

Heart-to-Heart PARENT TOOLKIT



TERMS TO KNOW

Love Bombing:

Overwhelming someone with affection, compliments, and attention during a relationship to gain control.

Orbiting:

Continuously monitoring someone's social media or online presence without direct communication.

Breadcrumbing:

Stringing someone along with sporadic messages or attention, without real commitment.

ASK YOUR TEEN

Parents are typically the first to notice signs of teen dating violence. Since dating violence is often kept secret, it is important to recognize patterns and ask the right questions:

- *Are you able to safely disagree with your partner?*
- *Does your partner shower you with affection after putting you down?*
- *Has your partner made you choose between them or your friends and family?*
- *Does your partner monitor you or your social media?*
- *Are you afraid to break up with your partner?*



FAST FACTS

Each year, nearly

1.5 million

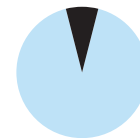
high school students



nationwide experienced

physical abuse

from a dating partner



8.1% of students

experienced physical dating violence

2021 Florida Youth Risk
Behavior Survey Report

Each year, nearly

1 in 4

adolescents



report verbal, physical, emotional or
sexual abuse from a dating partner

