifer
Counseling
and
Therapy
Services, Inc

Teen Dating Violence Checklist

The National Survey of Teen Relationships and Intimate Violence found approximately two thirds of the teens surveyed reported having been victimized by an intimate partner within the year prior to the survey. While teen dating violence includes physical, emotional, and sexual violence such as seen in adult Domestic Violence; there are some behaviors unique to the culture of this age group. This can allow teen dating violence to go unnoticed but more easily executed due to social media and increased social pressure in a school setting.

Teenage puppy love or control? Can you tell the difference? Try our checklist:

☐ Obsessively calling or texting followed by anger if there is no immediate response. The teen being abused may display excessive anxiety over not returning calls and texts.

☐ Sitting outside the home when there is no plan to meet up

☐ Unannounced visits or uninvited insertion into activities, which takes away the teens decision around time alone

☐ Social Isolation
(Spreading rumors, public humiliation, etc)

☐ Insistence on spending all free time together at school even if it interferes with school work, extracurricular activities, and friendships

☐ Constant conflict
(The arguing is continuous, and your teen complains about their partner regularly.)

☐ Abusive language including name calling and excessive degrading teasing

☐ Social media harassment

☐ Threats to get their way
(Physical, social, emotional, suicide, or threats of withholding love or cheating)

☐ Excessive jealousy

☐ Excessive monitoring
(Demanding access to phone or social media, tracking whereabouts)

☐ Physical signs of abuse
(Unexplained bruising, bite marks, pattern of injuries)

☐ Destruction of personal property
(Breaking phone, vandalism of property, etc)

☐ Friends don't like the partner or complain about how they are treated by the partner

☐ Forced or coerced sexual activity
(Pressure for PDA, kissing, sexual acts or intimacy)

***If you notice any of these warning signs, check out our prevention and intervention page.

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