

Teen Relationships May be Hurtful

Teenage Research Unlimited recently conducted a survey on teen relationships. The teens surveyed ranged in age from 13-18. The results were troubling. A great number of teens today are victims of dating abuse. In fact, they seem to accept that this abuse is normal.



Many teens feel pressured to have and keep a boyfriend and girlfriend relationship. Teens in serious relationships report more abusive, controlling and even violent behavior compared to teens in less serious relationships. The study showed that almost 1 in 5 teens that had been in a serious relationship said that their boyfriend or girlfriend would threaten to hurt themselves or their partner if a break-up occurred. One in three teens that had a serious relationship said that sex was expected.

Other findings stated that:

- 30% of all teens worried about their personal physical safety while in a relationship.

- 20% of teens in a serious relationship reported that they were hit, slapped or pushed by their partner.
- 64% of teens had been with someone who acted really jealous.
- 55% of teens in serious relationships had done something to compromise their values in order to please their partner.
- More than 1 in 4 teens had been in a relationship where their partner called them names and put them down.
- 29% of the girls say they were pressured to have sex that they did not want.

Parents must keep a close watch on their teens' relationships. Teens are in the process of maturing. They need protection and guidance. Discourage serious relationships. Model respect and love for your partner. Discuss dating abuse and violence.

Encourage your teen to spend time with a group of good friends. Help him pursue interests in hobbies, sports, music, dance or art. Use your words and actions to build her self-esteem, values and social skills.

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week
or log onto www.parenthelpline.org