



## Peace River Center Resources

Confused about what's normal in a relationship? Don't know how to leave an unhealthy one? Concerned about a friend's relationship? Call us!

**24-Hour Domestic Violence Hotlines**  
**Hardee/Highlands Counties: 863.386.1167**  
**Polk County: 863.413.2700**

We provide free and confidential support including:

- 24-hour hotlines
- Emergency shelter
- Crisis intervention and counseling
- Safety planning
- And more...

Visit **PeaceRiverCenter.org/VictimServices** to see all of our services.

## Who is your safe adult?

A safe adult is the person you tell if you or someone you care about may be in a dangerous situation or experienced something you don't think should have happened. A safe adult is someone:

1. You feel comfortable being open with
2. Who has trustworthy judgment
3. You will see within a week of needing to talk to them

Some examples would be your guidance counselor, your coach, your parent, your therapist, etc.



Peace River Center Victim Services  
 1860 Crystal Lake Drive  
 Lakeland FL 33801  
 Office: 863.413.2708

24-Hour Domestic Violence Hotlines  
 Hardee/Highlands Counties:  
 863.386.1167  
 Polk County: 863.413.2700

24-Hour Sexual Assault Crisis Line:  
 863.413.2707



United Way  
of Central Florida

It is the policy of Peace River Center to provide equal opportunity in employment and the provision of services to all persons without regard to race, color, creed, sex, national origin, age, sexual orientation, religion, veteran status, disability, genetic information or genetic identity or other protected classifications.

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Peace River Center  
Victim Services

## Teen Dating Violence Awareness



# Teen Dating Violence Awareness

**1 in 12 teens** in the US reported experiencing physical or sexual dating violence according to a 2019 CDC study. Dating violence can happen to anyone, but **NO ONE** ever deserves it.



## Relationship Checklist

- ☐ healthy communication
- ☐ healthy boundaries
- ☐ mutual respect
- ☐ mutual support

Be considerate of each other's needs but also respect one another's independence, need for space and privacy.

## Understanding Teen Dating Violence

For many people their first experiences dating happen as teenagers; it's important to know what to expect and how you should be treated. Behaviors like teasing or constantly requiring your partner to check in may seem flattering or like a normal part of a relationship. However, these behaviors can escalate to abuse.

There is not one specific behavior that causes a relationship to be categorized as unhealthy, but there are certain behaviors you should recognize as red flags and talk to a safe adult about them. If you have questions about your relationship or a friend's relationship, you can call Peace River Center Victim Services for free and confidential support: 863.413.2708.

## Some Relationship Red Flags

- A relationship escalating very quickly
- Feeling scared to tell your partner something because you are worried about their reaction
- Pressuring you into kissing, sex, or anything you are not comfortable with or did not explicitly agree to in the moment (even if you said 'yes' at first and then changed your mind)
- Your partner controlling the way you dress, talk, present yourself, or who you're friends with
- Your partner tracking you or pressuring you to check in
- Your partner berating you or being mean to you in any way
- Having to answer to your partner about how you spend your money or time
- Blaming you for relationship problems



## LGBTQIA2+

While relationship violence affects the LGBTQIA2+ community at similar rates to the larger population, Trans youth are more likely to experience all types of violence and Bisexual people are more likely to be harmed than their straight, Gay, or Lesbian counterparts. LGBTQIA2+ people can also experience specific types of abuse such as:

- being 'outed'
- inability to safely receive help from law enforcement
- trouble identifying abuse because of lack of resources and education

**We value your identity and are here to help you navigate any relationship challenges you might face.**