

SIGNS OF ABUSE IN TEEN RELATIONSHIPS



Teachers and peers may be the first to witness teen dating violence/abuse. Here are 6 warning signs to watch for:



by INTERVAL HOUSE

1

UNEXPLAINED CHANGES IN BEHAVIOR

This can look different in every situation. It could mean changes in grades, attendance, quality of work, focus in class, change in extra-curricular interests, or in demeanor.



2

ISOLATION FROM FORMER FRIENDS

A student may start dating someone and begin retreating from social networks or hanging out with their partner at the expense of their other relationships.

3

NAME-CALLING OR BELITTLING FROM A DATING PARTNER

Couples argue and teens may have a hard time regulating their emotions. But constant disrespect, dominating behaviour, and a noticeable power imbalance in relationships is a huge red flag to watch out for.



4

UNEXPLAINED BRUISES OR INJURIES

It's important to talk to a student or peer that you suspect is being physically abused by their partner. It can be extremely difficult to admit without feeling safe to do so, so it's important to make a victim feel safe. By starting a dialogue and letting the person know that you're worried, it can be easier for them to ask for help.



5

SHOWING SIGNS OF ANXIETY OR DEPRESSION

Many teens show signs of anxiety, depression or other mental health issues. Regardless of the reason why, these are all calls for help.

6

IN CONSTANT CONTACT WITH A DATING PARTNER

Independence and a sense-of-self is important in healthy relationships. When someone is in constant contact with their partner and overly anxious when they can't be in contact, this is a warning sign that they could be in a toxic or abusive relationship.

