



Psychological  
Health  
Roanoke, PC

# Advantage EAP

## Employee Assistance Program

May 2010

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#### Advantage EAP expands hours in the New River Valley!!!

As of May 5<sup>th</sup>, 2010, Advantage EAP will have additional hours in Radford at 22 Montgomery Street. Call 1-800-699-9396

Online Resources may be found at the bottom of this newsletter.

## Teen Dating Violence: Epidemic on a Rise



Parents are often reminded of what topics they need to discuss with their teenagers, such as drugs or sex, but what about teen dating violence. Unfortunately, this is one issue that parents often overlook due to lack of information or just because they think that it would never happen to their teen. However, the statistics show that this growing epidemic is not getting any better, but instead is increasing at an alarming rate. This article will not only provide information on the rise of teenage dating violence, but also the warning signs and what to do if you suspect your teen to be in an abusive relationship.

### Not My Teen<sup>1</sup>

Every parent would love to think "not my teen, never. I would know", but unfortunately parent's are often the last to know. Teen dating violence is often hidden because teens are typically new to dating and are trying to figure out how relationships work. Teens are also pressured by peers and want to be independent from their parents. Often teens think that the violence is done out of love and that what their relationship has is true romance.

This violent behavior is on an alarming rise. Here are some shocking statistics:

- Approximately 1 in 5 female high school students report being physically and/or sexually abused by a dating partner\*
- Females ages 16-24 are more vulnerable to intimate partner violence than any other age group (at almost triple the national average rate)\*
- One recent national survey found that about 1 in 10 female high-school students and about 1 in 11 male students said they had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past year.<sup>2</sup>

## Locations:

2727 Electric Road, Ste 100  
Roanoke, VA 24018

200 Professional Park Drive  
Unit 1  
Blacksburg, VA 24060

Alleghany Regional Hospital  
1 ARH Lane, Room 529  
Low Moor, VA 24457

22 Montgomery Street  
Radford, VA 24141

## Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call  
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

- Youth involved in same-sex dating are just as likely to experience dating violence \*

While these statistics are staggering, it is important to know that teen dating violence breaks across all the lines of race, gender and socioeconomic status.

The best way to help your teen is through prevention. Talking to your teen about teen dating violence is important. Don't just ignore it!

## The Warning Signs<sup>2</sup>



Knowing the warning signs about abusive teen relationships is extremely important. Be extremely cautious if these changes happen suddenly. The following may be warning signs of an abusive relationship:

- Unexplained bruises, marks or injuries.
- The boyfriend/girlfriend tries to control the individual's behavior or action
- The individual afraid of their significant other
- The individual often apologizes for their boyfriend/girlfriend.
- The significant other threatens others.
- The significant other prevents the individual from being with friends or family.
- History or start of alcohol or drugs.

## Make a Safety Plan

Making a safety plan with your teen can be extremely helpful. The following offers some tips on what to include in your teen's safety plan:

- Identify a trusted adult to talk to. <sup>3</sup>
- Plan, in advance, a safe place to go. <sup>3</sup>
- Keep a cell phone or calling card with you at all times. <sup>3</sup>
- Establish a code word or signs so that friends or family know when to call for help. <sup>3</sup>
- Before leaving on a date, know the exact plan and let a parent or friend know when and what you are doing. <sup>1</sup>
- Be assertive when necessary. Be firm and straightforward in relationships. <sup>1</sup>
- Trust your instincts. If you feel uncomfortable, find a way out. <sup>1</sup>

**National Teen Dating Abuse Helpline:**

**1-866-331-9474**

**(1-866-331-8453 TTY)**

**Advantage EAP is a benefit provided by your employer. There are counselors with Advantage EAP who have the training and experience to help with these issues, both for your teen and your family.**

**Please contact your Advantage EAP at:**

**(540) 989-6605 or 800-699-9396**

**Or visit our website at: [www.psychhealthroanoke.com](http://www.psychhealthroanoke.com)**

**Or our Blog at: <http://psychhealthroanoke.blogspot.com/>**

**Resources from this newsletter:**

- 1) ACADV, Dating Violence: <http://www.acadv.org/dating.html>**
- 2) National Youth Violence Prevention Resource Center, Dating Violence Warning Signs:  
<http://www.safeyouth.org/scripts/faq/datingwarning.asp>**
- 3) Jennifer Ann's Group, Stop Teen Violence:  
<http://www.jenniferann.org/teen-dating-violence-risks.htm>**

*Statistics Resources Site:*

**\*<http://www.abanet.org/unmet/teendating/facts.pdf>**