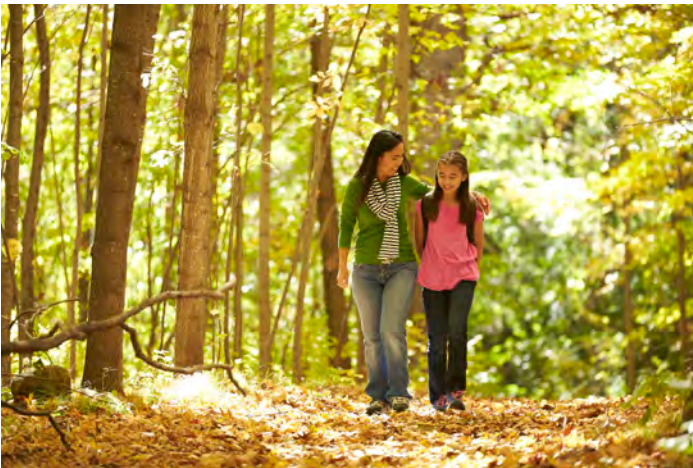


Dating Violence

Teen Dating Violence Awareness: Brought to you by the Aurora EAP



February is Teen Dating Violence Awareness Month. More than 1 in 10 teens that have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. As if that isn't alarming enough, 1 in 3 High School students experience some form of dating violence in their relationships. Aurora EAP wants you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse.

Look for these common warning signs of dating abuse:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what to do
- Repeatedly pressuring someone to have sex

Take steps to make a difference:

- One of the most important things you can do is keep the lines of communication open with your kids.
- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.

If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-331-9474, text "loveis" to 22522, or visit <http://www.breakthecycle.org/>. Aurora EAP is also here to help: 800.236.3231.