



EMPOWERING PARENTS TO RAISE
THEIR CHILDREN TO BE SUBSTANCE-FREE

Talk Early And Often About Alcohol, Tobacco And Other Drugs. Even When It Gets Tough

Know! To Help Your Child Recognize and Prevent Dating Abuse

Flower bouquets, candy hearts and love letters will be exchanged among couples of all ages this month, including middle and high school students. Does your son or daughter have a Valentine? If he or she is in a “romantic relationship,” is it a positive one? The fact is, you may not know, and that would put you among the majority (according to LovelsRespect.org), since 81% of parents reported either not knowing or not believing adolescent dating violence was even an issue. That may be part of the reason so many teens in violent relationships keep it to themselves (they fear no one will believe them).

Nearly three out of four eighth and ninth graders are “dating,” according to LovelsRespect.org; with “dating” being defined as, *two people in an intimate relationship*. In general, adults tend to downplay these adolescent romances, but that can be a dangerous notion. Reportedly, one in three youth is a victim of physical, sexual, emotional or verbal abuse from his/her dating partner. In addition to the short term effects on a victim, such abuse increases a person’s risk for substance abuse, eating disorders, risky sexual behaviors and further domestic violence.

In helping to prevent dating abuse among our children, we must first be aware and share information with them on this issue; then we must teach our sons and daughters what healthy relationships are, and what healthy relationships are not, so that they will be able to recognize abuse in an intimate relationship, should they find themselves in one.

Parent to Child: “Dating abuse is one person exerting power and control over the other. For example, if you are in a relationship and your boyfriend/girlfriend...

- Checks your cell phone or social media accounts without your permission or demands to know your passwords;
- Constantly puts you down;
- Is extremely jealous or insecure;
- Has an explosive temper;
- Tries to isolate you from family or friends;
- Makes false accusations;
- Has mood swings;
- Is possessive of you;
- Tells you what to do;
- Physically hurts you in any way (without exception - abusive);
- Pressures or forces you to physically go further than you want (without exception - abusive);

...then the relationship is likely headed down the wrong path or without exception, is abusive, and an immediate exit should be made.”

Dating abuse is typically a pattern of destructive behaviors that develop over a period of time. However, it can occur at any point in a relationship and it doesn’t have to happen more than once to be abusive. Empower your children to not only speak up if they find themselves in an abusive relationship, but to take action.

Talking regularly with kids about the dangers of alcohol, tobacco and other drugs reduces their risk of using.

Know! urges you to encourage other parents to join Know!.

[Click here for the Know! Parent Tip Sign-Up Page.](#)

Know! is a program of:



**Lifetime
Prevention
Lifetime Wellness**

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Link to the article on the Drug Free Action Alliance Facebook Page

Visit [RespectIsLove.org](https://www.RespectIsLove.org) **online** for a multitude of resources from preventing to ending teen dating abuse. To speak with or message someone who can provide immediate help and support, **call** 866-331-9474 or **text** "loveis" or "HELP."

For a great tool in encouraging healthy adolescent dating relationships, check out this past Know! Parent Tip and ask your adolescent to sign the [Teen Dating Bill of Rights](#).

Source: [LoveIsRespect.org](https://www.LoveIsRespect.org).