



# LIFEGUARD YOUTH DEVELOPMENT®



GUARD YOUR HEART

GUARD YOUR MIND

GUARD YOUR BODY

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## *Dating Violence and Your Teen*

Parents know that a day will come when their once tiny little baby will begin dating, and for some the day seems to come too soon! Dating offers teens an opportunity to develop social skills, identify their likes and dislikes as well as learn how to relate to the opposite sex. For most, it's a natural part of growing up; however, dating violence is a growing and disturbing trend among teens. The scary truth is that more than **1 in 4 high school girls reports being pressured to perform oral sex or engage in sexual activity, and 80% of teens regard emotional abuse as a serious issue for their age group. Yet, less than 25% of teens say they have discussed dating violence with their parents!**

It's important to be informed and aware so that, as parents and educators, we can work together to curb the rising rates of teen dating violence.

### Dating Violence Defined:

- Physical: Any type of harmful physical action, for example, kicking, shoving or punching.
- Emotional: Any threats or degrading comments, including name calling and manipulation.
- Sexual: Any sexual act that is forcibly imposed, including rape and fondling.

### Know the Warning Signs:

1. Alcohol and drug use
2. Nervousness
3. Distrust
4. Depression
5. Association with violent friends
6. Inability to manage anger and frustration



### What can You Do?

Parents can play a huge role in lowering the chances that their teen will fall into a violent relationship. Education is key. Teach them that trust, honesty, respect and good communication are necessary for a healthy relationship. Help them to value themselves, and guard their hearts, minds and bodies!

Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.  
Centers for Disease Control and Prevention. Understanding Teen Dating Abuse, Fact Sheet. 2006.

## Top 10 Video Contest!

All teens ages 12-18 are invited to participate in the LifeGuard video contest. The videos must be no longer than 5 minutes and should **show us the top 10 things that teens could do instead of sex.** To submit a video, mail to: LifeGuard Youth Development, Attn: Amanda, 815 N Noland Rd., Suite 4&5, Independence, MO 64050. LifeGuard must receive it by mail no later than May 1st. Include the following with the DVD: name, age, address, and phone number.

Check out our [facebook](#) page for an example.

**FIRST PLACE PRIZE = \$500 CASH!!!**

**SECOND PLACE PRIZE = 5 FREE MOVIE TICKETS!!!**

By submitting your video you are giving LifeGuard the rights to all or part of your production.

For more information call: 816-836-8336  
To unsubscribe, please email [bgray@guardyourself.org](mailto:bgray@guardyourself.org)