



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 Students 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. In fact, nearly three out of four eighth and ninth graders claim to be in “dating” relationships, according to LovelsRespect.org; with “dating” being defined as, *two people engaged in a relationship, beyond friendship*.

In general, adults tend to downplay these adolescent romances, but that can be a dangerous notion, as one in three youth in a dating relationship becomes a victim of physical, sexual, emotional or verbal abuse. In addition to the short-term effects on the 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 youth, we must first be aware and share information with them on this issue; then we must teach them what healthy relationships are, and what healthy relationships are not, so that they will be able to recognize abuse in a dating relationship.

Teacher to Student: “Dating abuse is one person exerting power and control over the other. Here are some warning signs that signal a relationship is heading down the wrong path or without exception, is abusive. 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).

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*

Drug Free
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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. By sharing information on this topic in your classroom, you are not only teaching students to recognize unhealthy and abusive dating behaviors, but for those who find themselves in an abusive relationship, you may be the one voice they hear, inspiring and encouraging them to speak up and take action.

Visit RespectsLove.org **online** for a multitude of resources from preventing to ending teen dating abuse. Students can speak with or message someone who can provide them immediate help and support by **calling** 866-331-9474 or **texting** "loveis" or "HELP."

For a great tool in encouraging healthy adolescent dating relationships, check out this past Know! Tip: **[Teen Dating Bill of Rights](#)**.

Source: LovesRespect.org.



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