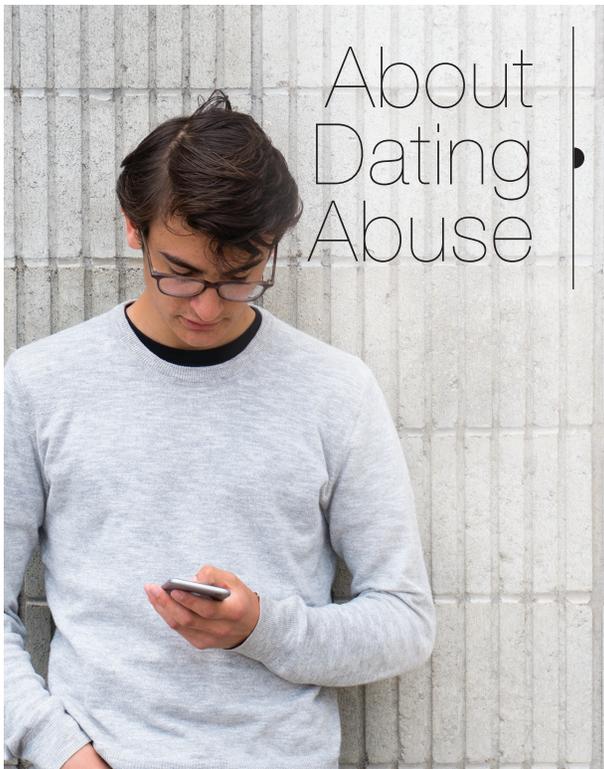


About Dating Abuse



Dating abuse affects 1 in 3 teens. It is a pattern of controlling or coercive behavior, which may include emotional, sexual, or physical violence. In an abusive relationship, one person uses fear and intimidation to gain power over their partner.

For teens, abuse might include isolation, threats or blackmail, jealousy, possessiveness, name-calling, put-downs, keeping tabs and constant texting, isolation from friends and family, physical roughness, pressure to have sex, intimidation, and the inability to let go of the relationship.

Dating abuse, like domestic violence, is very common and occurs in every community and in all kinds of relationships and among people of all gender identities.

The effects of dating abuse can be devastating and extend beyond adolescence.

Fortunately, help is available.

Our Services

Counseling

We specialize in counseling teen victims of abuse, those who use force and abuse in relationships, and their caretakers.

For counseling for teen victims, call 973-267-7520 ext. 136. For counseling for teens who use abuse, call 973-539-7801.

If you need immediate assistance, please call our 24-hour helpline at 1-877-782-2873.

Classroom Presentations

Our 7th–12th grade age-specific lesson plans help students to differentiate between healthy, unhealthy, and abusive relationships.

Leadership Programs

Our Annual Youth Leadership Conference and *Yellow Card Challenge for Athletes* provides teens the tools to promote and model healthy relationships.

Parent Education

We offer prevention programs for parent teacher associations, employee groups, and civic and faith-based organizations.

Professional In-Service

We provide a workshop, *Teen Dating Abuse: Identification and Intervention*, for professionals.



To schedule an educational program, please email no2datingabuse@jbws.org or call 973-267-7520 Ext. 136.

Information for Parents on Teen Dating Abuse

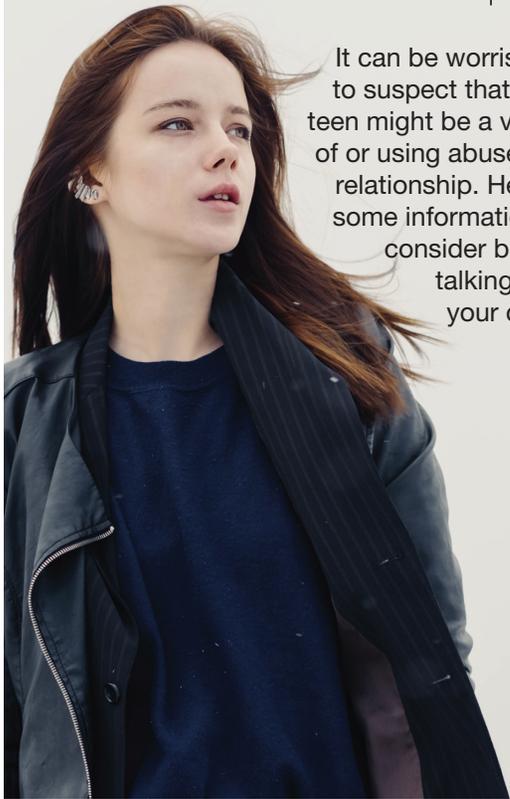


Dating abuse affects
1 in 3 teens.



How Parents Can Help

It can be worrisome to suspect that your teen might be a victim of or using abuse in a relationship. Here is some information to consider before talking with your child.



From Their Perspective

During the teen years, separating from parents is a key developmental task. Teens are working towards independence and self-reliance. Peer attitudes and values take a new, more prominent role in shaping a teen's behavior.

Therefore, teens might be reluctant to talk with their parents about abuse and reluctant to seek professional help.

Teens are dealing with new feelings and influences around sexuality and relationships. Teens may place a lot of value on being in a relationship or on having sex. Peer groups can reinforce these pressures.

When You Suspect Abuse

- Express your concerns and observations of the specific behaviors that make you uncomfortable.
- Show respect and do not minimize the seriousness of the relationship.
- Listen to your teenager and avoid ultimatums that put them on the defense.
- Support the victim and hold the abusive person accountable for the behavior.
- Be caring. Acknowledge the teen's feelings.
- Explain the benefits of seeking confidential community services for help.

Safety Planning

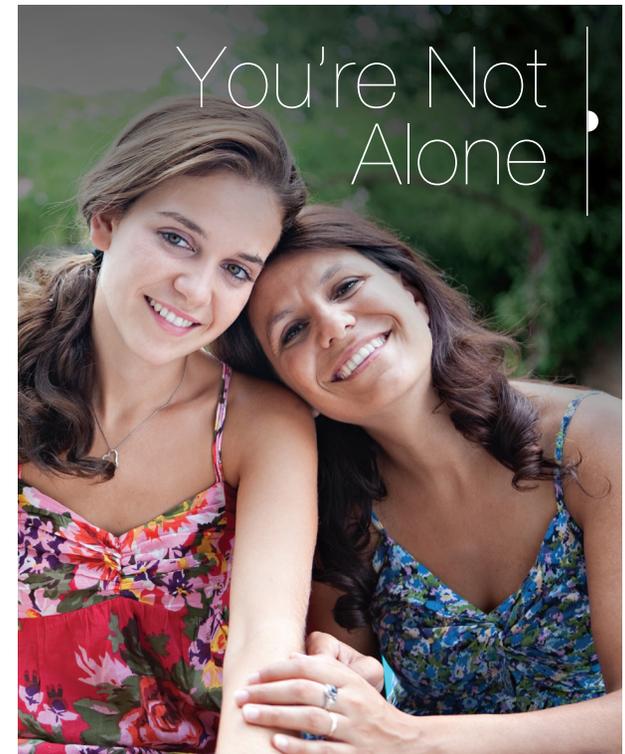
Help your teen develop a plan to stay safe whether they are ending or continuing the relationship. An abusive person has difficulty letting go of control, which makes breaking up difficult and often dangerous.

Seek help to develop a safety plan for breaking up—involve us, law officials and/or school personnel. The plan should ensure that they are in a public place and do not drive home together.

Acknowledge your teen's mixed feelings about the breakup, but stress the importance to end all contact following the breakup since this is the most dangerous time period.



You're Not Alone



Consultation and support is available for parents, friends or family members who know someone in an unhealthy or abusive relationship and would like to learn more about how to support that person in a healthy and positive way.

Counseling is offered for teens and young adults who are victims of or inflicting emotional, physical or sexual abuse in their relationships. We also offer services to teens who have witnessed domestic violence at home.

We can meet with teens at school or at our confidential location.

Consultation services are available to school personnel on safety planning—especially when the couple attend the same school. All of these services are free and confidential.

To talk with someone about the best approach for talking with your child or to make an appointment to speak with a counselor please contact us.