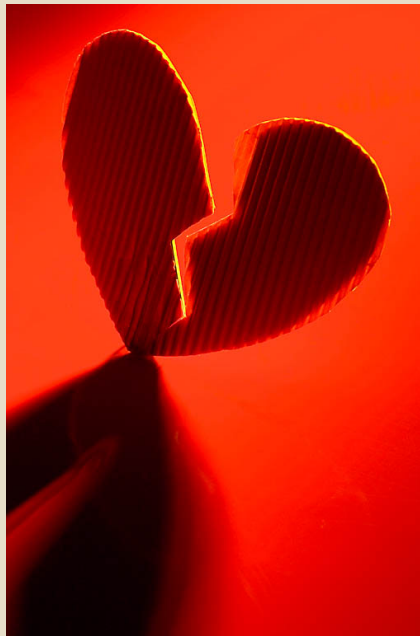


Love is Not Abuse



TEEN DATING VIOLENCE



Part 1



WHAT IS TEEN DATING VIOLENCE?

**TEEN DATING VIOLENCE IS A
PATTERN OF PHYSICALLY,
SEXUALLY, VERBALLY, AND/OR
EMOTIONALLY ABUSIVE BEHAVIOR
IN A DATING RELATIONSHIP.**

Prevalence of Teen Dating Violence



- 1 in 5 high school girls is physically or sexually hurt by a dating partner.
- Girls and Women 16-24 have the highest rates
- 1 in 3 teen experience some kind of abuse in their romantic relationships
- 1 in 3 teen reports knowing a friend or peer who has been hit, punched kicked, slapped by a partner
- 45% of teen girls know someone who has been pressured or forced into having sex
- Teen males-as well as females- experience dating violence



Warning Signs



- Extreme Jealousy
- Constant put-downs
- Telling the other person what to do
- Explosive temper
- Threats
- Possessiveness
- Preventing the other person from doing what he or she wants to do
- Severe mood swings
- Making false accusations about the other person
- History of violence
- Isolating the other person from family and friends
- Seeking financial control over the other person



Did you
know?

Verbal/Emotional Abuse

Did you
know?

- Saying or doing something to the other person that causes the person to be afraid, have lower self-esteem, or manipulates or controls the person's feelings or beliefs or behaviors.
- Examples
 - Name calling and put-downs
 - Insulting the person or his or her family or friends
 - Yelling and screaming
 - Threatening violence or harm
 - Making racial slurs about the person
 - Making unwanted comments of a sexual nature to the person

Verbal/Emotional Abuse Continued...



- Embarrassing the person in front of others.
- Spreading negative rumors about the person
- Preventing the person from seeing or talking to friends & family
- Telling the person what to do.
- Making the person feel responsible for the violence/abuse.
- Stalking
- Making the person feel guilty about leaving the relationship by talking about the abuser's hard life and how alone and abandoned the abuser will feel if left.
- Threatening to commit suicide
- Threatening to expose personal information about the person (e.g., sexual orientation, immigration status)

Helping a Friend or Family Member



- Tell the person that is being abused that you are concerned for their safety.
- Acknowledge that the abuse is not this person's fault.
- Be supportive and patient
- Avoid judging your friend or family member.
- Encourage the person to talk to others who can provide help and guidance.
- Help to develop a practical and specific safety plan that focuses on preventing future harm.
- Do not confront the abuser, it could be dangerous for you or your friends.
- Remember, you cannot “rescue” the person. It is difficult seeing someone you love hurt.



Part 2



DATING VIOLENCE PATTERNS OF ABUSE:

**MANY PEOPLE WHO ARE THE TARGET
OF DATING VIOLENCE FIND THAT
THE ABUSE OCCURS IN A DISTINCT
PATTERN THAT IS REPEATED OVER
AND OVER AGAIN: TENSION
BUILDING, EXPLOSION, AND
HONEYMOON. EACH PHASE CAN BE
AS SHORT AS A FEW SECONDS, OR AS
LONG AS SEVERAL YEARS.**

Phase 1: Tension Buildup

Things start to get tense between the two people



The ABUSER may...

- Pick fights and make false accusations
- Act jealous & possessive
- Criticize, threaten
- Drink, use drugs
- Be moody, unpredictable

The VICTIM may...

- Feel like he/she is walking on eggshells
- Try to reason with, calm, or appease their partner
- Constantly feel afraid or anxious
- Feel as though they can never do anything right

Phase 2: Explosion

The tension is released in a burst of physical, sexual, and/or verbal/emotional abuse.

The ABUSER may...

- Scream/yell in a way that is frightening and/or humiliating (Verbal Abuse)
- Rape the victim, or force the partner to go further sexually than he/she wants to (Sexual Abuse)
- Hit, grab, shove, kick, throw, push, etc. their partner (Physical Abuse)
- Threaten person or destroy property

The VICTIM may...

- Experience fear, shock
- Use self-defense
- Call for help
- Try to flee, leave
- Pray or remain silent with hopes that it will stop
- Isolate themselves from others and things they used to love.

Phase 3: Honeymoon

The abuser tries to make the target stay in the relationship by apologizing and/or trying to shift the blame for the abuse onto someone or something else. The abuser may:



The ABUSER may...

- Ask for forgiveness
- Promise that it won't happen again
- Stop using drugs or drinking during this phase only
- Agree/attend counseling
- Be overly affectionate and purchase gifts
- Minimize or deny abuse
- Blame the abuse on things their partner does or drugs/alcohol

The ABUSER may...

- Forgive
- Arrange for counseling
- Feel hopeful
- Feel manipulated
- Blame themselves
- Minimize or deny abuse

- After the honeymoon phase, the tension starts to build again, leading to another explosion.
- Over time, the honeymoon phase may get shorter and gradually disappear, and the explosions may become more violent and dangerous.
- Some targets of dating violence never experience the honeymoon phase—just the tension building and explosion phases.
- Each phase can last as little as seconds and as long as years.



False Beliefs and Attitudes that Support Teen Dating Violence

- It's the victims fault
- OK for a boy to hit a girl
- A gift will make up for abuse.
- Your partner has the right to “check up” on you all the time.
- Guys have to be strong and “in control”
- Targets must be doing something wrong, or they would not be abused.
- If they are being abused, they must like it if they stick around.
- Women of certain ethnicities are more submissive than others.
- If you're being abused in any way, you should feel embarrassment and shamed.

Part 3




ENDING TEEN DATING VIOLENCE

Increasing your safety in an abusive dating relationship



- Talk with a trustworthy adult (Parent, guardian, teacher, counselor, clergy) about what you're experiencing.
- Never go anywhere alone! *Dating Safety Plan
- Call the Police
- With help from a trustworthy adult, get a restraining order or protective custody.
- If your home isn't a safe place, go somewhere/anywhere else.

A background image of a dense forest of trees with vibrant red and orange autumn foliage.

Take
care of
yourself.

The header features a dark, chalkboard-like background with several light bulbs hanging from above. One bulb on the left and one on the right are illuminated with a bright yellow glow and radiating lines. The word "Ideas" is written in a red, serif font in the center, positioned above a red double-circle graphic.

Ideas

- Don't use language that promotes abusive attitudes and behaviors.
- Don't support degrading or sexist jokes and put-downs by laughing at them—even if someone you like told the joke or made the put-down.
- Don't purchase or listen to music with degrading or sexist lyrics—even if you like the musician.
- Think about how your own attitudes and behaviors might contribute to violence and abuse.
- Be an example to your peers: treat your friends, boyfriend or girlfriend and family members with respect.
- Support other people who are working to end dating violence

Reaching out to a friend who is abusing someone



- Explain that you are still the person's friend, but that you don't like it when he or she is abusive to someone.
- Do not accept the abuser's excuses for the abuse. Say clearly that abuse is never OK.
- Encourage the friend to find a counselor/advisor whom he/she can trust.
- When you see your friend, treat his/her partner with respect, appreciation and praise.
- Do not act as a "go-between" to help the couple work things out.

I AM ☐ PART OF THE PROBLEM
I AM ☐ PART OF THE SOLUTION

Making a Dating Safety Plan



- Keep a record of all incidents of violence. Save any threatening or harassing letter and e-mail text or voicemail messages that the abuser sends. Make sure to store this documentation somewhere the abuser cannot find them.
- Explain to trustworthy friends and family that if they think she or he may be in danger, call 911.
- Plan escape routes from places like home and school
- Try not to be alone in isolated areas.

DOCUMENTATION

DOCUMENTATION

DOCUMENTATION

If leaving the relationship consider



- Get a restraining order
- Tell close family and friends that they are no longer in the relationship
- Change one's school schedule to avoid being in class with the abuser.
- Screen calls and/or change one's phone number to an unlisted number
- Avoid going to location where the abuser might look for him or her.



Emergency Resources & References



- 911 Police
- Loveisrespect.org (1-866-331-9474)
- Breakthecycle.org (1-888-988-teen)
- Your School Counselors
 - Alysa Shull
 - Rebecca Thrush
 - Kara Dennick

What does a healthy relationship look like?



- **COMMUNICATION**

- Both Partners...

- ✦ Share their feelings and needs
 - ✦ Are equally committed to the relationship
 - ✦ Can share their partner with others without being jealous
 - ✦ Are willing to compromise

- **INDEPENDENCE**

- Both Partners...

- ✦ Do not lose sight of who they are
 - ✦ Share a basic value system
 - ✦ Have common goals and a sense of direction

- **RESPECT**

- Both Partners...

- ✦ Respect each other's sexual boundaries
 - ✦ Respect each other, their friends, and their loved ones

