

DATING VIOLENCE

Empower & Educate

Nearly **1.5 million high school students** nationwide experience physical abuse from a dating partner in a single year

RESEARCH SHOWS

nearly half (43%) of college women report experiencing violent or abusive dating behaviors.

43%

50%

of young people who experience rape or physical or sexual abuse will attempt to commit suicide.

Relationship violence is the **number one cause** of injury to women between the ages of 15-44.

Self-esteem is crucial to healthy human development. In order to break the cycle of aggression and violence addressing self-esteem issues is an important step in the process.

Most of the decisions that a person with low self-esteem make are stemmed from constant self-doubt, a fear of rejection and looking for love and approval from others.

ABUSIVE RELATIONSHIPS AFFECTS YOU!



Apart from physical danger, abuse can lead to problems as:

- Nervousness
- Depression
- Loss of appetite
- Lack of focus

Teaching young people about healthy relationships & ways to avoid physical dating violence can reduce physical & sexual dating violence by 60%.

FREQUENT ABUSE CAN DESTROY SELF-ESTEEM AND CAN LEAD YOU TO:

- Accept abuse as a normal aspect of a relationship.
- Believe that you are responsible for the abuse.