

February 2023

# Love Heals, Never Hurts

*Because love shouldn't hurt*

Teen Dating Violence  
Awareness Month  
Toolkit

center for  
prevention  
of abuse.

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# INTRODUCTION

## February is National Teen Dating Violence Awareness Month.

The Center for Prevention of Abuse (CFPA), in collaboration with organizations such as Love Is Respect, Let's Be Real and Break the Cycle, are uniting communities around the world to educate and raise awareness about teen dating violence, the warning signs of abusive relationships and what we can do to protect ourselves. Statistics show many teens are impacted by toxic relationships each year.

For example, did you know:

- Nearly 1 in 11 female and approximately 1 in 14 male high school students report having experienced physical dating violence in the last year.
- About 1 in 8 female and 1 in 26 male high school students report having experienced sexual dating violence in the last year.
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.

Source: <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

With these statistics in mind, CFPA has created a packet of resources to help you incorporate teen dating violence awareness in your school/organization and encourage your staff and students to join the movement to end abuse.

In this packet you will find:

- Information to educate your students and staff about teen dating violence prevention.
- Activities to engage your students and staff to raise awareness.

This year's theme is "Love Heals, Never Hurts." February is the month of love and this toolkit is aimed to educate and inform students about how love should heal and never hurt. This month, we hope you communicate, educate and invest in healthy dating relationships. We hope you will participate in some, if not all, of the activities. We look forward to hearing what you choose to do. Be sure to "like" CFPA on Facebook and post pictures and/or comments on how your school chose to draw awareness to this very important issue. You can also get involved by using the hashtag #teenDVmonth.

If you have any questions or would like more information about Teen Dating Violence programming, please feel free to contact us at 309.691.0551 or at [PreventEd@centerforpreventionofabuse.org](mailto:PreventEd@centerforpreventionofabuse.org). To schedule this programming, please contact CFPA's Director of Prevention Education, Laura Kowalske, at [kowalske@centerforpreventionofabuse.org](mailto:kowalske@centerforpreventionofabuse.org) or 309.691.0551 ext. 291.

## Meeting State Mandates

The Center for Prevention of Abuse’s *PreventEd: Relationship Abuse* curriculum helps schools meet the “Critical Health Problems and Comprehensive Health Education Act,” which is outlined below. Our programming is ideal for freshman health classes, but is appropriate for all high school students and is presented one time per week for four to eight weeks.

### Illinois Critical Health Problems and Comprehensive Health Education Act

105 ILCS 110/3.10

Effective July 1, 2013

Sec. 3.10. Policy on teen dating violence

The school board of each public school district in this State shall adopt a policy that does all of the following:

- States that teen dating violence is unacceptable and is prohibited and that each student has the right to a safe learning environment.
- Incorporates age-appropriate education about teen dating violence into new or existing training programs for students in grades 7 through 12 and school employees.

## Curriculum Details

### PreventEd: Relationship Abuse 1

The first series in the *PreventEd: Relationship Abuse* curriculum through CFPA is comprised of four cumulative 45-minute lessons that utilize a variety of hands-on activities and discussions to appeal to all learning styles. Students will learn about boundaries, the cycle of violence, stereotypes, consent and coercion and how to be active bystanders to sexual assault.

### PreventEd: Relationship Abuse 2

The second set of *PreventEd: Relationship Abuse* curriculum lessons are offered to those schools who have completed the first series and builds on *PreventEd: Relationship Abuse 1*. In the four lessons, students will learn about boundary setting, an in depth look at the cycle of violence, human trafficking, the process of boyfriending and how to respond when a friend is in a violent relationship.

### PreventEd: Relationship Abuse 1 for Individuals with Disabilities

Series 1 in the *PreventEd: Relationship Abuse for Individuals with Disabilities* curriculum contains four lessons. Throughout these lessons, students will be empowered to set boundaries in all relationships, learn how to identify healthy and unhealthy relationships and how to be assertive and protect themselves from abuse. Each 45-minute lesson highlights respect, self-esteem, empathy and consent. Hands on activities, audio/visual aids and discussion appeals to all learning styles and special needs with an IQ of 50+.

### PreventEd: Relationship Abuse 2 for Individuals with Disabilities

Series 2 in the *PreventEd: Relationship Abuse for Individuals with Disabilities* curriculum focuses on exploring dynamic personal boundaries across all relationships. Throughout the four lessons, students learn how boundaries may change, identify “red flags” and dating challenges and develop communication skills and internet safety awareness. Content is designed to appeal to all learning styles and special needs with an IQ of 50+.

## PreventEd: Relationship Abuse

### Teacher Feedback:

“This program is our favorite! They do a great job capturing the attention of the students. They really enjoy the interactive lessons and videos.”

“Great information, vital to our youth today! I feel the students learned a great deal from these lessons.”

“I feel that the students gain a great deal of knowledge and understanding as a result of the lessons taught.”

“The information covered was very beneficial for our students. Some of them have never been informed on these topics. All of our students are now more knowledgeable on them!”

“The students were very interested in the topics presented.”

### Student Feedback:

“The program was a positive experience and I learned a lot from it.”

“I enjoyed everything, but what I love about this program is that they’re actually putting in the effort so people know about these situations so they can quickly do something about it before it gets worse.”

“I enjoyed our talks and how everything was broken down and explained.”

“I liked learning about how to recognize the signs of when a relationship is not healthy.”

“I liked that they were making sure we are comfortable saying things or asking things.”

## PreventEd: Relationship Abuse for Individuals with Disabilities

“The students really responded to role playing in different situations. They did an excellent job keeping material at the student’s level as well as connecting with a majority of the students.”

“GREAT topics! Exactly what we needed! Thank you for coming!”

“Coverage of material was very good. Speaker engaged students in discussions.”

“Presenter did a great job working with the students and presenting information. We have a lot of learning levels in our group and they worked to include all. Thanks so much!”

“Activities are engaging and student interactions/ lessons include all students. Educator did a wonderful job involving all students – even the students who tend to be very quiet.”

# SAMPLE DAILY ANNOUNCEMENTS

## Day 1

Dating abuse affects people regardless of race, class, gender or sexual orientation. Even a one-time incident of dating violence is NOT okay. In abusive relationships, there is a pattern of controlling and/or violent behavior: the abuse happens again and again and it gets worse over time.

<https://www.dayoneny.org/dating-abuse>

## Day 2

It's important that partners feel comfortable expressing their wants, goals, fears and limits, and everyone's boundaries are honored. That means everyone feels comfortable communicating their needs without fear of what another person will do in response.

<https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/how-to-set-boundaries/>

## Day 3

It may be difficult to spot some warning signs of dating abuse. Warning signs can be constant put-downs, telling you what to do, constantly checking in on you, an explosive temper and/or monitoring who you talk to or what you post on social media. Knowing the warning signs can not only help you keep your relationships healthy but may help a friend, as well.

<https://www.dayoneny.org/abuseoverview>

## Day 4

No one deserves to experience abuse in any capacity and every type of abuse is serious. If you recognize any of these warning signs in your relationship, you should reach out to a trusted adult to get help.

<https://www.loveisrespect.org/resources/what-should-i-look-for/>

## Day 5

Conflict is a normal and expected part of any relationship. Everyone has disagreements and that's okay! Healthy conflict is recognizing the root issue and addressing it respectfully before it escalates into something bigger. No one should belittle or yell during an argument.

<https://www.joinonelove.org/signs-healthy-relationship/>

# CONSENT

## CONSENT IS GIVEN:

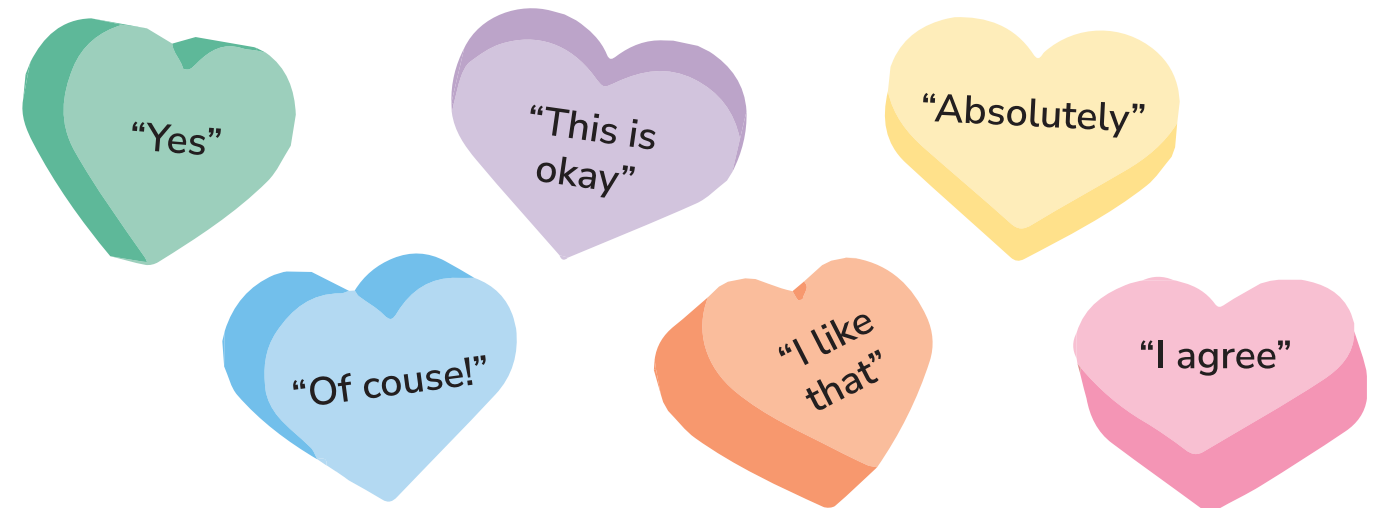
**VERBALLY** Clearly saying "yes"

**WILLINGLY** Voluntarily given, without pressure

**COHERENTLY** Cannot be given when under the influence

**CONTINUOUSLY** May be withdrawn any time you feel uncomfortable

## CONSENT CAN ALSO SOUND LIKE THIS:



# TEEN DATING VIOLENCE VOCABULARY



<b>Boundaries</b>	<i>Limits we set with each other</i>
<b>Boyfriending</b>	<i>Partner uses their relationship to traffic their significant other</i>
<b>Coercion</b>	<i>Tricking, pressuring, guiltting or forcing someone into sexual activity</i>
<b>Compliment</b>	<i>Something said that is nice, genuine and meaningful</i>
<b>Compromise</b>	<i>A solution to a problem in which both people feel their needs and feelings have been considered in coming to an agreement</i>
<b>Consent</b>	<i>Willing, verbal, coherent and continuous permission</i>
<b>Cycle of Violence</b>	<i>A cycle of behavior within an abusive relationship that involves three phases: tension-building, violent explosion and the honeymoon/calm phase; when one partner uses power in order to control their partner</i>
<b>Empathy</b>	<i>Noticing and understanding how someone else is feeling; putting yourself in someone else's shoes</i>
<b>Flirting</b>	<i>Two-sided; makes both partners feel good</i>
<b>Minor</b>	<i>An individual under the age of 18</i>
<b>Respect</b>	<i>Treating others the way they want to be treated</i>
<b>Sexual Harassment</b>	<i>One-sided, unwanted sexual pressure that one person inflicts on another</i>
<b>Sextortion</b>	<i>Exploitation of a person by using nude and/or sexually explicit photos/videos</i>

# SOCIAL MEDIA SAFETY



When you're on a website, try to remain as anonymous as possible. That means keeping all private information private. Private information that you should never allow the public to see includes your:

- full name
- current location
- home and school address
- phone number
- debit/credit card number

Most trustworthy people and companies won't ask for this type of information online. So if others do, it's a red flag that they may be up to no good. Always check with a parent if you are unsure, especially when shopping online or signing up for a website or app.

Think carefully before you add a "friend" on any app. The person might not be who they say they are and may lead to someone harassing you. If someone is harassing you through social media, don't respond and instead document all harassing messages, posts or comments. Flag the posts as inappropriate and notify an adult.

If you're in the process of leaving an unhealthy relationship, start by blocking your ex on social media. Adjust your privacy settings to reduce the amount of information particular people can see and avoid posting private details to other people's pages that may not have as strict of privacy settings.

If necessary, consider deactivating your accounts or doing a "super logoff" by deactivating your accounts each time you log out and reactivating them when you log back in. While it may seem extreme, avoiding social media entirely can be the best option to stop abuse online.

<https://www.loveisrespect.org/resources/social-media-safety/>

<https://kidshealth.org/en/teens/internet-safety.html>

## LEARN MORE & TAKE ACTION

### **Break the Cycle** ([breakthecycle.org](http://breakthecycle.org))

Break the Cycle has fun, inclusive and informative campaigns designed for all ages. With infographics, curriculum and guides for friends and parents, this website provides necessary information about encouraging healthy relationships.

### **Day One** ([dayoneny.org](http://dayoneny.org))

Day One partners with youth to end dating abuse and domestic violence through community education, supportive services, legal advocacy and leadership development.

### **Love Is Respect** ([loveisrespect.org](http://loveisrespect.org))

Love Is Respect offers information and resources for young people about healthy and unhealthy dating relationships. They focus on inclusivity and awareness with the goal of advocating healthy relationships and preventing abuse. A live chat service for questions is also available 24/7.

### **One Love** ([joinonelove.org](http://joinonelove.org))

One Love is a foundation that educates communities and individuals on the differences between healthy and unhealthy relationships. They have workshops, resources, videos and activities aimed at creating awareness and spurring change.

### **Project Consent** ([projectconsent.com](http://projectconsent.com))

Project Consent is a collaborative project with Break The Cycle that works with survivors and allies to fight against rape culture and raise awareness about consent.

### **That's Not Cool** ([thatsnotcool.com](http://thatsnotcool.com))

That's Not Cool is an initiative focused on working with young people to address issues of dating violence within their communities. They provide resource guides for youth and adults, activities and have focused on particularly addressing the issue of digital abuse.

### **Trevor Project** ([thetrevorproject.org](http://thetrevorproject.org))

The Trevor Project is an organization that provides services for crisis intervention and suicide prevention for LGBTQ+ individuals under the age of 25. Inclusive community resources are available for both young people and educators, including information on healthy relationships and dating for teens. There is also an option to chat, call or text with advocates 24/7.

## TEST YOUR KNOWLEDGE

Check out these quizzes to test your knowledge and see what you've learned about teen dating violence.

### **"Cool Not Cool" Quiz**

The "Cool Not Cool" quiz goes through three different couples in dating relationships. You decide whether you think the behavior shown is "cool" or "not cool" and then see how others anonymously answered the same question.

<http://www.coolnotcoolquiz.org/>

### **"Am I a Good Partner?" Quiz**

Love is Respect's "Am I a Good Partner" quiz asks twenty "yes" or "no" questions to help you and your partner see if you are good partners or not.

<https://www.loveisrespect.org/quiz/am-i-a-good-partner/?%3E>

### **"Is Your Relationship Healthy?" Quiz**

Love is Respect's "Is Your Relationship Healthy" quiz asks twenty-six "yes" or "no" questions to help you and your partner see if the behaviors in your relationship are healthy or unhealthy.

<https://www.loveisrespect.org/quiz/is-your-relationship-healthy/?%3E>

# CYCLE OF VIOLENCE



## Stage I: Tension building

- blaming, put-downs
- name-calling, threats
- questioning their partner's every move
- "I told you not to wear that shirt."

## Stage II: Violent explosion

- forced sexual activity
- put-downs, name-calling
- intimidation, threats, isolation
- "Give me all your passwords and car keys. I decide what you can do."

## Stage III: Honeymoon/calm

- gift-giving, making promises
- consensual sexual activity
- romantic, sweet
- "I'm sorry, I was just upset. Let me make it up to you."

# CLASSROOM ACTIVITIES & TOOLS

**Activity:** Red Light, Green Light, Go!

**Grade:** 5th/individuals with disabilities

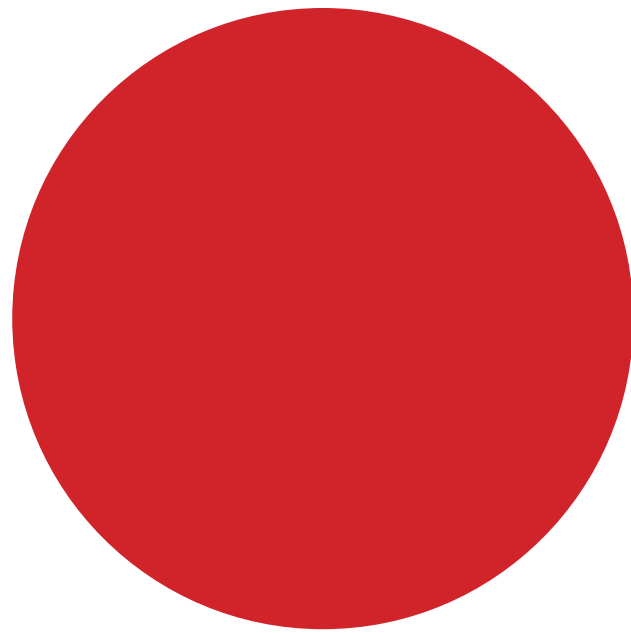
**Time needed:** 30–45 minutes

**Supplies needed:** color spotlight posters, friendship scenario cards

**Objective:** To explore healthy and unhealthy characteristics within friendships using a spotlight analogy

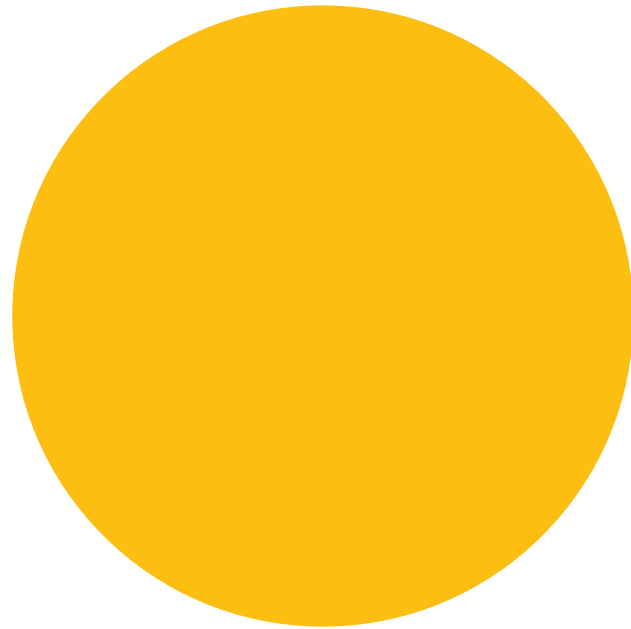
**Directions:** **RED=Stop!** These are bad signs in a friendship. **YELLOW=Caution!** These are warning signs in a friendship! **GREEN=Go!** These are good signs in a friendship. Divide participants into groups and share the Friendship Scenario Cards evenly among the groups. Put the **RED**, **YELLOW** and **GREEN** poster headings on the wall. Instruct the groups to read the cards and decide which color best represents each scenario. Have teams put them on the wall under the corresponding color heading.

<https://westernhealth.nl.ca/uploads/Addictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf>



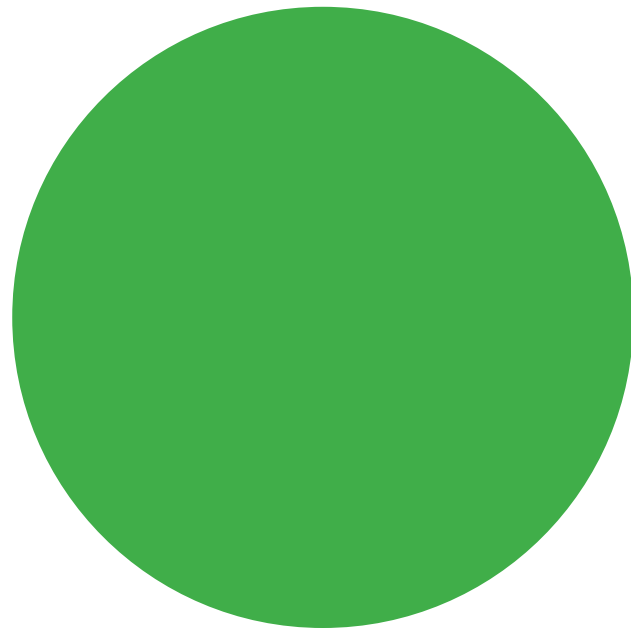
**STOP!**

*These are BAD signs in a friendship!*



**CAUTION!**

*These are WARNING signs in a friendship!*



**GO!**

*These are GOOD signs in a friendship!*

You are afraid of your friend's temper	Your friend criticizes you or people you care about	Your friend threatens to hurt you
Your friend bullies and makes fun of other kids at school	Your friend pressures you to do things you do not want to do	You are nervous that if you tell your friend something personal, they will tell people at school
Your friend sometimes makes fun of you	You rarely get to plan what the two of you will do together	Your friend tells you not to hang out with certain people
You enjoy being with this person, but you also enjoy spending time with other friends	You usually feel happy when you are with this person	Your friend respects your feelings and opinions
Your friend talks to you about their feelings	Your friend is happy when good things happen to you	You say that you agree with your friend, even though you really don't; you are afraid they won't be your friend anymore if you disagree



# CLASSROOM ACTIVITIES & TOOLS

**Activity:** Healthy Characteristics Word Jumble

**Grade:** 9th–12th

**Time needed:** 25–30 minutes

**Supplies needed:** pencil, healthy characteristics worksheet

**Objective:** To spread awareness of what is healthy or unhealthy in a relationship

**Directions:** Hand out the healthy characteristics worksheet to students. Have them circle their top 2–3 characteristics for a healthy relationship and discuss why it's important to them.

**Debrief Questions:**

1. What does a healthy relationship feel like?
2. What were your top 2–3 choices?
3. Why did you choose those?
4. What do some of these characteristics mean to you? (ex. *What does it mean to have boundaries?*)
5. Can any of these characteristics turn into abusive behavior?



## SCHOOL-WIDE INITIATIVES

### Wear Orange for Love Day

Orange is the official color of Teen Dating Violence Awareness Month! Wear orange for love on Tuesday, February 9th! Participate in Break the Cycle and Love is Respect's national movements to support healthy relationships by wearing orange. Snap a picture and use the hashtags #loveisrespect, #KnowYourWorth, #Orange4Love, #TalkAboutLove and #TDVAM to share your school's participation on your social media accounts.

### Teen Dating Violence Around Us

Ask your class to watch a TV program or movie about a couple's relationship. During the next class, have the students give a short description of the relationship and how the people treated each other, particularly if there was violent, aggressive or controlling behavior. Then have the class discuss the influence TV and movies might have on their own ideas about relationships. Did the TV program or movie depict how they see themselves in a relationship or not? Give them the opportunity to discuss what is acceptable behavior and what is not.

### Community Hashtags

#TalkAboutLove #TDV #LoveBetter #Orange4Love #ThatsNotLove #CFPA #TeenDatingViolenceAwareness #teenDVmonth #TDVAM #KnowYourWorth

## STATISTICS

On average, **nearly 20 people per minute** are physically abused by an intimate partner in the United States. During one year, this equates to more than **10 million people.**

**1 in 3 women & 1 in 4 men** have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (*e.g. slapping, shoving, pushing*).

**1 in 4 women & 1 in 7 men** have been victims of severe physical violence (*e.g. beating, burning, strangling*) by an intimate partner in their lifetime.



first experienced intimate partner violence (*sexual or physical violence and/or stalking*) **under the age of 25.**

**1 in 4 women**  first experienced intimate partner violence **prior to the age of 18.**

Sexual violence is usually committed by someone the survivor knows. **More than 28% of girls under the age of 18** were raped by a current or former intimate partner.

<https://ncadv.org/STATISTICS>

# SOURCES



<https://www.joinonelove.org/signs-healthy-relationship/>

<https://www.loveisrespect.org/resources/what-should-i-look-for/>

<https://www.dayoneny.org/abuseoverview>

<https://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/youth/healthy-relationship-tips>

<https://westernhealth.nl.ca/uploads/Addictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf>

[https://www.mylemarks.com/store/p318/Healthy\\_Dating\\_Relationships\\_%5BTeen%5D.html](https://www.mylemarks.com/store/p318/Healthy_Dating_Relationships_%5BTeen%5D.html)

<https://ncadv.org/STATISTICS>

<https://kidshealth.org/en/teens/internet-safety.html>

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