

The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.

ABUSE

Abuse is defined by Google as treating a person with cruelty or violence, especially regularly or repeatedly. It's said one in three young people will be in an abusive or unhealthy relationship⁴². Types of abuse include verbal, physical, sexual, dating, emotional, psychological and/or digital. 25% of high school girls have been abused physically or sexually⁴². One in five teens admits to being emotionally abused in the past year⁴⁵. Abuse can lead to things like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior⁴³. Most abuse involves friends, family members and/or relationship partners.

The Bible says in all these relationships people should act in love, peacefulness, consideration and respect. God promises His justice to those who don't live accordingly (Ps. 140:12), and restoration and healing to the abused (Zeph. 1:9). For anyone who has been through or is going through any abuse: God listens to the cries of the afflicted (Ps. 10:17), is a refuge for the oppressed (Ps. 9:9) and promises rest through Jesus to those who are weary and burdened (Matt. 11:28).

BIBLE VERSES TO CONSIDER

Psalm 140:12 "I know that the Lord secures justice for the poor and upholds the cause of the needy."

Zephaniah 1:9 "On that day I will punish all who avoid stepping on the threshold, who fill the temple of their gods with violence and deceit."

Matthew 11:28 (Jesus) "Come to me, all you who are weary and burdened, and I will give you rest."

Psalm 10:17-18 "You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, so that mere earthly mortals will never again strike terror."

Psalm 9:9 "The Lord is a refuge for the oppressed, a stronghold in times of trouble."

1 John 4:7 "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."

Colossians 3:19 "Husbands, love your wives and do not be harsh with them."

Proverbs 13:2-3 "From the fruit of their lips people enjoy good things, but the unfaithful have an appetite for violence. Those who guard their lips preserve their lives, but those who speak rashly will come to ruin."

Proverbs 3:31 "Do not envy the violent or choose any of their ways."

Leviticus 18:6 "No one is to approach any close relative to have sexual relations. I am the Lord."

Romans 12:19 "Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord."

2 Thessalonians 1:6 "God is just: He will pay back trouble to those who trouble you."

Isaiah 61:1 "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me

to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

Deuteronomy 31:6 “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Psalms 11:5 “The Lord examines the righteous, but the wicked, those who love violence, he hates with a passion.”

2 Timothy 3:1-7 “But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with such people. They are the kind who worm their way into homes and gain control over gullible women, who are loaded down with sins and are swayed by all

kinds of evil desires, always learning but never able to come to a knowledge of the truth.”

1 Peter 3:7 “Husbands, in the same way be considerate as you live with your wives and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.”

1 Corinthians 13:4-8 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

Colossians 3:21 “Fathers, do not embitter your children, or they will become discouraged.”

Galatians 5:19-21 “The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness,

orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God."

James 1:19-20 "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

Ephesians 4:29-32 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Proverbs 10:11 "The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence."

Psalm 72:14 "He will rescue them from oppression and violence, for precious is their blood in his sight."

Matthew 5:21-22 ""You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell."

Matthew 18:10 ""See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven."

James 3:10 "Out of the same mouth come praise and cursing. My brothers and sisters, this should not be."

John 13:34 ""A new command I give you: Love one another. As I have loved you, so you must love one another."

Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."

Ephesians 4:31 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."

Ephesians 5:3-5 "But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God."

Matthew 15:18-20 "But the things that come out of a person's mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them."

STATS & QUOTES TO CONSIDER

1 in 3 young people will be in an abusive or unhealthy relationship. 33% of adolescents in America are victim to sexual, physical, verbal, or emotional dating abuse.

Roughly 1.5 million high school boys and girls in the U.S. admit to being intentionally hit or physically harmed in the last year by someone they are romantically involved with (2014).

In the U.S., 25% of high school girls have been abused physically or sexually.

Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.

50% of young people who experience rape or physical or sexual abuse will attempt to commit suicide.

Only 1/3 of the teens who were involved in an abusive relationship confided in someone about the violence.

Teens who have been abused hesitate to seek help because they do not want to expose themselves or are unaware of the laws surrounding domestic violence.

Violent behavior often begins between 6th and 12th grade.

One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

Though 82% of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, a majority of parents (58%) could not correctly identify all the warning signs of abuse.

One in 9 girls and 1 in 53 boys under the age of 18 experience sexual abuse or assault at the hands of an adult.

82% of all victims under 18 are female.

Out of the yearly 63,000 sexual abuse cases substantiated, or found strong evidence, by Child Protective Services (CPS), the perpetrator was most often the parent.

One in three teens say they know someone who has been physically assaulted or hurt by a dating partner.

One in five teens admits to being emotionally abused in the past year.

Among 11- to 14-year-olds who have been in relationships, 62% of them know friends who have been verbally abused by a boyfriend or girlfriend.

70% of teen girls who have been sexually assaulted knew their attacker. The attacker was a friend, boyfriend or casual acquaintance.

More than half of girls surveyed reported mutual aggression in their relationship – meaning that both she and her partner were physically aggressive toward each other.

4.1 million child maltreatment referral reports received in the US.

74.9% of victims are neglected.

18.3% of victims are physically abused.

8.6% of victims are sexually abused.

7.1% of victims are psychologically maltreated.

Annual estimate: 1,720 children died from abuse and neglect in 2017.

More than 90% of juvenile sexual abuse victims know their perpetrator.

1/3 to 2/3 of child maltreatment cases involve substance use to some degree.

In one study, children whose parents abuse alcohol and other drugs were three times more likely to be abused and more than four times more likely to be neglected than children from non-abusing families.

Two-thirds of the people in treatment for drug abuse report being abused or neglected as children.

11.5% of children have a parent/caregiver alcohol abuse risk factor.

28.5% of children have a parent/caregiver drug abuse risk factor.

25.0% – 33.2% of children have a domestic violence abuse risk factor.

Definition of digital abuse: Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.

Definition of stalking: Being repeatedly watched, followed, monitored or harassed. Stalking can occur online or in person and may or may not include giving unwanted gifts.

The United States has one of the worst records among industrialized nations – losing on average between four and seven children every day to child abuse and neglect.

About 1 in 5 women and nearly 1 in 7 men who ever experienced rape, physical violence, and/or stalking by an intimate partner, first experienced some form of partner violence between 11 and 17 years of age.

42.2% of female victims experienced their first completed rape before the age of 18 years.

Victims of digital abuse and harassment are 2 times as likely to be physically abused, 2.5 times as likely to be psychologically abused, and 5 times as likely to be sexually coerced.

Nearly 1 in 10 teens in relationships report to having a partner tamper with their social networking account (the most frequent form of harassment or abuse).

Only 1 in 5 victims say they experienced digital abuse or harassment at school and during school hours (most takes place away from school grounds).

About 84% of victims are psychologically abused by their partners, half are physically abused, and one-third experiences sexual coercion.

During a one-year period in the U.S., 16% of youth ages 14 to 17 had been sexually victimized.

Over the course of their lifetime, 28% of U.S. youth ages 14 to 17 had been sexually victimized.