

*The Cycle of Teen Violence Prevention*

*When*

**Dating**

**Communicating**

*and*

**Separating**

**Developed by Kenn I. Hicks, LCSW**

**National Lecturer & Author**

*Licensed Clinical Social Worker & Domestic Violence Counselor*

*(818) 788-8667 / E-Mail: [mrh384@aol.com](mailto:mrh384@aol.com)*

*Website: [domesticviolenceprevention.org](http://domesticviolenceprevention.org)*

**Call for a Free Lecture**

# Teen Dating Violence

One in three teenagers  
has experienced violence in a dating relationship



The Dating Contract  
indicates what is  
unacceptable behavior  
and the consequences  
for violence and abuse.



Statistics indicate same sex relationships have the same frequency of domestic violence as opposite sex relationships. Use he or she as it applies in your situation.  
Illustrations by Channing Bete Company

## Teen DATING CONTRACT

Dating teens must have a parent present to discuss abuses and consequences.

Both parties may stop seeing each other at anytime for any reason. This relationship will be immediately terminated for any abuses and criminal charges reported for any physical/sexual abuse or threats. A Restraining Order will also be requested.

**\*Physical Abuse:** Violence which may or may not result in an injury from beating, biting, choking, grabbing, hitting, kicking, pinching, pulling hair, punching, pushing, restraining, scratching, shaking, shoving, slapping, twisting arms, using weapons, spanking, smothering, tripping, holding against will, and/or any other physical contact which may present a physical or emotional injury, etc.

**\*Sexual Abuse:** Makes partner do sexual acts against her will, touching, kissing, hugging/holding, forced sex, attacks the private parts of her body.

**Verbal Abuse:** Name calling, yelling insults, being sarcastic, threatening violence to her and/or children.

**Emotional Abuse:** Put downs, name calling, belittling, insults, blowing money on drugs or alcohol, being drunk/high, intense jealousy, criticizing her looks, insulting her friends, manipulating with lies, making accusations regarding love affairs, keeps her from going to school/work, threatens, laughs at her all the time, ignores her, uses mind games, makes her think she is crazy, threatens physical violence and retaliation.

A safety, protection, and escape plan should be developed by dating teens

\*These acts will be reported to the police immediately and the victim must seek safety and protection away from the batterer/abuser until his arrest.

Teens and Young Adults should not have possession or access to any weapons.

Have you ever been arrested? Yes  No

Do you have possession or access to any weapons? Yes  No

Have you ever had a Restraining Order against you? Yes  No

Are you willing to request a criminal record report from the State Department of Justice & Federal Bureau of Investigation (FBI)? Yes  No

Teens

Signatures:

(Teen - Girl): \_\_\_\_\_ (Teen - Boy): \_\_\_\_\_

(Girl's Parent): \_\_\_\_\_ Date: \_\_\_\_\_

(Boy's Parent): \_\_\_\_\_ Date: \_\_\_\_\_

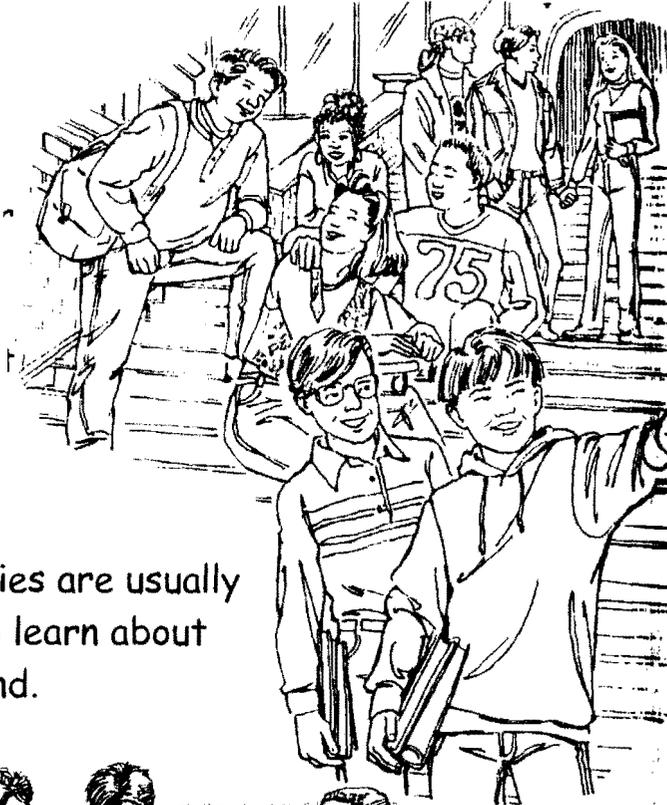
Developed by Kenn I. Hicks, LCSW - (818) 788-8667 / E-Mail: [mrh384@aol.com](mailto:mrh384@aol.com)  
Commended by the Los Angeles County Board of Supervisors

# Communicating

Take your time to find out about your boyfriend's values, hobbies, goals, likes, dislikes, and personality.

A strong predictor of violence is your boyfriend's involvement with delinquent peers, gang membership, use/abuse of drugs or alcohol.

Group activities are usually a safe way to learn about your boyfriend.



Dating and communicating can turn into

# Separating

and breaking-up for good



You should not have to be afraid to break-up with your boyfriend



Breaking-up is a life experience that most of us go through



**Make sure you are safe when breaking-up**

**These are safety notification guidelines for all levels of breaking-up in a relationship**

- ❖ If you feel unsafe, try never to be left alone.
- ❖ Have a relative/friend with you at all times.
- ❖ Make sure your relatives/friends know about your break-up.
- ❖ Whenever possible notify your boyfriend's relatives/friends.
- ❖ Be aware of your surroundings and who's watching (stalking) you.
- ❖ Pay attention to your boyfriend's reaction to the breakup.
- ❖ 911 and a Restraining Order should always be considered for your safety.
- ❖ Consider changing your telephone numbers/e-mail.

## **Safety Notification Levels of Breaking-Up in a Relationship**

### **Level One: In-Person Notification**

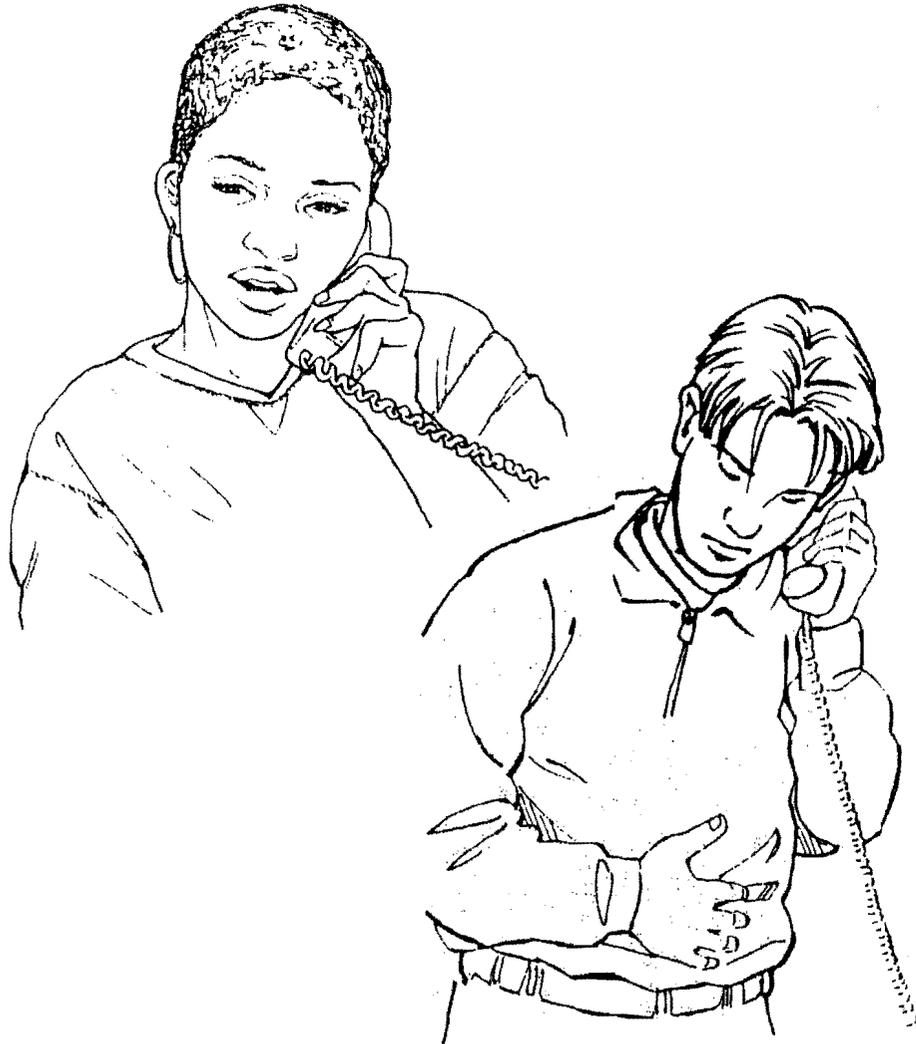
Your boyfriend has never exhibited any forms of violence or abuse.

1. Break-up in a public place.
2. Your friends/relatives should be present/nearby/available.



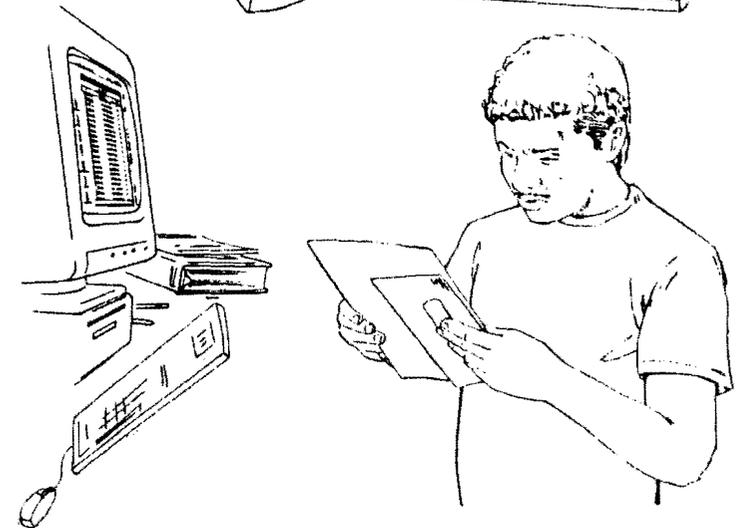
## Level Two: Telephone Notification

1. Your boyfriend has not exhibited any forms of violence or abuse but may get very angry about the break-up.
2. You don't want to see him in person because you think he may become verbally abusive.



## Level Three: E-Mail/Text Postal Notification

Your boyfriend has a history of verbal and emotional abuse but has never exhibited any violence or physical abuse.



## Level Four: Restraining Order

### Notification

*If your boyfriend has exhibited any of the following:*

1. Your boyfriend has a history of violence and abuse.
2. Has a prior history of being arrested/convicted of violence and/or has ever had a Restraining Order against him.

Do not return home until your boyfriend is served and has appeared in court.



If your boyfriend violates the Restraining Order, don't return home until he is arrested, prosecuted, and serving time in custody.



*There is no excuse  
for  
domestic violence  
or  
abuse*

Victims may be compensated for emotional injury, loss of earnings or support, medical expenses, mental health counseling, job rehabilitation, attorney fees, housing costs up to \$2,000.00, funeral/burial expenses.

**Victims of Crime: 1-800-842-8467**

**National Teen Dating Abuse Helpline: 1-866-331-9474**

**Domestic Violence Hotline: 1-800-799-(SAFE)7233**

**Batterer's Group Helpline: 1-213-351-0359**

**Individual, Group, and Couple Counseling:  
1-818-788-8667**