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## Links Between Teenage And Domestic Violence

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**Abstract:**

*Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. If your teen uses abusive behavior to get power and control in your family, don't wait to get help. Violence in the home affects everyone in the family. It sends a frightening message to Siblings when a parent is abused.*

**KEY WORDS:**

Domestic Violence , socioeconomic advantage , people and environments .

**INDRODUCTION**

**DOMESTIC VIOLENCE :**

Domestic violence is a pattern of abusive behaviors in a romantic relationship or between family members. This may include abuse by a boyfriend, girlfriend, spouse or parent. The abusive behaviors can include physical, sexual, verbal and/or emotional abuse. Often, an abusive partner does this to have power and control over their victim. Domestic violence can take many forms. The types of abuse may range from verbal attacks and controlling behaviors, to physical and sexual assaults. It is important to remember that everyone deserves to be in a safe and healthy relationship, free from violence and fear. It may be hard to recognize the early warning signs of abuse, and often the early incidents of abuse are minimized. Usually domestic violence is not a one-time incident and many find that the abuse occurs in a repeating cycle of violence. Each act of abuse may be followed by an apology, or the abusive partner may blame others for the abuse. As the relationship continues, the abuse may get worse and occur more frequently. 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.

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"In homes where domestic violence occurs, children are physically abused and neglected at a rate 15 times higher than the national average. Several studies have shown that in 60% to 75% of families in which a woman is battered, children are also battered." 14 In addition, children living in households where domestic violence is occurring are at a higher risk for sexual abuse.

The effects of witnessing or experiencing violence at home vary tremendously from one child to another. The attributes that give a child the greatest chance of surviving unscathed are "average or above-average intellectual development with good attention and interpersonal skills. Also feelings of self-esteem and self-efficacy, attractiveness to others in both personality and appearance, individual talents, religious affiliations, socioeconomic advantage, opportunities for good schooling and employment, and contact with people and environments that are positive for development." Many children in families where domestic violence has occurred appeared to be "parentified." They are forced to grow up faster than their peers, often taking on the responsibility of cooking, cleaning and caring for younger children. They don't trust their fathers because of his role as an abuser and they may have been worried about what to expect when coming home. They learned at a young age to be prepared for anything."

Children may also be isolated. Typical activities such as having friends over to their house may be impossible due to the chaotic atmosphere. "Kids aren't going to have their friends over when mom has a black eye." However, school performance is not always obviously affected. Children may respond by being overachievers. Teens face the same issues as younger children in an abusive family, namely feeling lonely and isolated, growing up too fast, behavior problems, stress related medical and mental health problems, and school problems. Teenagers are also faced with entering into the dating world for the first time. They are formulating their own theories about relationships, and some may not have the best models on which to base a healthy relationship. They have witnessed the cycle of violence with the abuse, apologies from the perpetrator, tensions building and more abuse. Unfortunately, some teenagers may be faced with a higher risk of being victims of dating violence and as mentioned earlier, ending up in violent relationships as adults either as victims or abusers.

Unhealthy, abusive, or violent relationships can have severe consequences and short- and long-term negative effects on a developing teen. 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 antisocial behaviors
- ▲ Thoughts about suicide

#### **DOMESTIC VIOLENCE INCLUDES :**

- ✦ Physical Abuse - Hitting, slapping, punching, shoving, or using weapons and other objects to cause injury.
- ✦ Intimidation / Emotional Abuse - Name calling, denial, threatening to harm self/others, abusing siblings, using threatening looks, actions or gestures.
- ✦ Property Abuse - Stealing or destroying belongings, money; interfering with reporting of domestic violence, punching holes in walls.

#### Links Between Teenage And Domestic Violence

- ✦ Battering is not caused by using drugs, alcohol, mental illness, being "provoked," stress or poor anger control.

#### Four patterns of violence between the ages of 13 and 18:

- ❖ "non-offenders" (60 per cent)
- ❖ "desisters" who engaged in early violence but stopped by age 16 (15 per cent)
- ❖ "chronic offenders" who began early and persisted at a moderate level (16 per cent), and
- ❖ "late increasers" who began in mid adolescence and became increasingly involved (9 per cent)

#### A young adult's chances of involvement in domestic violence were increased if:

- ❖ they had been diagnosed with a major depressive illness
- ❖ were in receipt of welfare benefits
- ❖ had a partner with a significant drug problem
- ❖ sold drugs
- ❖ had a history of violence toward others
- ❖ had an arrest record
- ❖ were unemployed
- ❖ lived in areas where drugs and violence were the norm

#### Causes of Domestic Violence :

- ❖ Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.
- ❖ 1 in every 4 women will experience domestic violence in her lifetime. A lack of alternative housing often leads women to stay in or return to violent relationships. Collect used cell phones to benefit domestic violence programs.
- ❖ Females between the ages of 16 and 24 are roughly 3 times more likely than the rest of the population to be abused by an intimate partner.
- ❖ Teens who have been abused hesitate to seek help because they do not want to expose themselves or are unaware of the laws surrounding domestic violence.

#### EFFECTS OF DOMESTIC VIOLENCE:

academic problems; agitation - feeling "jumpy"; aggression; avoidance of reminders; behavior problems; clinginess to caregivers; depression; distractibility; emotional numbing; emotional changes; fear - feeling scared; fear of natural exploring; feelings of guilt; feelings of not belonging; flashbacks; general emotional distress; increased arousal; intrusive thoughts; insomnia; irritability; low levels of empathy; low self-esteem; nightmares; numbing of feelings; obsessive behaviors; phobias; poor problem-solving skills; posttraumatic stress disorder; revenge seeking; social problems; suicidal behaviors; truancy; withdrawal from activities.

- Poor academic performance or they may feel obliged to always get straight As
- Parentification-they may feel responsible for siblings and/or the abused parent
- Low self-esteem
- Poor social skills
- Drug and alcohol use/abuse
- Running away from home
- Suicidal behavior
- Criminal activity
- Poor grades, failure in school, quits school
- Low self-esteem
- Refuses to bring friends home, may be withdrawn and have few friends
- Stays away from home or feels responsible for home and mother
- Runaway
- Violent outburst of anger, destroying property
- Headaches, ulcers, acne, bedwetting, digestive problems
- Unable to communicate feelings



#### Links Between Teenage And Domestic Violence

- Poor judgment, irresponsible decision-making, immaturity
- Nightmares
- Abuse of self through cutting, substance abuse, or eating disorders
- Using violence against the battering adult
- Joining in on beatings of mother
- Using violence against a girlfriend, boyfriend, sibling, or pet
- Early and risky sexual activity, pregnancy or early marriage
- The effects of exposure to an abusive parent and to domestic violence/abuse will vary depending on the age of the child or teen (and often, gender), the length, frequency and severity of the abuse, the child or teen's relationship with the non-abusive parent, whether they are themselves targets of abuse, and/or have access to a support network. It is important to know that children and teens will show different symptoms depending on all of these factors. The younger the child and the longer the exposure to abuse, the more critical it is to ensure her/his immediate emotional and physical safety, interrupt trauma and support their healing.

#### Steps to avoid domestic violence :

- ❖ The impact of domestic violence is felt by everyone, but you can make a difference.
- ❖ If you are experiencing abuse, talk to someone you trust and consider getting help to end your relationship safely.
- ❖ If you are abusing your partner, take responsibility for ending the abuse by getting help for yourself.
- ❖ If you know someone experiencing abuse, educate yourself to be an important source of information and support.
- ❖ Take action in your community by speaking out about the fight to end domestic violence.

#### CONCLUSION :

In homes where abusive behavior at home happens, kids are physically mishandled and dismissed at a rate 15 times higher than the national normal. 14 also, youngsters living in family units where abusive behavior at home is happening are at a higher danger for sexual ill-use. Many kids in families where abusive behavior at home has happened gave off an impression of being "parentified. Typically abusive behavior at home is not an one-time episode and numerous find that the ill-use happens in a rehashing cycle of viciousness. Aggressive behavior at home is an example of oppressive practices in a sentimental relationship or between relatives. Abusive behavior at home can take numerous structures. As the relationship proceeds with, the ill-use may deteriorate and happen all the more regularly. Sadly, a few young people may be confronted with a higher danger of being casualties of dating savagery and as specified prior, winding up in rough connections as grown-ups either as exploited people or abusers. A few studies have demonstrated that in 60% to 75% of families in which a lady is battered, kids are likewise battered. teens face the same issues as more youthful youngsters in a damaging family, in particular feeling forlorn and confined, growing up excessively quick, conduct issues, anxiety related therapeutic and emotional well-being issues, and school issues.

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