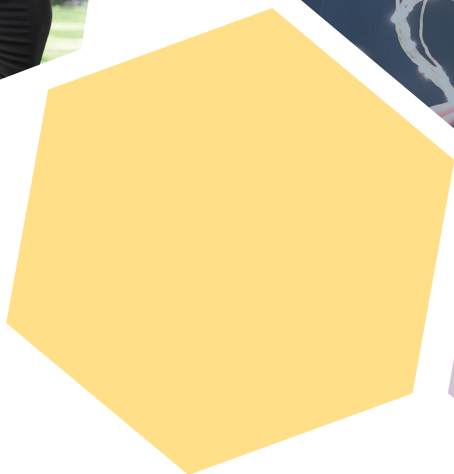
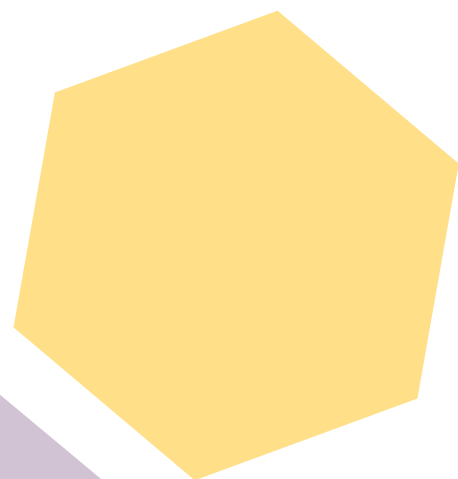


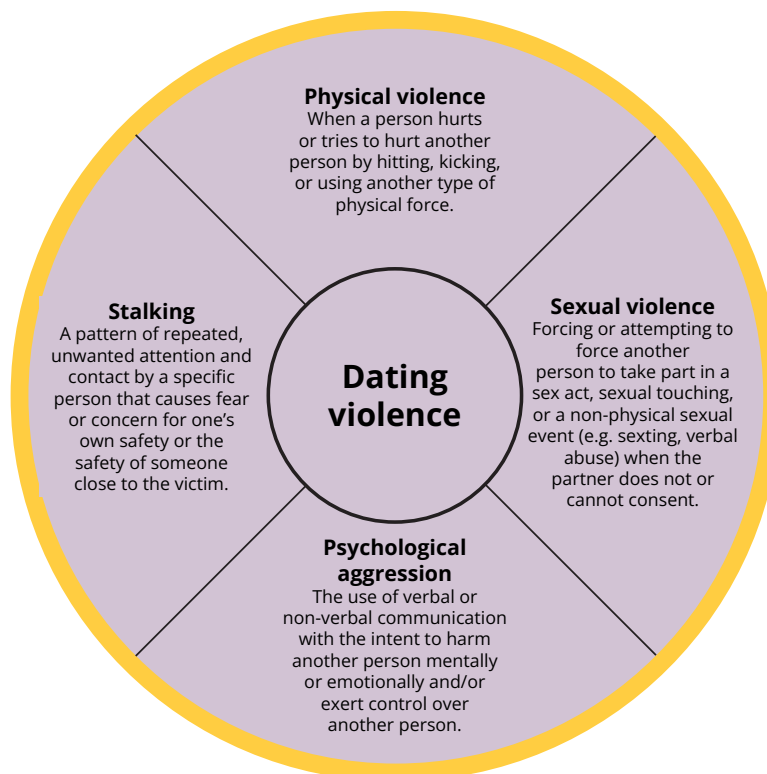
Teen dating violence in Utah



What is teen dating violence?

Teen dating violence is abuse between current or former dating partners, where at least one person is younger than 20 years of age. It can involve stalking or physical, emotional, or sexual abuse. It can happen in person, online, or with technology. Electronic abuse can include repeated or unwanted calls or text messages or posting sexual pictures of a partner online without consent or permission.

Teen dating violence (TDV) is widespread and severe and can be just as dangerous as domestic violence and intimate partner abuse among adults. Unhealthy dating relationships can negatively affect young people throughout their lives¹. Teens may think behaviors like teasing and name-calling are a “normal” part of a relationship. these behaviors can be unwanted and become abusive or lead to more severe forms of abuse. Far too many teens experience dating violence and many are experiencing it but many many never reach out for help², are afraid to tell their family or friends³, or reach out for help.²



Data collection and source

Data on teen dating violence comes from the Utah Student Health and Risk Prevention (SHARP) survey. The SHARP survey has been conducted every other year in Utah public schools for more than 20 years. There are two assessments that fall under the SHARP survey, the Youth Risk Behavior Survey (YRBS) and the Utah Prevention Needs Assessment (PNA). It asks questions about substance use; safe and healthy relationships; connection to family, school, and community; physical, social, and mental health; risky or harmful behaviors, and what protects kids from these things.

The SHARP survey is 1 of the most valuable data collection tools for our state. It provides parents, schools, and public health with information they can't get anywhere else or from any other data source (because the information comes from the students themselves). It's a chance for adolescents to tell us about the many challenges they face in today's world (and how well they think they're prepared to handle them) without the fear of getting in trouble or the risk of someone thinking less of them.

All YRBS data in this factsheet will include data collected from the years 2017–2023 due to the fact that fewer students fill out the YRBS survey, so including the additional years allows for better demographic data. All PNA data will be exclusively for the year 2023 (with some exceptions such as LGBTQIA+ status and race/ethnicity) because more students returned these surveys.

What do we know about teen dating violence?

Verbal and emotional abuse

This data has been collected from the YRBS section of the SHARP survey for the years 2017-2023

From 2017–2023, nearly 1 in 4 (23.4%) Utah high school students said they were verbally or emotionally harmed by someone they were dating or going out with within the past year.² Some students in Utah are more likely to experience verbal or emotional dating abuse.

From 2017–2023, female students (29.9%) said they experienced emotional or verbal abuse from a dating partner more than male students (16.8%).²

Nearly 1 in 3 (35.7%) students who said they were gay, lesbian, or bisexual reported they were emotionally or verbally abused by a dating partner compared to 23.4% of overall students in Utah.²



Students who identify as Hispanic students (27.7%) and non-White/non-Hispanic students (19.3%) experienced verbal or emotional abuse by a dating partner more than all of the students in Utah (23.4%).²

Physical violence

This data has been collected from the PNA section of the SHARP survey for the year 2023, LGBTQIA+ data is from the years 2019–2021, and race/ethnicity data is from the years 2017–2023

In 2023, 9.5% of Utah high school students said they were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend within the past year.⁴

Some teens are more likely to experience physical dating violence than others. Female students (9.9%) are more likely to experience physical violence than male students (9.1%).⁴

From 2019–2021, students who said they were bisexual (15.4%) and students who identify as gay or lesbian (11.2%) were more likely to experience physical dating in comparison to the State, 10.4% of all students report experiencing physical violence.⁴

From 2019–2021, Students who identify as transgender (19.8%) reported more physical dating violence than students who are not transgender (9%).⁴

More Hispanic or Latino students (15.7%) than non-Hispanic or Latino students (8.1%) experienced physical dating violence.⁴

From 2017 to 2023, 13.7% of students who identify as a person of color experience physical violence in comparison to the state, 10.3% of all students report experiencing physical violence.⁴

Sexual violence

According to the Federal Bureau of Investigation:

Young people in Utah are raped more often than their peers at the national level

- Utah has a higher rate of rape (59.5 per 100,000 population) for all ages compared to the national average (40.0 per 100,000 population).⁵
- The rate of rape is also higher for young people aged 10–19 years in Utah (24.0 per 100,000 population) compared to the national rate (13.4 per 100,000 population).⁵



Forced sexual intercourse

About 1 in 12 (8.6%) Utah high school students were physically forced to have sexual intercourse when they did not want to.² It is important to note that this data may not capture all instances of unwanted sex. For example, a student may not have been physically forced to have sexual intercourse but they may not have given consent either.

This data has been collected from the YRBS section of the SHARP survey for the years 2017–2023

- The overall percentage of students in Utah who experience forced sexual intercourse is 8.6%.²
- 1 in 10 female students (11.6%) , and almost 1 in 15 male students (5.6%) reported being forced to have sexual intercourse.²
- 16.8% of students who identified as gay or lesbian reported being forced to have sexual intercourse.²
- 25.7% of students who identified bisexual reported being forced to have sexual intercourse.²
- 6.6% of students who identified as heterosexual reported being forced to have sexual intercourse.²
- 11.2% of students who identify as non-White/non-Hispanic and students who identify as Hispanic (10.6%) reported being forced to have sexual intercourse.²

Teen dating violence is preventable

Primary prevention

Primary prevention strategies reduce risk factors and increase protective factors. Risk factors are things that increase the chance a person will experience or do something negative, like dating violence. Protective factors are things that protect you from a negative behavior or health outcome.

Examples of risk and protective factors for sexual violence include⁶:



Risk factors for perpetrating sexual violence	Protective factors for preventing perpetration of sexual violence
Poverty	Economic stability
Experiencing adverse childhood experiences (ACEs)	Social emotional learning
Lack of social skills to work through conflict	Emotional health and social connectedness
Social norms that support violence, including hypermasculinity and hostility toward women	Empathy and concern for how one's actions affect others
Family history of violence	Families where caregivers work through conflicts peacefully
Lack of employment opportunities	Access to academic achievement
Community tolerance for violence	Promoting healthy attitudes toward consent, respectful and healthy relationships
High levels of crime and violence in the community	Addressing underlying reasons for crime and violence, as well as implementing community-based interventions that promote positive social norms and community cohesion

There are many things that can help prevent teen dating violence. It's critical for youth to learn how to create healthy relationships, manage their feelings and emotions, and communicate in a healthy way. These things are sometimes called primary prevention strategies because they can help prevent the negative health behavior (abuse or violence) before it starts.⁶ Other things that can help prevent violence:⁷

- Promote the federal Earned Income Tax Credit to individuals and families.
- Improve housing stability.
- Implement bystander intervention programs.
- Increase social connections.
- Increase access to community resources.
- Promote positive social norms.
- Teach emotional intelligence and life skills.
- Provide opportunities to empower and support girls and women.
- Create protective environments within organizations and communities.

Utah resources

- Boys and Girls Clubs
<https://www.gslclubs.org/>
(801) 261-6180
- Canyon Creek Services
<https://www.canyoncreekservices.org/>
(435) 867-9411
- Citizens Against Physical and Sexual Abuse (CAPSA)
<https://www.capsa.org/>
(435) 753-2500
- Seekhaven
<https://www.seekhaven.org/>
(435) 259-2229
- Utah Coalition Against Sexual Assault (UCASA)
<https://www.ucasa.org/>
(801) 746-0404
- Utah Coalition Against Sexual Assault Sexual Assault Helpline (available 24/7) (801) 736-4356
- Utah Domestic Violence LINKline (available 24/7) [1-800-897-LINK](https://www.1800-897-LINK.org/) (5465)

National resources

- CDC Violence Prevention
www.cdc.gov/ViolencePrevention/
- Love is Respect
<https://www.loveisrespect.org/>
Live chat
Call: (available 24/7) [1-866-331-9474](https://www.1866-331-9474.org/)
Text: LOVEIS to 22522
- National Domestic Violence Hotline
<https://www.thehotline.org/>
Call: (available 24/7) [1-800-799-SAFE](https://www.1800-799-SAFE.org/) (7233) text START to 88788
- Stronghearts Native Helpline
<https://strongheartshelpline.org/>
(available 24/7) [1-844-7NATIVE](https://www.1844-7NATIVE.org/) (762-8483)
- The Trevor Project
<https://www.thetrevorproject.org/>
Call: (available 24/7) [1-866-488-7386](https://www.1866-488-7386.org/)
text: 678-678
- Teen Line
<https://www.teenline.org/>
Call: (available at limited times) [800-852-8336](https://www.800-852-8336.org/) text: TEEN to 839836



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1. Centers for Disease Control and Prevention. Sexual Violence: Risk and Protective Factors. Atlanta, GA: National Center for Injury Prevention and Control, Division of Violence Prevention, 2017: https://www.cdc.gov/sexual-violence/risk-factors/?CDC_AAref_Val=https://www.cdc.gov/violenceprevention/sexualviolence/riskprotectivefactors.html
2. 2021 Utah Youth Risk Behavior Surveillance System. Sexual Violence. Accessed January 18, 2024: <https://ibis.health.utah.gov/ibisph-view/>
3. Centers for Disease Control and Prevention. Violence Prevention. Risk and Protective Factors. Accessed January 25, 2024: <https://www.cdc.gov/violenceprevention/sexualviolence/riskprotectivefactors.html>
4. Utah Prevention Needs Assessment (PNA) - Student Health and Risk Prevention (SHARP). Accessed February 13, 2024: <https://ibis.health.utah.gov/ibisph-view/query/selection/pna/PNASelection.html>
5. Federal Bureau of Investigation (2023). Crime Data Explorer. Accessed January 18, 2024: <https://cde.ucr.cjis.gov/LATEST/webapp/#/pages/explorer/crime/crime-trend>
6. Centers for Disease Control and Prevention. Violence Prevention. Risk and Protective Factors. Accessed January 25, 2024: <https://www.cdc.gov/violenceprevention/sexualviolence/riskprotectivefactors.html>
7. Center for Disease Control and Prevention. Preventing Teen Dating Violence. Atlanta, GA: National Center for Injury Prevention and Control, Division of Violence Prevention, 2019: <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>
8. Love is Respect. Understanding Consent. Austin, TX. Accessed January 18, 2024: <https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/understand-consent/>

Terms to know

- **Consent:** Words or overt actions by a person who is legally or functionally competent to give informed approval, indicating a freely given agreement to have sexual intercourse or sexual contact⁸.
- **Primary prevention:** strategies that work to stop negative health outcomes before they start by focusing on reducing risk factors and increasing protective factors associated with the health outcome. Examples include; vaccinations for disease; tobacco policies that limit youth access to tobacco products; and banning substances known to be associated with a disease or health condition⁷.
- **Shared risk and protective factors approach:** refers to prioritizing risk and protective factors that are linked to multiple health outcomes or forms of violence in prevention planning, partnership, and programmatic efforts⁶.
- **Social determinants of health:** conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks².
- **Teen dating violence:** Abuse between current or former intimate partners, where at least one partner is under the age of 20. TDV can involve physical, emotional, or sexual abuse or stalking⁷.

Tables

SHARP (PNA) data

Question: Physically hurt by someone you were dating or going out with categorized as “Dating Violence”.

Year 2023 tables:

Grade	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
8th grade	12.5	10.6	14.7	8.4
10th grade	10.9	9.1	13	9.2
12th grade	7.0	5.7	8.5	10.3
Overall	9.5	8.5	10.6	5.5

Sex	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Female	9.9	8.5	11.5	7.7
Male	9.1	7.8	10.6	7.8

Sexual orientation (only available for 2019–2021)	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Bisexual	15.4	12.0	19.7	12.7
Gay or lesbian	11.2	6.4	18.9	27.8

Age	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
12 years old	**	**	**	**
13 years old	10.9	8.5	13.8	12.4
14 years old	12.7	10.1	15.8	11.5
15 years old	12.6	9.9	15.9	12.2
16 years old	10.3	8.0	13.1	12.7
17 years old	6.3	4.6	8.5	15.8
18 years old	7.6	5.8	9.9	13.5
Overall	9.5	8.5	10.6	5.5

Years 2017–2023 tables:

Race/ethnicity	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
American Indian or Alaska Native	13.7	9.7	19.1	17.3
Asian	9.6	6.5	13.9	19.2
Black	9.3	6.3	13.6	19.4
Hispanic/Latino	14.5	13.1	16.0	5.2
Multiple races	11.9	9.5	15.0	11.7
Native Hawaiian or Pacific Islander	11.9	8.3	16.7	18.0
White	9.2	8.7	9.8	2.8
Overall	10.3	9.8	10.7	2.4

Years	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
2019	9.9	9.2	10.7	4.0
2021	10.9	9.9	12.1	4.9
Overall	10.4	9.8	11.1	3.2

SHARP (YRBS)

Using because this survey also had 2 additional questions pertaining to TDV: forced intercourse and verbal/emotional abuse.

Question: Percentage of students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months?

Years: 2017–2023:

School grade	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
9th grade	8.8	6.6	11.7	14.4
10th grade	5.7	4.4	7.4	13.1
11th grade	5.8	4.5	7.5	13
12th grade	7.4	5.2	10.6	18.5
Overall	6.9	5.9	8.0	8.0

Years: 2017–2023:

Sex	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Female	8.7	6.8	11.1	12.3
Male	4.9	3.7	6.5	14.1
Overall	6.9	5.9	8.0	8.0

Years: 2017–2023:

Sexual orientation	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Bisexual	20.5	13.5	29.9	20.4
Gay or lesbian	**	**	**	**
Heterosexual (straight)	4.8	3.8	6.0	11.6
Others or don't know	16.1	8.7	27.7	29.7

**The estimate has been suppressed because 1) the relative standard error is greater than 50.0% or the relative standard error can't be determined, 2) the observed number of events is very small and not appropriate for publication, or 3) it could be used to calculate the number in a cell that has been suppressed. Consider aggregating years to decrease the relative standard error and improve the reliability of the estimate.

Years: 2017–2023:

Ethnicity	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Hispanic (all races)	8.9	6.3	12.5	17.7
Non-White/ non-Hispanic	9.0	5.7	14	22.9
White/ non-Hispanic	5.8	4.8	7	9.7

Question: Percentage of students who have ever been physically forced to have sexual intercourse when they did not give consent or full consent.

Years: 2017–2023

Grade	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
9th grade	6.3	4.5	8.9	17.6
10th grade	8.7	6.5	11.5	14.6
11th grade	8.1	6.6	9.8	9.8
12th grade	11.0	8.1	14.7	15.2
Overall	8.6	7.2	10.2	8.9

Years: 2017–2023:

Sex	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Female	11.6	9.5	14.2	10.4
Male	5.6	4.3	7.1	12.4
Overall	8.6	7.2	10.2	8.9

Years: 2017–2023:

Sexual orientation	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Bisexual	25.7	20.6	31.5	10.8
Gay or lesbian	16.8	9.5	28.0	27.9
Heterosexual (straight)	5.9	4.9	7.2	9.7
Others or don't know	9.8	6.2	15.2	23.1
Overall	8.6	7.2	10.2	8.9

Years: 2017–2023:

Ethnicity	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Hispanic (all races)	10.6	8.8	12.8	9.7
Non-White/ non-Hispanic	11.2	8.6	14.5	13.3
White/ non-Hispanic	7.8	6.3	9.7	10.8
Overall	8.6	7.2	10.2	8.9

Question: Percentage of students who were verbally or emotionally harmed by someone they were dating or going out with during the 12 months before the survey, among students who dated.

Years 2017–2023 tables:

Grade	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
9th grade	27.6	23.1	32.5	8.7
10th grade	25.7	22.0	29.9	7.9
11th grade	20.5	17.4	23.9	8.1
12th grade	21.9	17.8	26.7	10.4
Overall	23.4	21.3	25.7	4.8

Years: 2017–2023:

Sex	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Female	29.9	26.7	33.3	5.6
Male	16.8	14.4	19.4	7.5
Overall	23.4	21.3	25.7	4.8

Years: 2017–2023:

Sexual orientation	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Bisexual	35.9	26	47.2	15.3
Gay or lesbian	27.2*	13.3*	47.8*	33.2*
Heterosexual (straight)	19.1	15.7	23	9.8
Others or don't know	40.7	29.0	53.6	15.7
Overall	23.4	21.3	25.7	4.8

* Use caution in interpreting; the estimate has a coefficient of variation >30.0% and is therefore deemed unreliable by Utah Department of Health and Human Services standards. Consider aggregating years to decrease the relative standard error and improve the reliability of the estimate.

LGBTQIA+ (all together years 2017-2023)

Sexual orientation	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Bisexual	35.9	26	47.2	15.3
Gay or lesbian	27.2*	13.3*	47.8*	33.2*
Heterosexual (straight)	19.1	15.7	23	9.8
Others or don't know	40.7	29.0	53.6	15.7
Overall	35.7	28.7	43.4	10.5

* Use caution in interpreting; the estimate has a coefficient of variation > 30% and is therefore deemed unreliable by Utah Department of Health and Human Services standards. Consider aggregating years to decrease the relative standard error and improve the reliability of the estimate.

Years: 2017–2023:

Ethnicity	% of Utah students reporting dating violence	95% confidence interval, lower level	95% confidence interval, upper level	Relative standard error coefficient of variation
Hispanic (all races)	27.7	22.0	34.1	11.2
Non-White/ non-Hispanic	24.1	18.5	30.7	12.9
White/ non-Hispanic	21.9	19.7	24.4	5.5
Overall	23.4	21.3	25.7	4.8

“Violence needs to stop. All of us—men and women—need to speak up and teach our children that violence is never the solution. Together we can all make a difference. The best place to start is with yourself.”

~ Will Young (former Pop Idol)