



Grandparents Corner

February 2015

Teen Dating Violence Awareness Month

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year.

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a “normal” part of relationship; however, these behaviors can become abusive and develop into more serious forms of violence.

Teen dating violence is defined as the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in person or electronically and might be between a current or former dating partner. Several different words are used to describe teen violence. Below are just a few.

- Relationship abuse
- Intimate partner violence
- Relationship violence
- Dating abuse
- Domestic abuse
- Domestic violence

Dating violence is widespread with serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family. A 2011 CDC nationwide survey found that 23 percent of females and 14 percent of males who ever experienced rape, physical violence, or stalking by an intimate partner, first experienced some form of partner violence between 11 and 17 years of age.

What are the consequences of dating violence? As teens develop emotionally, they are heavily influenced by experiences in their relationships. Healthy relationship behaviors can have a positive effect on a teen’s emotional development. Unhealthy, abusive, or violent relationships can have severe consequences. Youth who experience dating violence are more likely to experience the following;

- Symptoms of depression and anxiety
- Engagement in unhealthy behaviors, such as tobacco and drug use, and alcohol
- Involvement in anti-social behaviors
- Thoughts about suicide

Who is at risk for dating violence?

- Belief that dating violence is acceptable
- Depression, anxiety, and other trauma symptoms
- Aggression toward peers and other aggressive behavior
- Substance use
- Early sexual activity and having multiple sexual partners
- Having a friend involved in dating violence
- Conflict with partner
- Witnessing or experiencing violence in the home

Source: Centers for Disease Control (CDC) - www.cdc.gov

It is important to wash hands with soap and water before and after physical contact with the person in your care; before preparing medications, doing a care procedure, or preparing food; and also after toileting, blowing your nose or coughing, and touching a pet. Read the issue and answer True or False to the questions below.

1. The scientific basis of universal precautions is that individuals should treat any blood or bodily fluid as though it contains an infectious agent. T F
2. Keeping hands clean is the first line of defense for keeping infection-causing germs from reaching your mouth, nose, or eyes, where they can make you sick. T F
3. Hand washing is the single most important way to prevent the spread of infectious diseases. T F
4. Germs from raw meat cannot survive on hands. T F
5. Germs and illness cannot be spread through your eyes and nose. T F
6. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on clean paper towels. T F
7. When you walk through your house wearing shoes, you're tracking in everything you've stepped on outside, including E. coli and other bacteria that can cause illness. T F
8. Hand sanitizer gels can be used to kill germs, but they should not always replace hand washing. T F
9. Hand-washing is almost always an issue in dementia care. T F
10. Running water can be scary for a person with Alzheimer's. T F

KEY: 1. T 2. T 3. T 4. F 5. F 6. T 7. T 8. T 9. T 10. T