

*How to talk to
teens with IDD*

*about
relationship/dating
violence...*



*First, it is important to
have an open and
honest conversation.*

*Believe what they
say and take them
seriously...*

*As you validate their
feelings and show your
support, they can become
more comfortable and
trust you with more
information.*

The text "GIVE SUPPORT" is written in a bold, blue, brush-stroke font. Two red hearts are positioned above the word "GIVE". A thick yellow underline is drawn beneath the word "SUPPORT".

The logo for The Arc of New Jersey features a stylized orange 'A' shape above the text "The Arc." and "of New Jersey".

The Arc.
of New Jersey

Use Concrete Examples

Avoid abstract concepts, discuss specific scenarios.

Explicitly Teach Consent: Teach that consent is required for all physical interaction, and saying "yes" to one thing (holding hands) does not mean saying "yes" to another.

Listen without judgement and validate their feelings.

Define Green and Red Flag Relationships

Green

Mutual Respect

Happiness

Trust

Support for
Independence

Red

Unwanted
Physical Touch

Isolation

Verbal Abuse

Monitoring

For resources on "Green Flags" visit [The Center for Family Safety and Healing](#).

You can identify green vs. red behaviors in movies TV shows, or social media.

Actionable Tips

Role-play saying "no" and setting boundaries.

Create a Safety Plan- Identify trusted adults they can talk to if they feel unsafe.

Teach that even if a partner apologizes, harmful behavior is still abusive.

Warning Signs



Did you notice your teen:

- Spending less time with family and friends
- Excessively texting, phone calling, or visiting their partner
- Apologizing or making excuses for their partner's behavior
- Has injuries they try to cover up/can't explain
- Has a partner who is extremely jealous
- Dressing differently
- Being depressed or anxious
- Has a partner that abuses other people or animals

Recognize Vulnerability:
Be aware that teens with
IDD may be at higher risk
for abuse.

And Be Patient

For more information visit:
[Love is Respect](#)