

# Help is available for teen dating violence victims

Teen Dating Violence Awareness and Prevention week was Feb. 2-6. Did you know?....

- 20 percent of all teenage girls and young women have experienced some form of dating violence.
- Teen dating violence affects all racial and socioeconomic groups.
- Abuse is not only physical and sexual, but can also be verbal and/or emotional.
- Teen dating violence can increase the risk of pregnancy, sexual activity, substance abuse, and suicide.
- Stalking is also an issue and can include repeated phone calls and/or text messaging; following; damage to property; and any other action that controls, tracks, or frightens someone.
- 70 percent of all sexual assault victims reported to law enforcement are juveniles.
- Dating violence can happen to anyone regardless of race, sexual orientation, or gender.

In today's world, teens are in dating relationships at a much younger age. Where do our teens go for help if they are being abused in those relationships? Some will seek the listening ear of a close friend, school counselor, parent, etc. and some may not seek help at all and try to deal with the issue on their own.

What you can do to help and be a support person for them?

1. Talk with them. Show interest in their friendships and relationships.
2. Listen to them. When they do come to you for help, be willing to listen and offer advice when needed.
3. Get help for them if needed. Most teens will be reluctant to talk to anyone about issues of violence, but if they do, be ready to take action with them.

If you would like more information or confidential services, please call the White Earth Dove program staff at (218) 935-5554 or in an emergency, call our 24 hour crisis line at 1-877-830-DOVE(3683). You can also go online to find out more information – a good site is [www.youtube.com](http://www.youtube.com) and do a search under teen dating violence.