

FEBRUARY 14, 2024

# 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 MONTH

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.

According to [www.teendvmonth.org](http://www.teendvmonth.org), "teen domestic violence has both serious short-term and long-term consequences. While healthy relationships tend to have a positive effect on emotional development and future relationships, abusive relationships often do the opposite. Dating violence victims are likely to experience suicidal thoughts, antisocial behaviors, depression and anxiety, and engage in unhealthy behaviors such as alcohol and drug use."

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.

Are you're concerned about your relationship? Do 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. They provide 24/7 free, confidential support for any youth or parent in the U.S. Teenage dating violence is more common than you know; you are not alone.

- 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.