

# How to Start a Conversation With a Young Person Who May Be Experiencing Intimate Partner Violence or Teen Dating Violence

## Ask the young person if their partner has ever

- Tried to stop them from seeing or talking to family or friends.
- Calls them derogatory names, puts them down, or criticizes them.
- Threatens or scares them.
- Pressures or forces them to do something sexual when they don't want to.
- Physically hurts them.
- Humiliates them when they are alone or in front of others.
- Controls them.
- Gives them the silent treatment for not doing what they want.

## Give the young person time and tools.

- Explain that a healthy relationship is one in which their partner cares about their happiness.
- Express concern that they may not be in a healthy relationship.
- Encourage them to think about their relationship.
- Assure them that you will be there if they want to talk and encourage them to talk with someone else if they are not comfortable talking with you.
- Share resources that might be helpful.



## If you are working with a young person you believe is experiencing IPV or TDV, share the following hotlines:

- The National Domestic Violence Hotline: <https://www.thehotline.org>
- National Teen Dating Abuse Helpline: <https://www.loveisrespect.org>



Visit [activatecenter.org](https://activatecenter.org) for more information.