[](http://www.liveyourdream.org/)



**Teen Dating Abuse**

**NEED IMMEDIATE HELP?**

If you, a friend, or loved one are possibly in a abusive relationship, call the [Love Is Respect](http://www.loveisrespect.org/) teen dating violence hotline at 1 (866) 331-9474 or text "loveis" to 22522 for assistance.

Everyone deserves to be in a healthy and safe relationship. Communication is key to exercising mutual respect, establishing healthy boundaries and understanding each other’s needs.

Unfortunately, as teens form their first romantic relationships, they often are unclear about what constitutes a healthy relationship.

Often, verbal and emotional abuse erodes girls’ self-esteem, making it more difficult to summon the courage to tell someone about the abuse, let alone end the relationship.

1 in 5 teens in a dating relationship report being hit, slapped, or pushed by their partner.

*LoveIsRespect.org*

**What are the biggest issues facing girls today?**

Our survey of 412 girls in 22 different countries found:

* 35%

Health or negative body image, eating disorders

* 27%

Violence (rape, abuse or gang violence)

* 24%

Bullying or Peer Pressure

* 8%

Dropping out of School or other factors that prevent girls from getting an education

* 4%

Other

* 2%

Suicide

We consulted with girls around the world to better understand their personal obstacles. These girls reported, overwhelmingly, multiple challenges and sources of stress—violence, dating, peer pressure, depression, lack of self-esteem, and family or cultural expectations.

82% of parents thought they could recognize teen dating violence but more than half couldn’t identify the warning signs.

*LoveIsRespect.org*

To take full advantage of the potential of girl power, we must take the next step—to end violence against women and girls and invest in more resources for the next generation of women.

**Take girl power to the next level.**



It starts with an understanding of what constitutes a healthy relationship.

The action goals are simple: educate teenagers, parents and school personnel about teenage dating violence; promote an understanding of healthy vs. unhealthy relationships; and provide programs to empower girls—*Dream It, Be It.*

**“Dream It, Be It gave a feeling of relief and comfort. I felt I had a voice.”**

[Learn More about Dream it Be it](http://www.liveyourdream.org/our-dream/preparing-girls-for-success/dream-it-be-it-girls-career-program.html)

**You can help stop teen dating abuse by educating parents and—most importantly— teens about teen dating violence and the differences between healthy and unhealthy relationships. Take girl power to the next level by encouraging local schools to adopt the *Dream It, Be It* curriculum.**

**Learn More**

[Infographic: Teen Dating Violence](http://www.liveyourdream.org/media/action-resources/TDV/TeenDatingViolenceInfographic.pdf)  
Love shouldn't hurt. Know the facts, understand teen dating abuse and recognize the signs to ensure young women know what a healthy vs. unhealthy relationship looks like.

[Research Paper: If She Can Dream It](http://www.soroptimist.org/members/program/programdocs/career-guidance-girls/english/research-paper.pdf)Providing Role Models and Mentors for 21st Century Girl Empowerment. Research informing *Dream It, Be It: Career Support for Girls*.

[**Our Dream**](http://www.liveyourdream.org/our-dream/index.html)

* [Opportunity Through Education](http://www.liveyourdream.org/our-dream/opportunity-through-education/index.html)
* [Preparing Girls for Success](http://www.liveyourdream.org/our-dream/preparing-girls-for-success/index.html)
* [Ending Violence Against Women and Girls](http://www.liveyourdream.org/our-dream/ending-violence-against-women/index.html)
  + [Domestic Violence](http://www.liveyourdream.org/our-dream/ending-violence-against-women/domestic-violence.html)
  + [Teen Dating Abuse](http://www.liveyourdream.org/our-dream/ending-violence-against-women/teen-dating-abuse.html)
  + [Sex Trafficking](http://www.liveyourdream.org/our-dream/ending-violence-against-women/sex-trafficking.html)
* [Extraordinary Stories](http://www.liveyourdream.org/our-dream/extraordinary-stories/index.html)

**Take Action**

**Here's What You Can Do To Help**

[[](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/take-the-pledge-for-healthy-relationships.html)](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/take-the-pledge-for-healthy-relationships.html)

[9% Complete](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/take-the-pledge-for-healthy-relationships.html)

**[Take the Pledge for Healthy Relationships](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/take-the-pledge-for-healthy-relationships.html)**

[Pledge to respect your partner, speak up and be an advocate for healthy relationships.](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/take-the-pledge-for-healthy-relationships.html)

* [Pledge Now](http://www.liveyourdream.org/take-action/form.html?action=http://salsa3.salsalabs.com/o/50503/p/dia/action3/common/public/?action_KEY=17901)
* [Learn More](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/take-the-pledge-for-healthy-relationships.html)



**Bring Teen Dating Violence Education to Your Local School**

Contact local middle and high schools with information about teen dating abuse.

* [Take Action](http://www.liveyourdream.org/take-action/form.html?action=http://salsa3.salsalabs.com/o/50503/p/dia/action3/common/public/?action_KEY=18016)
* [Learn More](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/contact-local-schools-to-raise-awareness.html)



**Share the Facts**

Post facts about teen dating abuse on social media to raise awareness.

* [Share Now](http://www.liveyourdream.org/take-action/form.html?action=http://salsa3.salsalabs.com/o/50503/p/dia/action3/common/public/?action_KEY=18037)
* [Learn More](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/share-the-facts-about-teen-dating-abuse.html)



**Calling all Parents: Know the Warning Signs of Dating Abuse**

Learn the warning signs of dating abuse and educate others.

* [Take Action](http://www.liveyourdream.org/take-action/form.html?action=http://salsa3.salsalabs.com/o/50503/p/dia/action3/common/public/?action_KEY=18007)
* [Learn More](http://www.liveyourdream.org/take-action/ending-teen-dating-violence/calling-all-parents-know-the-warning-signs.html)

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