



# DV NEWS

*A Newsletter of the Domestic Violence Program*

*of*

**Catholic Charities  
of Delaware, Otsego and Schoharie Counties**

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## **February is Teen Dating Violence Awareness Month**

This February we encourage you to reach out to teens and talk to them about Teen Dating Violence (TDV). TDV is a pattern of behavior that includes physical, emotional, verbal or sexual abuse used by one person in an intimate relationship to exert power and control over another. TDV occurs among individuals between the ages 13-19 years old.

Statistics show that 1 in 3 teens experience some kind of abuse in their romantic relationships, and only 33% of teens who have been in or known about an abusive dating relationship report having told anyone about it. That leaves 67% of teens who hide their abuse or leave their abuse unreported. Its easy for teens to think some forms of abuse is normal, and many parents don't take their children teen relationships seriously, which often times makes it difficult for a teen to reach out to a parent for help. By virtue of their age, young people have very limited relationship experience, and therefore it's often difficult for them to distinguish what is normal and healthy in a relationship. Its up to the parents to know signs of abuse whether physical, digital, sexual, financial, emotional or verbal.

Abuse comes in many forms, and its up to us to break the cycle. Being able to tell the difference between healthy, unhealthy, and abusive relationships can be more difficult than you think. Although there are many signs to pay attention to in a relationship, these are some of the common warning signs of dating abuse:

- Checking cell phones, emails, social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings toward you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Repeatedly pressuring someone to have sex

There are many resources available for getting help for a teen who is in an abusive relationship. These resources can be found both locally and nationally:

- If you or someone you know sees the warning signs in their relationship, text ***loveis*** to **22522**
- National Teen Dating Abuse Helpline: **866-331-9474**
- Rape, Abuse, and Incest Nation Network (RAINN) : **800-656-HOPE (4673)**
- Break the Cycle: **[www.breakthecycle.org](http://www.breakthecycle.org)**
- The Safe Space: **[www.thesafespace.org](http://www.thesafespace.org)**
- That's Not Cool: **[www.thatsnotcool.com](http://www.thatsnotcool.com)**
- National Youth Violence Prevention Resource Center: **[www.safeyouth.org](http://www.safeyouth.org)**

**Break** the Cycle



### Domestic Violence Program

489 West Main Street  
Cobleskill, NY 12043

Phone: 518-234-3581  
Fax: 518-234-8423

**24 Hour Crisis Hotline:**  
**(518) 234-2231**  
**Collect Calls Accepted**



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## KNOW YOUR RIGHTS!

Every young person has the right to a safe and healthy relationship, but not every state defines violence or dating abuse in the same way. These are some rights you have that are recognized in every state.

- ◆ **YOU HAVE THE RIGHT** to be free from sexual and emotional abuse in your relationships.
- ◆ **YOU HAVE THE RIGHT** to file a case in court to stop abuse from a romantic partner or ex.
- ◆ **YOU HAVE THE RIGHT** to get protection from your school under a country-wide law called Title IX (Title 9).
- ◆ **YOU HAVE THE RIGHT** to a protection order/restraining order.