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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## TEEN DATING VIOLENCE AWARENESS

February is Teen Dating Violence Awareness Month, a national effort to raise awareness about teen dating violence. MCHD is joining others throughout the country in sharing information and resources to help stop this violence.

Dating violence is more common than people think, especially among teens and young adults. 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors. (Source: [loveisrespect.org](http://loveisrespect.org))

Dating abuse is coercive, intimidating, or manipulative behaviors used to exert power and control over a partner. Warning signs of abuse include actions such as:

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally).
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.

If you're concerned about your relationship, or if you have questions about healthy dating, love is respect is a safe, inclusive space where teens and young adults can access information and get support in an environment designed specifically for them. Love is respect provides free and confidential support 24/7 for anyone in the U.S.

- CALL: 1-866-331-9474
- CHAT: <https://www.loveisrespect.org/>
- TEXT: "LOVEIS" to 22522

Are you a parent looking for ways to talk to your teen about healthy relationships? [www.loveisrespect.org](http://www.loveisrespect.org) also offers a downloadable parent guide to help you start this conversation with your teen.