16 TIPS to Support Teens Who May be Experiencing Dating Violence

AGENCY
- Prioritize their boundaries, even the ones you don't understand right away
- Encourage their decision-making about their body and relationships
- Ask open questions about their experiences and needs
- Brainstorm solutions with them

SAFETY & COMFORT
- Remind them of ways they can reach you when you're not together
- Make physical spaces more comfortable and accessible
- Connect them to a health professional they trust
- Help them practice setting boundaries that might be helpful for them at and away from home

CONNECTION
- Help them balance time spent with family, friends, partners, etc.
- Remind them of times you have witnessed their joy around others
- Help them connect to communities who share one or more of their identities
- Encourage them to tune into physical/emotional signs that they want connection or time alone

RESILIENCE & HEALING
- Ask them what helps them feel loved and what doesn't
- Challenge gender expectations to help them identify what they want & need in a relationship
- Model respect with and around youth of all ages
- Remind them of their interests, strengths, and curiosities

Have questions about teen dating violence (TDV)? Email the Children & Youth Program at ChildrensTeam@futureswithoutviolence.org