



Extemporaneous Writing

HOW CAN YOU AND YOUR HOSA CHAPTER INCREASE AWARENESS AND/OR PREVENTION OF TEEN DATING VIOLENCE?

You may use some of the information below and/or develop your own ideas to include in your essay.

Dating violence is a widespread issue that has serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family. Dating violence can take place in person or electronically, such as emotional manipulation, unwanted sexual advances, repeated texting or posting sexual pictures of a partner online. 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.

Dating violence can have a negative effect on health throughout life. Youth who are victims are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, like using tobacco, drugs, and alcohol, or exhibit antisocial behaviors and think about suicide. Youth who are victims of dating violence in high school are at higher risk for victimization during college.

The ultimate goal is to stop dating violence before it starts. Strategies that promote healthy relationships are vital. During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

CDC (2017). Understanding teen dating violence. Retrieved from <https://www.cdc.gov/violenceprevention/pdf/teen-dating-violence-2014-a.pdf>