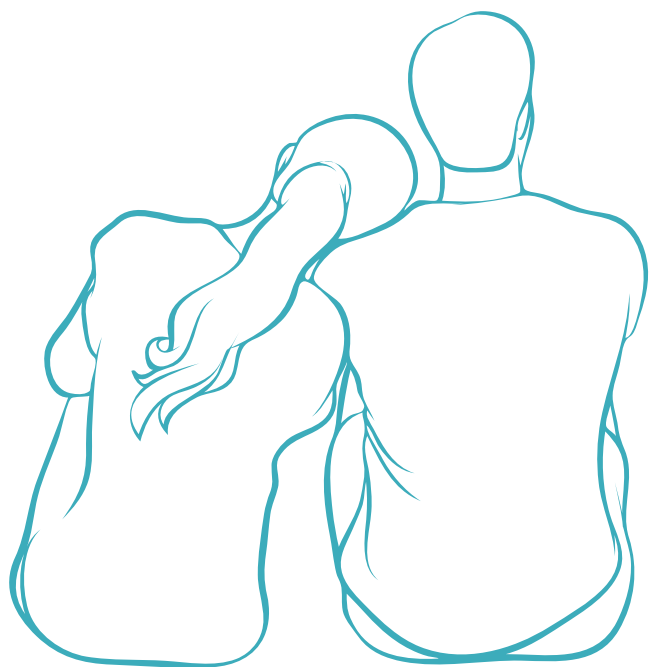




Teen Dating and Sexual Violence in NH

Teen dating and sexual violence are much more common than people realize. Survivors may not come forward because they are concerned about how people in their lives may react or because they are not aware of the support and resources that are available to survivors.

Every other year, high school students in New Hampshire complete the Youth Risk Behavior Survey (YRBS). This data helps prevention educators understand the prevalence of teen sexual and dating violence, which informs prevention efforts and can help raise community awareness.



29%

of NH high school students disclosed that they had experienced unhealthy dating relationship behaviors such as being controlled or hurt emotionally (2023 YRBS QN92).

12%

of NH high school students disclosed that they had experienced sexual violence during the 12 months leading up to them taking 2023 YRBS survey (2023 YRBS QN20).

Prevention Efforts in NH

Prevention educators from crisis centers deliver lessons in schools that focus on building essential skills such as consent, healthy relationships, boundary-setting, bystander intervention, and creating safe environments.

Student Role in Prevention

We are all responsible for creating safe, respectful environments in our schools and communities. By becoming aware of the signs of unhealthy relationships and behaviors, sexual harassment, and sexual assault, we can learn how to address difficult topics in both large and small ways.

We all play a role in preventing and responding to teen dating and sexual violence.

Help for Survivors in NH

Anyone in New Hampshire can call the 24/7 helpline to talk to a confidential advocate (you do not need to be in crisis to call). Advocates provide emotional support and help survivors navigate things like reporting and safety planning.

Supporting Friends and Peers

If a friend tells you that they have experienced dating or sexual violence, understand that you may not be able to give them all the help they need. Encourage them to tell a parent, teacher, or other safe adult. If you see unhealthy relationship behavior you can step in to stop the behavior and talk to an adult.

For free support from a confidential advocate, contact NH's 24/7 Helpline at 866-644-3574



Teen Dating and Sexual Violence in NH

1,769

NH high school students attended prevention programming provided by a local crisis center during the 2024-2025 school year.

105

High School sexual violence prevention education sessions were hosted by NH crisis centers in the 2024-2025 school year.

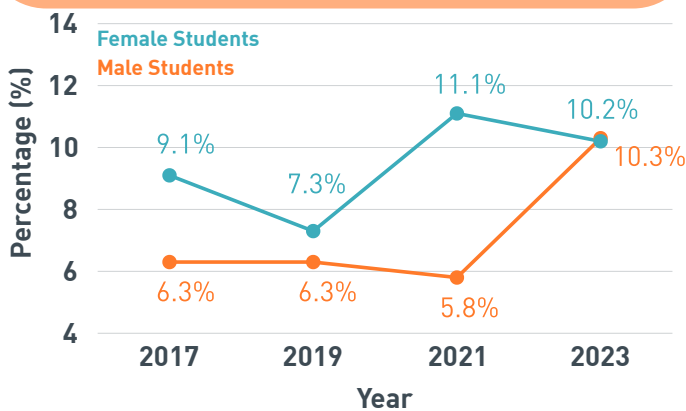
423

Survivors ages 13 to 17 received confidential supportive services from a New Hampshire crisis center in 2024.

“It’s great to be a part of the solution, every now and then a student will tell me that they broke up with their abusive partner after taking these classes. They were able to identify the unhealthy and abusive characteristics in their relationship and make a decision to not continue in the relationship.”

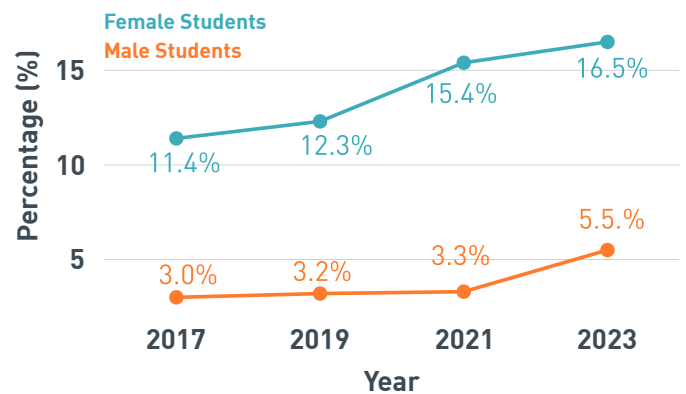
Lisa, Educator at Starting Point

Percentage of students who experienced physical dating violence (QN22)



Despite a large gender gap in previous years, the most recent YRBS data shows male students experiencing nearly the same rate of physical dating violence as female students.

Percentage of students who experienced sexual dating violence (QN21)



Rates of sexual dating violence among teens continue to climb, with female students experiencing far more sexual dating violence than male students.

Our understanding of these trends in how teen dating violence occurs between male and female students helps prevention educators to tailor how they talk to students about boundaries, consent, healthy relationships, and bystander intervention. It also informs the way they raise awareness and provide resources to parents, teachers, coaches, and other supportive adults in students’ lives.

Youth Risk Behavior Survey (YRBS) Data. youthonline.cdc.gov

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