

Teen Dating Violence Awareness Month

Tips for Parents:

To suspect or discover that your child may be in an unhealthy and potentially abusive relationship can be shocking and frightening. Listed below are some tips to consider if you're trying to help your child who is experiencing dating violence:

Listen and provide support

Teens may fear that if they tell their parents about any type of abuse in their relationship, they will overreact and blame them or confront their partner. It's important to be supportive of your child and ask how you can support them.

ACCEPT WHAT YOUR CHILD IS TELLING YOU

Showing skepticism or disbelief can make your child feel unsupported and alone. Believe them when they decide to share their experience with you.

TALK ABOUT THE BEHAVIORS, NOT THE PERSON

Change the way you discuss the abuse. Instead of focusing on what the person, focus on how it makes your child feel.

DECIDE ON NEXT STEPS TOGETHER:

Ultimately, decisions regarding next steps need to come from your child, but you can still play an integral role in helping them identify safe options.