



**YScreen** is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety, and suicide.

**February 2021**

### **National Teen Dating Violence Awareness and Prevention Month**

Dating violence is more common than people think, especially among teens and young adults. **One in three** teens in the US will experience physical, sexual, or emotional abuse from someone they are in a relationship with before they become adults. Teen dating violence can lead to depression, anxiety, and suicidal thoughts. There is also greater risk of using tobacco, drugs, and alcohol. In addition, those who have suffered dating violence in high school are at greater risk of being victimized later in adulthood. Continue reading to learn common warning signs of dating abuse and tips on how to help a friend.

#### **Common warning signs of dating abuse**

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly pressuring someone to have sex

#### **Tips to Helping a Friend**

- 1) Start the Conversation:** Let them know you have noticed certain things that concern you. Ask them if they have noticed the same and how that behavior makes them feel.
- 2) Be Supportive:** When talking to your friend or if your friend approaches you with concerns, be supportive. Don't judge them, keep an open mind, and help them get the resources they need like creating a safety plan.
- 3) Keep Communication Open:** Your friend needs you to listen and be supportive. What you see or hear may make you frustrated and upset. If this happens, try to stay calm.
- 4) When in Need Get Support:** If you feel that your friend is in immediate danger or that their life is at risk or has been threatened, you may want to get emergency support by calling 911.

YScreen can help identify signs of stress and anxiety that may impact a student's relationship. YScreen staff can also help connect teens and their families to the appropriate community resources that can address these concerns and help them cope. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information about YScreen, please contact us at **(920) 906-6571**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by Agnesian HealthCare, a member of SSM Health and Fond du Lac Area United Way.