



# UNDERSTANDING TEEN VIOLENCE

We know that teen dating violence and gender-based violence exists in the lives of teen sport participants. We also know that coaches play a critical role in the lives of young athletes and thus can potentially play a central part in supporting sport participants experiencing teen dating violence. In the moment, if a coach witnesses violence occurring, if safe to do so, support can include direct intervention or deescalating the situation by diverting attention away from the teen victim.

Although coaches may not observe the violence directly, they can identify or hear about a sport participant's violent dating relationship. In this situation, they say, coaches can play an important supportive role by communicating with the sport participant, acknowledging the harmful behaviours, and providing direction to appropriate resources and supports.

The **Support Through Sport** eLearning series is designed to empower coaches to recognize and take action when it is suspected that a teen sport participant is involved in an unhealthy dating relationship. Understanding Teen Dating Violence is the foundational module in this series and focuses on creating healthy environments for sport participants between the ages of 11 and 24 years.

After completing the Understanding Teen Dating Violence eLearning module, coaches will be able to:

- Identify elements of healthy relationships
- Define teen dating violence
- Take action when teen dating violence is suspected or known

This eLearning will take approximately 30 to 40 minutes to complete and is available for free in the [Locker](#).