FEBRUARY 2024

Love is Learned

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 is Learned." 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.

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 or 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

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+.

To schedule this programming, please contact CFPA's Director of Prevention Education at PreventEd@centerforpreventionofabuse.org or 309.691.0551.

Praise for CFPA

PreventEd: Relationship Abuse

Teacher Feedback:

"This program fills an important void in our health classes. I like the interactive nature of the program; it keeps the students engaged and allows everyone to participate within their own comfort level."

"This program gathers student input through Menti presentations and surveys and uses a variety of instructional techniques and visual aids."

"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."

Student Feedback:

"I enjoyed learning about how to avoid unhealthy relationships, and understanding how to spot red flags."

"I valued the information given to me since I did not know any of this before."

"I learned how to get help if I am ever in an unhealthy relationship or if it happens to someone I might know."

"I enjoyed learning different things that I now know how to recognize and call out."

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."

Teen Dating Violence Vocabulary

Boundaries	Limits we set with each other
Boyfriending	Partner uses their relationship to traffic their significant other
Coercion	Tricking someone into sexual activity
Compliment	Something said that is nice, genuine, and meaningful
Compromise	A solution to a problem in which both people feel their needs and feelings have been considered in coming to an agreement
Consent	Willing, verbal, coherent, and continuous permission
Cycle of Violence	A cycle of behavior within a 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. *(see graphic below)*
Empathy	Noticing and understanding how someone else is feeling. Putting yourself in someone else's shoes.
Flirting	Two-sided; makes both partners feel good
Minor	An individual under the age of 18
Respect	Treating others the way they want to be treated
Sexual Harassment	Unwanted sexual pressure
Sextortion	Blackmail by using nude and/or sexually explicit photos/videos

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."

Learn More & Take Action

Break the Cycle ***(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)***
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)***
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)***
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)***
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)***
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)***
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.

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 6th! 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.

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

Announcements
Day 1
Dating abuse is characterized by a pattern of controlling and sometimes violent behavior in casual or serious dating relationships, in which one person chooses to control the relationship by use of force, coercion, intimidation, or fear. Abusive behavior can be physical, verbal, emotional, sexual, financial, technological or spiritual. It affects people regardless of race, class, gender, or sexual orientation. Even a one-time incident of dating violence is NOT okay.
https://dayoneny.org/dating-abuse/

Day 2
It's hard to define what a healthy relationship looks like because we all navigate relationships differently. When building relationships, the foundations we use, and the ways we use them are important. Four components that shape a healthy relationship are respect, equality, safety, and trust (R.E.S.T.).
https://www.loveisrespect.org/resources/4-things-that-make-a-relationship-healthy-or-unhealthy/

Day 3
Setting and communicating boundaries are an important part of a healthy relationship. Boundaries can be emotional, physical, or digital. Healthy boundaries help to honor your needs, goals, feelings, and values. Every person has the right to change their mind about what their boundaries are at any time.
https://www.loveisrespect.org/resources/what-are-my-boundaries/

School Wide Initiatives

Day 4
Taking responsibility by owning your actions and words is an important part of a healthy relationship. You avoid placing blame and are able to admit when you make a mistake. You genuinely apologize when you've done something wrong, even if it wasn't your intention, and continually try to make positive changes to better the relationship. *https://www.joinonelove.org/signs-healthy-relationship/*

Day 5
Consent is one of the most important components of a healthy relationship and you must get consent from your dating partner for any kind of activity. There are four parts of consent. Consent must be given verbally, willingly, coherently, and continuously. Consent is a clear, verbal yes that is voluntarily given. It cannot be given under the influence and can be withdrawn at any time.

Classroom Activities

Activity: Love is... LEARNED

Grade: 9–12

Time Needed: 10–15 minutes

Supplies Needed: pencil, "Love Is..." worksheet *(see next page)*

Objective: to give awareness to healthy relationship characteristics

Directions: Hand out the "Love Is..." worksheet to students. Ask students to create their own acrostic poem with the letters L E A R N E D using words to describe characteristics of a healthy relationship, how love is learned or even what love means to them. Below is an example.

Debrief Questions:

1. Where did you learn about these qualities of a relationship?
2. How can you support these qualities in your own relationships?

LOVE IS...

L Listening
E Empowering
A Accetpance
R Respect
N Nonviolent
E Empathy
D Dedication

LOVE IS...

Activity: Where Do We Learn About Relationships?

Grade: 9–12

Time Needed: 20–30 minutes

Supplies Needed: pencil, scrap paper

Objective: to bring awareness to where we learn about relationships and relationship characteristics

Directions: Break into groups and each group choose a different topic that might influence our relationships and how we learn about them. In each group, discuss specific examples of relationships from the selected topic. For example, siblings, social media, movies, music, games, school, friends, etc.

Debrief Questions:

1. What relationship characteristics did you learn from your examples/experiences?
2. Are they healthy or unhealthy characteristics?
3. How do these experiences affect your relationships?

Classroom Activities

Activity: Take the Quiz to Learn More

Grade: 9–12

Time Needed: 10–15 minutes

Supplies Needed: phone or computer

Objective: to give awareness to healthy relationship characteristics

Directions: Take some time to take these quick "quizzes" to get some more information about your relationships. Scan the QR code to take each "quiz."

Debrief Questions:

After each quiz, take a look throughout the love is respect information on Love is Respect.

1. Am I a good partner?

2. Is my relationship healthy?

3. Where is my relationship on the healthy to abusive spectrum?

Fast Facts

Research shows that about 1 in 3 U.S. teens ages 14 to 20 have been victims of dating violence.

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
who experienced sexual violence
under the age of 18
were raped by a current or former intimate partner.

Sources:
https://ncadv.org/STATISTICS
https://www2.ed.gov/about/offices/list/oese/oshs/teendatingviolence-factsheet.html

Sources

https://www.loveisrespect.org/

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

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

https://www.loveisrespect.org/quiz/relationship-spectrum-quiz/?%3E

https://www.joinonelove.org/

https://ncadv.org/STATISTICS

https://www2.ed.gov/about/offices/list/oese/oshs/teendatingviolence-factsheet.html

https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.htmlhttps://dayoneny.org/dating-abuse/

https://www.loveisrespect.org/resources/4-things-that-make-a-relationship-healthy-or-unhealthy/

https://www.loveisrespect.org/resources/what-are-my-boundaries/

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

center *for* prevention *of* abuse.

309.691.0551 | 1.800.559.SAFE (7233)
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