

February is

Teen Dating Violence Awareness and Prevention Month

What is teen dating violence? According to the CDC, teen dating violence is the physical, sexual, psychological, or emotional violence within a dating relationship, in addition to stalking.

The prevalence of technology use amongst young adults can make an unhealthy teen relationship more dangerous due to a stalker's ability to monitor or harass a partner more easily and constantly.

Signs of an unhealthy teen relationship...

Your partner:

- Limits your interactions with friends and family.
- Controls who you interact with, what you wear, and where you go.
- Threatens or scares you.
- Criticizes, embarrasses, or verbally puts you down.
- Is physically abusive, and does things such as kick, slap, or push you.
- Pressures you to do sexual acts that you are not comfortable with.
- Blames you for the abuse or tells you that you deserve it.

Did you know?

- Nearly **1.5 million high school students** nationwide experience physical abuse from a dating partner in a single year.
- **1 in 3 teens** that have been in a serious relationship report being hit, slapped or pushed by a partner.
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence - almost **triple** the national average.
- **1 out of 6 Delaware high school girls** and 1 out of 14 boys report that their dating partner has done something on purpose to hurt them.
- Only **33% of teens** in a violent relationship ever told anyone about the abuse.
- Most rape and intimate partner violence is first experienced **before age 24**.

Learn more...

Delaware resources:

- www.safeandrespectful.org
- www.realrelationshipsde.org
- www.dcadv.org

National resources:

- www.loveisrespect.org
- www.teendvmonth.org



"An amazing daughter who brought joy to me every single day of her life, a true friend to all, and a beautiful soul that would always brighten your day, lost her life to the hands of a teenage boy." - Kathy Yetter, Jessica's mother



A beautiful young woman with her life ahead of her, Jessica Lauren Casalvera was murdered by her ex-boyfriend on March 23, 2010, in Bear, Delaware.

Jess met him at the pizza restaurant where she worked during her senior year at Delcastle High School. Although she initially seemed happy and spoke highly of him, friends and family began to notice that Jess was changing. Her new boyfriend constantly controlled all of her activities, including what clothing she wore. He would accuse her of cheating if she spoke to other guys, even customers at work, which made her avoid serving tables with young men. Jess gradually closed herself off from friends and family, spending time only with him. She eventually dropped out of college. Her family saw how controlling he was, and made numerous efforts to keep Jess safe. They addressed his behavior with Jess, contacted multiple authorities, and attempted to keep her from visiting him, but he continued to isolate Jess from her loved ones.

After two years of dating, they broke up. Jess got a new job, made new friends, and renewed her cosmetology license to eventually pursue a career in the field. Her family was hopeful and happy for her and her parents stopped checking her whereabouts, not knowing that Jess and her ex were still in contact and he continued to manipulate her.

Less than a month before what would have been her 21st birthday, Jess received an early birthday present, a tattoo with the words "L'amore Senza Limiti," Italian for "love without limits." That night, Jess visited her ex's home, possibly to show him her new tattoo. Her family soon learned that she had been killed. He shot her before turning his gun on himself, as his younger sibling watched.

Jessica's death impacted so many people throughout Delaware and beyond, including her parents, four younger siblings, a large extended family, and hundreds of friends, colleagues, and classmates. Jessica's mother Kathy is determined to help prevent the same fate for other teens and their families by sharing her daughter's story. Kathy and her family are co-hosting the Peace, Love & Bowling event on February 16 to educate the public and raise awareness and funds for this issue.

Learn more about Jessica at www.lovewithnolimits.com and intimate partner violence and the bowling event at www.dcadv.org.