

Warning Signs of Teen Dating Violence

When a person is being abused, friends and family often recognize the warning signs or red flags of abuse. As an educator, you too may be able to recognize some of the signs. Below are common warning signs. Recognizing one alone may not automatically mean someone is being abusive or experiencing abuse, but several signs together may be cause for concern. Be sure to also familiarize yourself with how [NCADV defines teen dating violence](#) to be fully aware.

Physical Signs:

- Unexplained or sudden illness
- Changes in physical appearance
- Starting to wear more makeup or stopping wearing makeup all together
- Wearing baggier clothes in public
- Prolonged exhaustion
- Changes in eating habits
- Depression and/or mood/overall personality changes
- Seeming passive or withdrawn
- Frequent self-blame or depreciation
- Hypervigilance
- Frequent bruises
- Self-harming behaviors such as cutting, hair pulling, etc.
- Using drugs or alcohol in excess

Signs Attached to the Abuser:

- Constant check-ins/texts and photos to prove where they are
- Excessively texting or calling their partner
- Makes excuses for their partner's behavior
- High-risk sexual behavior
- Pregnancy
- Jealousy

Signs Attached to Peers:

- Isolation/loss of friendships
- Isolation from family
- Changes in mood and overall personality
- Becomes a bully or begins to be bullied
- Concern that everyone can tell abuse is occurring

Signs Apparent in Class:

- Often late to class or does not attend class
- Passive or compliant/withdrawn
- Newly failing grades
- Inability to concentrate
- Expression of gendered belief system
- Feeling unsafe
- Worried abuser may track them down because of class attendance

TAKE A STAND FOR HEALTHY RELATIONSHIPS

Visit [Break the Cycle](#) or the [National Center on Domestic and Sexual Violence](#) for additional warning signs of teen dating violence:

Break the Cycle: www.breakthecycle.org/warning-signs

National Center on Domestic and Sexual Violence: www.ncdsv.org/images/WarningSignsofTeenDatingViolence.pdf

