Teen Dating Violence Awareness Month Toolkit

Tools for a Successful Campaign Against Teen Dating Violence in Your School

Feb 2018
Dear Community Partner:

The Center for Prevention of Abuse is proud to present our newest resource, an Educator’s Toolkit in honor of Teen Dating Violence Awareness Month this February. With this resource, we hope to inspire teens and schools to join the movement. Take action in support of creating safe and supportive communities and healthy relationships.

This toolkit provides comprehensive lessons and activities that are easily adaptable for classrooms and small groups. Enjoy turnkey materials designed to help educators and/or youth leaders implement high quality programming for high school age students. There are four weeks of learning materials containing statistics, online resources, age appropriate activities, and discussion starters. Inside you will find information on the NO More Teen Dating Violence Video Challenge and the free downloadable Respect Effect phone app, aimed to help young people practice healthy relationship skills by completing daily challenges with their significant other, family or friend.

Paint your organization orange on February 13th! We encourage you to wear the color orange as a symbol of solidarity and promotion of healthy relationships for all young people. This is a national campaign started by young people at loveisrespect.org. Your school can also join in on social media by using #Orange4love. Highlight the various activities your school is participating in to educate others on this issue by sharing to The Center for Prevention of Abuse on Facebook and Instagram, @preventabuse309.

Finally, we are excited to announce a new contest. Stay tuned for more information about our “Outstanding Youth Leader in Violence Prevention” Award, sponsored by The Center for Prevention of Abuse and presented by our long-time community partner, Verizon Wireless. More details to come this month!

To learn more about bringing Prevention Education programs into your schools, please reach out at mbolden@centerforpreventionofabuse.org or 309-691-0551.

Sincerely,

Marcia J. Bolden
Director of Prevention Education
(309)691-0551 or 1-800-559-SAFE (7233)
www.centerforpreventionofabuse.org
February is Teen Dating Violence Awareness Month

The Center for Prevention of Abuse, in line 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. It is so important for The Center to bring awareness to Teen Dating Violence. Statistics prove just how many teens are impacted by toxic relationships each year. For example, did you know....

- Nearly 1.5 million high school students experience physical abuse from a dating partner annually.
- Only 33% of teens who were in a violent relationships ever told someone about the abuse.
- One in three adolescents in the U.S. is a victim of either physical, sexual, emotional, or verbal abuse from a dating partner.

With these statistics in mind, The Center for Prevention of Abuse 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 the 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
- Social Media Campaigns

This year’s theme is “Healthy Me, Healthy We” in correlation with Breakthecycle.org. We look forward to hearing what you choose to do. Be sure to “Like” The Center for Prevention of Abuse on Facebook and then 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 and #HealthyMeHealthyWe.

If you have any questions or would like more information about Teen Dating Violence Program, please feel free to contact us at: 691-0551 or PreventEd@centerforpreventionofabuse.org.

<table>
<thead>
<tr>
<th>Statistics</th>
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<td>58% of parents cannot correctly identify signs of dating abuse</td>
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<td>Physical: Hitting, Pushing, Shoving</td>
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<td>Emotional: Name Calling, Shaming</td>
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<td>Sexual: Sexual Contact</td>
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<td>Financial: Stealing, Abusing Credit Cards</td>
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<td>Social Media Campaigns: Stalking, Blocking, Harassing</td>
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1 in 10 high school students have been physically or sexually hurt by a boyfriend or girlfriend.

1 in 3 teens have been, will be, or are in an abusive relationship by the time they are 18.

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

46% of teens who are victims of dating abuse do not tell anyone.

43% of reported cases of dating violence occurred on school premises.

2 out of 3 teens in abusive relationships don’t tell anyone about the abuse.

- 2x as likely to be physically abused
- 2.5x as likely to be psychologically abused
- 5x as likely to be sexually coerced

Sources: LoveIsRespect.org, Juv. Off. Fact, BreaktheCycle.org, Preteen Violence.org, Justine.org
Schoolwide Initiatives

Respect Effect App

Respect Effect is a tool designed to help young people practice healthy relationship skills by completing daily challenges with their significant other (SO), friends, or family. Users can share completed challenges on the Community Feed, earn points to get placed on the Leaderboard, and view other's challenges.

The Respect Effect app provides teens with a fun way to engage with significant others/friends in order to discuss healthy relationships and teen dating violence. Examples of challenges include:

- Let your SO or best friend teach you how to cook their favorite meal and snap a picture.
- Take a video of yourself saying "no" with gusto.
- Unfollow people on your social media channels who give you negative energy.

Fun challenges help to build young people’s relationship skills in order to create more respectful relationships and digital communities where collective action inspires a respect effect.
You Can Say No More to Teen Dating Violence

You Can Say NO MORE To Teen Dating Abuse

This February encourage your students to create a video that calls for the end of teen dating violence and promotes healthy relationships.

Teachers may win by...
- Hosting a student activity
- Making it a class project
- Having a film festival

Schools may win by...
- Supporting with A/V resources
- Aiding teachers with project
- Promoting school wide

Teens may win by...
- Promoting healthy relationships
- Standing against dating abuse
- Teaming up to create a video

Want to learn more? visit www.ilcadv.org or contact a participating domestic violence agency

Sponsored by:

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Sample Daily Announcements

- Students, did you know that nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year? You can keep yourself safe by knowing the signs of an abusive relationship.

- Students, the relationships you have today can mold the relationships you have forever. Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior, and further domestic violence as they grow older.

- Only 33% of teens who were in a violent relationship ever told anyone about the abuse. Students, know the trusted adults in your life are there for you. If you, or a friend, is experiencing a violent relationship, determine the trusted adults in your life and confide in them. Speak out.

- One in three adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

- Teen Dating Violence is not just an issue for heterosexual couples, but LGBT students as well. 29% of heterosexual youth surveyed reported being physically abused by dating partners. Transgender youth reported the highest rates of dating violence, with 88.9 percent reporting physical violence. 42.8 % of other LGBT youth reported the same.

- Youth who experience parental violence are more likely to report violence within their own teen dating relationships. Dating violence during adolescence is understood to be a precursor to domestic or intimate partner violence in adulthood.
“Relationship Goals” or Not?

**Topic:** Determining a Healthy Relationship

**Intended Audience:** 9th-12th grade

**Time Needed:** 30-45 minutes

**Supplies Needed:** These discussion questions as well as the pictures provided after this lesson in the packet.

**Objectives:** Discuss these “Relationship Goals” memes to decide if the “goals” are characteristics of a healthy relationship or a violent relationship.

**Directions:** Show each of the memes provided in this packet. Discuss with your class the different characteristics of each meme.

**Discussion Outline:**
- What are some of the healthy or unhealthy characteristics being portrayed in this meme?
- What about these memes makes them violent?
- What are characteristics of a healthy relationship?
- What are some characteristics of an unhealthy relationship?
- Does this meme fit into the cycle of violence? How?
- What can you do if you feel like you, or a friend, are in a violent relationship?
- What are some ways you can determine if your relationship is violent and/or unhealthy?

**Use Social Media:**
Use the hashtag #NotAlwaysWhatYouSee to help spread awareness that relationships are not always what we see. Relationship “Goals” are not always what we think they are. For example, in some of the memes presented above, the relationship may look fine, but what is really happening?
“Relationship Goals” or Not?

WHEN SHE OPENS UP TO YOU ABOUT THE SCUM SHE’S DEALT WITH IN THE PAST AND YOU KNOW YOU’RE GONNA CONTRIBUTE TO THAT LIST

MY GIRL AIN’T ALLOWED TO TURN UP WITHOUT ME

UNLESS SHE WANNA TURN UP MISSING
"Relationship Goals" or Not?

Girlfriends favorite line when they mad at you "Don't touch me"

when bae doesn't respond to your text within 2 minutes

Yep like always
Never care about me
So just ignore me like I meant nothing.
Have a blessed life.
“Relationship Goals” or Not?

Husband,

Welcome home. I'm hiding in the house with a Nerf gun, here is the other one...

The loser cooks dinner tonight.

May the odds be ever in your favor.

Xoxo,

Wife?

When bae complains about all the small stuff but u still gotta fix it
Healthy Dating Characteristics

**Topic:** Healthy Dating Characteristics

**Intended Audience:** 9th-12th grade

**Time Needed:** 30-45 minutes

**Supplies Needed:**
Healthy Dating Relationship Characteristics (The bolded characteristics, found on page 7, each printed on a separate sheet of paper), Post It Notes

**Main Objectives:**
Identify and understand healthy characteristics in dating relationships.
Have an open conversation about what makes a relationship healthy.

**Discussion Outline:**
Today we are going to talk about characteristics and behaviors that build healthy and unhealthy dating relationships. Before we get into the main activity, we would like to start with a discussion to get you thinking about relationships. The concept of dating or the word dating can mean different things to different people. This activity is to get you thinking about dating relationships!

**Activity: Statistic Representation**
Ask students to count by 1,2,3. Ask the students who are ‘1’ to stand up.

What do you think this statistic represents?
1 in 3 teens have been, will be, or are in an abusive relationship by the time they are 18.

**Activity: Healthy Characteristics and Behaviors in Dating Relationships**
I have posted ten characteristics and behaviors that build a healthy dating relationship around the room. Each student is going to be given three post it notes. They are going to choose three out of the ten characteristics they feel are most important to them in order to build and maintain healthy dating relationships.

**Activity Discussion:**
Once the students have put up their post it notes, reinforce the behaviors and characteristics below. It is important to illustrate that the 10 selected help to build healthy dating relationships, but more characteristics and behaviors are needed to build and maintain healthy dating relationships. Call on a student who posted their note to each poster, and ask them to explain why they chose the poster.

**Trust**
Both partners need to have a strong foundation of trust in a healthy relationship.
1. How do you know when you have someone else’s trust?

**Communication**
It is important to have open communication and be willing to listen to each other’s perspectives.
2. How do you know have good communication in a dating relationship?

**Acceptance**
Your dating partner should love and accept you for who you are.
3. Why is it important to accept your dating partner for who they are?

**Setting Boundaries**
By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want.
4. Why is it important that we set boundaries in our dating relationship?
5. How do you go about addressing a dating partner that crosses one of your boundaries?

**Supported**
You and your dating partner should feel supported in the decisions that are made throughout the relationship.
6. Why is it important to support your dating partner’s feelings?
7. What does it mean to be supportive without conditions?

**Solving Problems Respectfully**
Relationships last longer when problems are solved without violence or abuse.
8. How do you work through problems, arguments, or disagreements with a dating partner?
9. Why is solving problems respectfully important?
Committed
Being committed to your dating partner makes them feel important and loved.
10. What does it mean to be committed in a dating relationship?
11. What should you do if you notice that your dating partner is not as committed to the relationship as you are?

Treated Equally
Dating partners should treat each other equally with respect.
12. How would you be able to identify if you are not being treated equally by your dating partner?
13. Why is it important to treat each other equally?

Honesty
It is important to have a relationship where both dating partners can be honest and open with each other.
14. What are some issues you should be open and honest to your dating partner about?
15. If your dating partner is open and honest about their past, but it is quite different than you imagined, how would you react? Would you judge them and treat them differently because they were open with you or would you accept them for who they are?

Independence
It is important to have time by yourself, with friends and family outside of the dating relationship.
16. Should you call, check on your partner, or know what they are doing every minute you are away from them?
17. Why it is important to have time away from your dating partner?

Healthy Dating Characteristics

Should I Stay or Should I Go?

Topic: Unhealthy Behaviors in a Dating Relationship

Intended Audience: 9th-12th grade

Time Needed: 30-45 minutes

Supplies Needed: “Stay” sign, “Leave” sign, Jason and Chantel Stories

Main Objective(s):
Discuss different examples of dating violence in teen relationships.
Discuss ways to help a friend if you notice unhealthy behaviors in their relationship.

Discussion Outline:
Today we are going to have you listen to a story and decide what would you do in these different dating situations.

Activity:
Instruct students to walk back and forth across the room after each statement based on the following:
- If you would want to stay in the relationship, go to the sign that says, “Stay.”
- If you would want to leave the relationship, go to the sign that says, “Leave.”

It is okay for you to move back and forth after the statements have been read. I will give you time to think about your choice. We will discuss your choices and movements after the story is completed. Please hold your comments and try not to judge others as you move across the room.

Read “My boyfriend, Jason” and “My girlfriend, Chantel” out loud.

Story Discussion:
If you notice your friend is in an unhealthy relationship or you notice they are beginning to act differently, it is important to listen and support your friends. If you notice similar behaviors in your own relationship, it is important to discuss your concerns with a parent, teacher or other trusted adult.

1. What are some concerns or unhealthy behaviors that you noticed in the story?
   - Jealousy
   - Physical abuse (throwing things)

2. What would you say to your friend?
   - Encourage them to get out of the relationship
   - Encourage them to go talk to an adult about their issues for some advice
3. How should you handle or help your friend in that unhealthy relationship?
   • Talk to them
   • Let them know what behaviors you notice or how they are acting differently
   • Listen to what concerns they have
   • Encourage your friend to talk to a trusted adult
   • Support your friend
   • Encourage them to reconnect to friends and family members

**Should I Stay or Should I Go?**

- **My Boyfriend, Jason**
  - Jason is good looking. He makes you feel important and special.
  - Jason tells you he loves spending time with you more than anything else, and lately you haven’t seen or talked to your friends because you’re always with Jason.
  - You get invited to a party. Jason allows you to go, but he doesn’t want you talking to anybody. When he sees you talking to a male friend, he punches your male friend in the face and grabs you by the arm, yelling.
  - Jason has called constantly to apologize for his behavior at the party. When you see him again, he gives you a beautiful gold heart necklace and tells you that his heart just doesn’t feel the same without you in his life.
  - Jason seemed like he was loosening up a little, but he starts pressuring you to spend all of your free time with him again. You know he just cares a lot about you, but you wonder if his jealousy is getting out of hand.

- **My Girlfriend, Chantel**
  - Chantel is beautiful, popular and really fun to be around.
  - Chantel doesn’t like your friends and calls them names when she talks about them. You try not to let her know that you’re still hanging out with them, but it’s hard.
  - Chantel sometimes throws things at you. You wish she’d control her temper. She promises to and then doesn’t.
  - You tell Chantel that her behavior is making you question the relationship. She tries to make it up to you.
  - Chantel tries to make things work with the two of you. In fact, she surprises you for your birthday by giving you the newest iPhone. She reminds you how important it is to always stay connected to each other.
  - Chantel knows the passcode on your new phone. You think she might be checking your messages and not telling you about it. She did buy you the phone, but you wonder if she’s being too possessive.
Should I Stay or Should I Go?

Leave

Stay
What Do I Want?

Topic: Understanding differences in relationships

Intended Audience: 9th-12th grade special needs classrooms

Time Needed: 45 minutes

Supplies Needed: paper, markers

Main Objectives: To discuss and understand differences in a dating relationship.

Discussion Outline:
Partners may want different things in a dating relationship. It is important to talk about differences in order to keep a healthy relationship. It is okay to take time in a relationship to figure out what you and your partner want.

Activity:
What I Want, What I Don’t Want Activity:
• Trace the outline of a student’s body.
• Write or draw what you want in a relationship on one half of the body.
• Write or draw what you do not want in a relationship on the other half of the body.

Wrap Up:
Discuss with the students the importance of looking for healthy behaviors and talking with a parent, teacher, or trusted adult.
Healthy or Not?

**Topic:** Healthy/Unhealthy Relationship Behaviors

**Intended Audience:** 9th - 12th grade special needs classrooms

**Time Needed:** 45 minutes

**Supplies Needed:** none

**Main Objectives:**
To discuss and understand differences in a dating relationship.

**Discussion Outline:**
Partners may want different things in a dating relationship. It is important to talk about differences in order to keep a healthy relationship. It is okay to take time in a relationship to figure out what you and your partner wants.

**Activity:**
**Relationship Behavior Game**
Read the statements below out loud; if students think it is a healthy characteristic in a dating relationship, inform them to stand up. If students think it is an unhealthy characteristic inform them to stay seated.

- A dating partner calls you names and makes fun of you, but then says, “I was just joking.”
- A dating partner allows you to spend time with other friends and your family.
- A dating partner doesn’t hurt your feelings or your body.
- A dating partner hits you.
- A dating partner helps you stay safe and does not put you at risk of harm.
- A dating partner lies to you.
- A dating partner talks to you about a concern so you can work it out.
- A dating partner is honest with you and you can be honest with them back.
- A dating partner tells someone else a secret you shared with him/her.
- A dating partner respects you and makes you feel good.
- A dating partner shares their personal feelings with you.

**Wrap Up:**
Discuss the importance of looking for healthy behaviors and talking with a parent, teacher or trusted adult.

**Resources**
The Bystander Effect

Dating violence does not just affect the individuals in a couple. Rather, a community of support is necessary to help a survivor reach safety and peace. Whether you are a parent, friend, or bystander, you have the ability to become involved. Here are some dos and don'ts to consider when you are in a situation where you can take action and interrupt a violent situation.

Do not mind your own business.
If it’s someone you know or feel comfortable around, you can stop the violence just by butting in. Addressing the violence is one way to handle the situation. Let both individuals know that what is occurring is not right. Reassure the mistreated partner that he or she is undeserving of these actions and inform the violent partner that this behavior is unacceptable and dangerous. If you don’t feel comfortable calling out the violent partner, you can still disrupt the situation by asking to borrow notes for class or striking up a conversation.

Don’t want to get in the action? Stand away, but let the couple see that you are watching them. Get out your cell and call for help. You can still give support without physically intervening.

Do put yourself in someone else’s shoes.
Dating violence is a scary and isolating experience. If you witness someone else going through dating violence and do not know what to do, try to imagine how you would want someone to help you. Stepping in not only temporarily breaks up the violence, but offers support to the victim that he or she may not have received anywhere else.

Do treat them like a friend.
Watching a friend endure dating violence often leaves you feeling helpless and wanting to do something more to help them. You can give the same care and encouragement to someone you do not know as you would to a friend. Ask yourself how you would feel if no one helped your friend and something horrible happened to her or him when you were not present. Be someone’s friend and stop the violence.

Do not neglect your personal safety.
Your safety is always the highest priority and you will not be able to give the best support if you are injured. If for any reason you feel unsafe, do not approach the violence. Alert an adult or call the police immediately. If you do intervene and the violence continues, step away and get help.

Have you ever stepped in to break up a violent situation between a couple? What would you say to someone who was harassing his or her partner to make him or her stop?

Source: loveisrespect.org

Tips for Parents

How Do I Help My Child?
Knowing or even suspecting that your child is in an unhealthy relationship can be both frustrating and frightening. But as a parent, you’re critical in helping your child develop healthy relationships and can provide life-saving support if they are in an abusive relationship. Remember, dating violence occurs in both same-sex and opposite-sex couples and any gender can be abusive.

What Do I Need to Know?
You can look for some early warning signs of abuse that can help you identify if your child is in an abusive relationship before it is too late. Some of these signs include:

- Your child’s partner is extremely jealous or possessive.
- You notice unexplained marks or bruises.
- Your child’s partner emails or texts excessively.
- You notice that your child is depressed or anxious.
- Your child stops participating in extracurricular activities or other interests.
- Your child stops spending time with other friends and family.
- Your child’s partner abuses other people or animals.
- Your child begins to dress differently.

What Can I Do?
As a parent, your instinct is to help your child in whatever way you can. This need to help can drive you to quickly react, but sometimes what feels like the right plan of action could stop the conversation before it begins. Here are some tips to keep in mind when trying to help a child who is experiencing dating abuse:

Listen and give support
When talking to your teen, be supportive and non-accusatory. Let your child know that it is not their fault and no one “deserves” to be abused. If they do open up, it is important to be a good listener. Your child may feel ashamed of what is happening in their relationship. Many teens fear that their parents may overreact, blame them or be disappointed. Others worry that parents will not believe them or understand. If they do come to you to talk, let it be on their terms, and meet them with understanding, not judgment.

Accept what your child is telling you
Believe they are being truthful. Your child may be reluctant to share their experiences in fear of no one believing what they say. Showing skepticism could make your teen hesitant to tell you when things are wrong and drive them closer to their abuser. Offer your unconditional support and make sure that they know you believe they are giving an accurate account of what is happening.
Tips for Parents

Show concern
Let your teen know that you are concerned for their safety by saying things like: “You don’t deserve to be treated like this,” “You deserve to be in a relationship where you are treated with respect,” and “This is not your fault.” Point out that what is happening isn’t normal. Everyone deserves a safe and healthy relationship.

Talk about the behaviors, not the person
When talking about the abuse, speak about the behaviors you do not like, not the person. For example, instead of saying, “She is controlling” you could say, “I don’t like that she texts you to see where you are.” Remember that there still may be love in the relationship — respect your child’s feelings. In addition, talking badly about your son or daughter’s partner could discourage your teen from asking for your help in the future.

Safety Planning

What is a Safety Plan?
A safety plan is a set of actions that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at school, home, and other places that you go on a daily basis.

Why is having a Safety Plan important?
The most dangerous time in an abusive relationship is when the victim leaves their abuser. Having a safety plan in place is useful for when the victim is ready to leave their abuser. On average, it takes an abused partner seven times to leave their abuser. There are many reasons someone may stay. However, when that person is ready to go, having a safety plan in place can increase that victim’s chances of getting out and staying out. You may be able to identify a pattern of behavior and anticipate another blow-up. If you are in an abusive relationship and a violent episode is happening, trust your judgement. Sometimes, it’s best to flee.

What is some of the information needed for a safety plan?
- Names and phone numbers of people I can trust – including the police department
- Knowing where the exits are at home/school
- Ask a friend to check in with you daily to make sure you’re safe
- Screen your calls – do not answer numbers you don’t know or respond to texts from the abuser
- Document all of your abuse. Keep a journal of what happens and where – keep it where your partner cannot find it.
- Protect and/or change your passwords to your online accounts

What are some questions to ask yourself?
What was I like at the beginning of this relationship?
What changes have taken place over the course of our relationship?
Have I recently thought about hurting or killing my partner or being hurt or killed by them?
Do I feel like I’m being monitored or stalked by my partner?
Have I felt depressed or suicidal recently or in the past because of this relationship?
What do I gain by staying with my violent partner?
What do I have to lose by leaving?
What am I willing to live with/without for the rest of my life?
What do I want?
What am I willing to do to get it?
Who can I talk to about this situation?
Where can I turn to for help about carrying out my decision to leave my partner?
What is the safest thing for me to do today/for the long term?
In emergencies, what works to best keep safe?
Would I call the police if there was more violence?
Where can I go if I need to flee a situation?
Who can I call to pick me up from school?
Who can I spend time with in between classes?
Is there a different route you can take to/from class, school, or work?
Safety Planning

Who can I contact?
Your school guidance counselor or social worker
Your mom/dad, aunt/uncle, grandmother/grandfather

The Center for Prevention of Abuse – we provide free counseling to any person who is in an abusive relationship, is trying to leave one, or has left the partner and needs support.

If you want to talk to someone who is unbiased and be completely anonymous, you can reach out to Loveisrespect.org. They provide a 24/7 text line, phone line and instant messaging to support young people who are in abusive relationships.

Internet Safety Tips for Teens

Human trafficking, specifically underage sex trafficking, is a form of dating violence. Teens are controlled by dating partners who groom them for the sex trade. Here are some signs that you can watch out for when talking to someone online:

1. “Find me on Kik/Skype.” or “Let’s go private.”
Leaving the comments section or public thread and talking on a private messaging app gives people a chance to learn more personal information about you or to talk to you knowing that they’re safe from being “overheard.”

2. “Are you alone?”
Someone may be asking if you’re alone to send you content they wouldn’t want your parents or other people seeing or to get you to share more pictures or information. If someone you don’t know is specifically seeking out ways to talk to you in private, be extra careful. It’s okay to end a conversation or block a user that makes you feel uncomfortable.

3. “Do you have a pic?”
There are some pictures that seem harmless to share with someone you trust, but once you share a photo with someone, you can’t always control who else they share it with. Pictures might also communicate more information that you intend to—for example, a photo of you and your friends at your volleyball tournament can tell someone where you go to school.

4. “You seem sad. Tell me what’s bothering you.”
We all enjoy having someone offer a listening ear. While it can be helpful for you to talk about what you’re going through, it also gives the other person a chance to learn about your thoughts and private life. It’s possible that the person is asking personal, seemingly caring questions to find out ways to take advantage.

5. “I know a way you can earn money fast.”
Anyone offering you a way to make money fast should probably not be trusted. It’s a good idea to avoid getting caught up in dealing with money with someone you don’t know, especially if it includes sending photos of yourself or talking on a webcam, even if it sounds like what they’re asking you to do is no big deal.

6. “What’s your phone number?”
Not only does giving someone your phone number create an opportunity for them to build more trust and a false sense of intimacy, a phone number also reveals your location, and often times, even your home address.

7. “I love you.”
Everyone enjoys hearing the words “I love you,” but sometimes, people will use this to make it feel safe to do things that you might not otherwise do.

8. “If you don’t do what I ask, I’ll show everyone the pictures you’ve sent me.”
As someone learns more and more about you, they might threaten to reveal a private photo or tell your parents about something you’ve shared if you don’t do what they ask. Even if you’re afraid of what they might think, tell a parent, teacher, or another adult you trust right away if someone is trying to intimidate you. It’s better to put a stop to threats right away than to hope that they’ll stop after you just do this one thing.

Source: love146.org
Starting a Relationship in a Safe and Healthy Way:

Get to know the person.
Take the time to get to know them on a personal level. They may seem great in the beginning and you may think you are compatible, but the more you get to know them, you may find out that their expectations are different than yours or you aren’t as compatible as you thought.

Go out with a group of friends or to a public place.
When you are going out with someone new, it is always a good idea to go to a public place or with a group of friends. That way, if trouble arises, you can easily have someone there to help.

Plan fun, public activities.
Having something fun to do can help keep the pressure off and really let you get to know someone on a deeper level.

Be clear with the other person.
Be clear with them about your intentions and your expectations. Having a conversation about what you are and are not comfortable with before the situation arises can help prevent conflict in the long run.

Introduce the person to at least one friend or family member.
Make sure that you introduce them to at least one person. If there are any problems, your friend or family member can attest to who you are with.

Let at least one other person know when you are with the person, where you will go, and when you will return.
It is extremely important to let someone know where you are and when you will return. If you don’t return by the time you were supposed to, someone will know there is a problem and be able to find you.

Power and Control Wheel
Equality Wheel

NONVIOLENCE

NEGOTIATION AND FAIRNESS
Seeking mutually satisfying resolutions to conflict • accepting change • being willing to compromise.

NON-THREATENING BEHAVIOR
Talking and acting so that she feels safe and comfortable expressing herself and doing things.

ECONOMIC PARTNERSHIP
Making money decisions together • making sure both partners benefit from financial arrangements.

RESPECT
Listening to her non-judgmentally • being emotionally affirming and understanding • valuing opinions.

EQUALITY

SHARED RESPONSIBILITY
Mutually agreeing on a fair distribution of work • making family decisions together.

TRUST AND SUPPORT
Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

RESPONSIBLE PARENTING
Sharing parental responsibilities • being a positive non-violent role model for the children.

HONESTY AND ACCOUNTABILITY
Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

Quizzes
Healthy Relationship Quiz

EVERYONE DESERVES TO BE IN A SAFE AND HEALTHY RELATIONSHIP. DO YOU KNOW IF YOUR RELATIONSHIP IS HEALTHY? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU’LL FIND OUT HOW TO SCORE YOUR ANSWERS.

THE PERSON I’M WITH

YES NO

1. Is very supportive of things that I do.
   ○ ○

2. Encourages me to try new things.
   ○ ○

3. Likes to listen when I have something on my mind.
   ○ ○

4. Understands that I have my own life too.
   ○ ○

5. Is not liked very well by my friends.
   ○ ○

6. Says I’m too involved in different activities.
   ○ ○

7. Texts me or calls me all the time.
   ○ ○

8. Thinks I spend too much time trying to look nice.
   ○ ○

9. Gets extremely jealous or possessive.
   ○ ○

10. Accuses me of flirting or cheating.
    ○ ○

11. Constantly checks up on me or makes me check in.
    ○ ○

12. Controls what I wear or how I look.
    ○ ○

13. Tries to control what I do and who I see.
    ○ ○

14. Tries to keep me from seeing or talking to my family and friends.
    ○ ○

15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.
    ○ ○

16. Makes me feel nervous or like I’m “walking on eggshells.”
    ○ ○

17. Puts me down, calls me names or criticizes me.
    ○ ○

18. Makes me feel like I can’t do anything right or blames me for problems.
    ○ ○

19. Makes me feel like no one else would want me.
    ○ ○

20. Threatens to hurt me, my friends or family.
    ○ ○

21. Threatens to hurt themselves because of me.
    ○ ○

22. Threatens to destroy my things (Phone, clothes, laptop, car, etc.).
    ○ ○

23. Grabs, pushes, shoves, choke, punches, slaps, holds me down, throws things or hurts me in some way.
    ○ ○

24. Breaks or throws things to intimidate me.
    ○ ○

25. Yells, screams or humiliates me in front of other people.
    ○ ○

26. Pressures or forces me into having sex or going farther than I want to.
    ○ ○

SCORING

GIVE YOURSELF ONE POINT FOR EVERY NO YOU ANSWERED TO NUMBERS 1-4. ONE POINT FOR EVERY YES RESPONSE TO NUMBERS 5-8 AND FIVE POINTS FOR EVERY YES TO NUMBERS 9 AND ABOVE.

NOW THAT YOU’RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0pts

You got a score of zero? Don’t worry -- it’s a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it’s possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org.

1-2pts

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn’t necessarily mean they are warning signs. It’s still a good idea to keep an eye out and make sure there isn’t an unhealthy pattern developing.

The best thing to do is to talk to your partner and let them know what you like and don’t like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It’s also good to be informed so you can recognize the different types of abuse.

3-4pts

If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety — consider making a safety plan.

You don’t have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at loveisrespect.org.

5pts

If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship.

You don’t have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at loveisrespect.org.
Am I a Good Partner? Quiz

DO I

1. Forget to thank my partner when they do something nice for me?

   YES  NO

2. Ignore my partner’s calls if I don’t feel like talking?

   YES  NO

3. Get jealous when my partner makes a new friend?

   YES  NO

4. Have trouble making time to listen to my partner when something is bothering them?

   YES  NO

5. Discourage my partner from trying something new like joining a club?

   YES  NO

6. Call, text or drive by my partner’s house a lot?

   YES  NO

7. Get upset when my partner wants to hang out with their friends or family?

   YES  NO

8. Make fun of my partner or call them names?

   YES  NO

9. Criticize my partner for their taste in music or clothing?

   YES  NO

10. Make fun of my partner’s appearance?

    YES  NO

11. Accuse my partner of flirting or cheating even if I’m not sure that’s what happened?

    YES  NO

12. Take out my frustrations on my partner, like snapping at them or giving them attitude?

    YES  NO

13. Throw things if I’m mad at my partner or do things like hit walls or drive dangerously?

    YES  NO

14. Read my partner’s texts or go through their personal things, like their wallet or purse?

    YES  NO

15. Tell my partner they are the reason for my bad mood even if they aren’t?

    YES  NO

16. Try to make my partner feel guilty about things they have no control over?

    YES  NO

17. Sometimes say things to my partner knowing that they are hurtful?

    YES  NO

18. Talk down to or embarrass my partner in front of others?

    YES  NO

19. Make/courage my partner to do things sexually that I know they don’t want to do?

    YES  NO

SCORING

GIVE YOURSELF ONE POINT FOR EVERY “YES” YOU ANSWERED TO QUESTIONS ONE THROUGH FOUR AND FIVE POINTS FOR ALL “YES” ANSWERS TO NUMBERS 6-20. DON’T GIVE YOURSELF ANY POINTS FOR ANY “NO” ANSWERS.

NOW THAT YOU’RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

- **0pts**
  If you got zero points, congratulations! You make a good Partner! It sounds like you’re very mindful of your actions and respectful of your partner’s feelings – these are the building blocks of a healthy relationship. Keeping things on a good track takes work, so stay with it! As long as you and your partner continue like this, your relationship should grow in a healthy direction.

- **1-2pts**
  If you scored one or two points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect, but it is important to be mindful of your actions and try to avoid hurting your partner. Remember, communication is key to building a healthy relationship!

- **3-4pts**
  If you scored three or four points, it’s possible that some of your actions may hurt your partner and relationship. While the behaviors may not be abusive, they can worsen over time if you don’t change.

- **5pts**
  If you scored five or more points, some of your actions may be abusive. You may not realize it, but these behaviors are damaging. The first step to improving your relationship is becoming aware of your unhealthy actions and admitting they are wrong. It’s important to take responsibility for the problem and get help to end it. An unhealthy pattern is hard to change, so chat with a peer advocate at lovereisrespect.org for more information on how to get help.

WE ARE HERE TO HELP

CHAT: 24/7/365 • CALL: 1.866.331.9474 • TEXT: LOVEIS TO 22522

FOR MORE INFORMATION, VISIT WWW.LOVEISRESPECT.ORG
Sources

Human Rights Campaign
https://www.hrc.org/resources/teen-dating-violence-among-lgbtq-youth

Love Is Respect
http://www.loveisrespect.org/resources/dating-violence-statistics/

A Voice for the Innocent
http://www.avoicefortheinnocent.org/10-signs-of-abusive-relationships/?gclid=EAIaIQobChMI6bzfx_Ox1wiVlLbACh3TA40EAYASAAEdBDfD_BwE

Break The Cycle
https://www.breakthecycle.org/teenDVmonth

Do Something

Inside the Classroom – Sexual Assault Prevention Education Program – Green Notebook
How to get the Best out of Your Relationships and Avoid them Getting the Best of You

Inside the Classroom – Sexual Assault Prevention Education Program – Orange Notebook
Healthy Relationships/Dating Violence: A Teaching Guide

The Center for Prevention of Abuse
309-691-0551
Crisis Line: 1-800-559-SAFE (7233)
www.centerforpreventionofabuse.org

National Domestic Violence Hotline
www.ndvh.org
1-800-799-SAFE (7233)
TTY 1-800-787-3224

National Sexual Assault Hotline
www.rainn.org
1-800-656-HOPE (4673)

Love146
https://love146.org/action/online-safety/omg-the-internet/