

FOR IMMEDIATE RELEASE

February is Teen Dating Violence Awareness Month

Pensacola, Fla. (February 1, 2022) – Teen dating violence can position adolescents for more abuse as adults. Teen Dating Violence Awareness month brings our attention on the importance of helping teens navigate boundaries and skills for healthy, violence-free relationships.

If we start building good relationships early with our teens by talking, we can help prevent long-term behavioral and health consequences such as suicide attempts, eating disorders and substance misuse. Let's break the cycle.

A teen may not realize what's happening. Share some warning signs of a potential abuser:

- Checking the teen's cell phone without permission
- Jealous behaviors and belittling remarks
- Explosive temper outbursts
- Isolating the teen from loved ones and friends who are likely to see the abuse
- Mood swings and possessiveness
- Inflicting physical pain
- Telling the teen what he/she can or can't do
- Be nice in public, but mean or controlling in private

The first thing you should do if a teen is the victim of dating violence, or any trauma, is to make sure the child feels safe. Once calm and trusting of you, report the crime to the police. Then, reach out to a mental health expert who can help navigate the recovery process. The Centers for Disease Control and Prevention provides helpful resources on this topic at [CDC.org](https://www.cdc.org) by searching "Teen Dating Violence." Other supports include:

- Lakeview Center Victim Services 24/7 helpline - 850.433.7273
- FavorHouse of Northwest Florida - 850.434.1177
- The National Domestic Violence Hotline - 800.799.SAFE (7233)
- National Sexual Assault Hotline 800.656.HOPE (4673)
- [LovelsRespect.org](https://www.LovelsRespect.org) is a "site-safe" resource to safely learn about resources

CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Tish Pennewill at 850.469.3621 or Tish.Pennewill@bhcpns.org.

About Lakeview Center, Inc. Behavioral Health

The Mission of Lakeview Behavioral Health is to help people throughout life's journey. We specialize in providing effective, research-based services for children and adults with mental illnesses, drug and alcohol dependencies, and intellectual disabilities. Our services range from inpatient and residential treatment to outpatient counseling, psychiatry, case management, day treatment, and round-the-clock support for those with serious mental illnesses. Additionally, Lakeview Behavioral Health provides specialized trauma services, medication-assisted treatment for opiate dependency, and medically supervised drug and alcohol detoxification. In all, Lakeview Behavioral Health offers more than 60 programs and services for people in the northwest Florida area. To learn more, go online to [eLakeviewCenter.org](https://www.eLakeviewCenter.org).

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