

Relationship/Dating Violence



A HIGH SCHOOL
STUDENT'S NIGHTMARE

Dating Violence

It was love at first sight for Sarah Van Zanten when she met 'Joe' her sophomore year. She never dreamed she'd become a statistic—one of thousands of teen girls caught in an abusive relationship



"I was crazy about him," says Sarah (with Joe).

Sarah Van Zanten, 15, was lying on the floor, an ice pack on her aching ribs. For a moment, she had no idea where she was; then her boyfriend's face came into focus. They were at a party, and Joe (not his real name), the cute football player she'd been dating, had kicked her, hard, propelling her into a wall, where she had hit her head and blacked out. "I woke up and he was hovering over me," Sarah, now 18, recalls. "I just wanted to get away."

Just four months earlier, Sarah thought she'd found the perfect boyfriend, ready with corsages, compliments and movie dates. Quickly, though, sweet talk gave way to insults and demands and, finally, physical abuse. Within days of the Feb. 12, 2005, kicking incident, Sarah, a willowy strawberry blonde with a spray of freckles across her cheeks, stood in line at the family division of the Santa Clara County, Calif.,

BY NINA BURLEIGH | PHOTOGRAPHS BY AMY ARBUS



"You think you'd never put up with someone hurting you," says Sarah (in Palo Alto, Calif.). "I felt ashamed of letting him do that to me."



A Healthy

{ RELATIONSHIP }

doesn't **drag** you
down. It Inspires
you to be Better.

mandy hale

**Teen
Dating
Violence
and Sexual
Abuse
Prevention**



What exactly is DATING?

I'm dating!

We are "going
out"

We are
together...

social practice of
getting to know
someone you like
and are attracted to

an extension of a
special friendship

a way to learn more
about a person

an expression of
the beginning of
young adulthood

usually temporary,
NOT intended to be
permanent

NOT a promise of
marriage (which is
permanent)

What Should I Know About Dating?

There is a right
and wrong
way to date...

- A healthy relationship consists of 2 individuals who have *mutual respect* for one another (they like each other)
- Not everyone we like will like us back. Rejection and disappointment are inevitable in dating.
- Be aware and advised that not all students will be excited about your new dating status. This can sometimes result in jealousy, envy, or conflict in friendships.



Making Sure Dating is a Safe and Fun Experience!

- Group dating
- Double dating
- Dating at home with parents/guardian nearby
- Inviting a good friend to tag along
- Have the date planned and know what you're going to do. Make sure there are no surprises!



Safety Tips For Healthy and Safe Dating

Leave if you're uncomfortable

Make sure your parents know where you are and when you will be home

Trust your instincts

Use good judgment

Never allow someone to convince you to do something dangerous, illegal, or against your values

Know what you **WILL** and **WILL NOT** accept in a relationship

Getting to know someone takes time. That's what dating is all about!



What is the difference between a healthy and an unhealthy relationship?

Compromise
Own friends
Support
Own hobbies
Consistency
Own interests
Both are equal
Compliments
Honesty
Respect
Encouragement
Friendship
Reliability
Own Space
Privacy
Love
Choices and options



Eratic Behaviour
Feeling anxious around the other person
Obsessive behaviour
Feeling overwhelmed
Lies
Feeling trapped
Control
Mistrust
Manipulation
Abuse
Cheating
Checking facebook/phone
Stalking
Over jealousy
Criticism
Wanting to know where you are all the time
Isolation
No choices
Accusing you of cheating



Definition of Dating Violence and Abuse

Can occur in a current or past relationship

Abuse can be physical, sexual, verbal, emotional, and/or digital

The abuse harms, threatens, intimidates, or controls the other person

The abuse affects the student's ability to participate in/benefit from educational programs, activities, or creates an intimidating, threatening, hostile, or offensive educational environment.

The abuse adversely affects educational opportunities



Types of Abuse



Physical Abuse

Physical abuse is any intentional and unwanted contact with you or something close to your body.

Sometimes abusive behavior does not cause pain or even leave a bruise, but it's still unhealthy. Examples of physical abuse are:

- Scratching, punching, biting, strangling or kicking.
- Throwing something at you such as a phone, book, shoe or plate.
- Pulling your hair.
- Pushing or pulling you.
- Grabbing your clothing.
- Using a gun, knife, box cutter, bat, mace or other weapon.
- Smacking your bottom.
- Forcing you to have sex or perform a sexual act.
- Grabbing your face to make you look at them.
- Grabbing you to prevent you from leaving or to force you to go somewhere.





Emotional/Verbal Abuse

Emotional abuse includes non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation, isolation or stalking.

A relationship can be unhealthy or abusive even without physical violence.

Verbal abuse may not cause physical damage, but it does cause emotional pain and scarring. It can also lead to physical violence if the relationship continues on the unhealthy path it's on

Sometimes verbal abuse is so bad that you actually start believing what your partner says. You begin to think you're stupid, ugly or fat. You agree that nobody else would ever want to be in a relationship with you. Constantly being criticized and told you aren't good enough causes you to lose confidence and lowers your self esteem.

As a result, you may start to blame yourself for your partner's abusive behavior.

Examples of Emotional / Verbal Abuse

- Calling you names and putting you down.
- Yelling and screaming at you.
- Intentionally embarrassing you in public.
- Preventing you from seeing or talking with friends and family.
- Telling you what to do and wear.
- Using online communities or cell phones to control, intimidate or humiliate you.
- Blaming your actions for their abusive or unhealthy behavior.
- Stalking you.
- Threatening to commit suicide to keep you from breaking up with them.
- Threatening to harm you, your pet or people you care about.
- Making you feel guilty or immature when you don't consent to sexual activity.
- Threatening to expose your secrets such as your sexual orientation or immigration status.
- Starting rumors about you.
- Threatening to have your children taken away





DIGITIZING ABUSE

Teen Dating Harassment through Technology



Other Examples -- Digital Abuse

- Tells you who you can or can't be friends with on Facebook and other sites.
- Sends you negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online.
- Uses sites like Facebook, Twitter, foursquare and others to keep constant tabs on you.
- Puts you down in their status updates.
- Sends you unwanted, explicit pictures and/or demands you send some in return.
- Pressures you to send explicit video or sexts.
- Steals or insists to be given your passwords.
- Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished.
- Looks through your phone frequently, checks up on your pictures, texts and outgoing calls.
- Tags you unkindly in pictures on Instagram, Tumblr, etc.



Sexual Abuse



Sexual abuse refers to any action that pressures or coerces someone to do something sexually they don't want to do. It can also refer to behavior that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs

Keep in Mind

- Everyone has the right to decide what they do or don't want to do sexually. Not all sexual assaults are violent “attacks.”
- Most victims of sexual assault know the assailant.
- Both men and women can be victims of sexual abuse.
- Both men and women can be perpetrators of sexual abuse.
- Sexual abuse can occur in same-sex and opposite-sex relationships.
- Sexual abuse can occur between two people who have been sexual with each other before, including people who are married or dating.

Who experiences dating
violence?

1 / 3

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



75%

- of Texas youth (ages 16-24) have personally experienced dating violence or know someone who has.



WARNING SIGNS of Abuser

- Checking your cell phone or email without permission.
- Constant put-downs.
- Extreme jealousy or insecurity.
- Explosive temper.
- Isolating you from family or friends.
- Making false accusations.
- Mood swings.
- Physically hurting you in any way.
- Possessiveness.
- Telling you what to do.



Warning Signs in the Victim

Apologizes for partner's behavior or makes excuses for it

Worries about making partner angry

Stops doing their favorite activities

Cancels plans last minute

Afraid to break up with partner

Becomes abnormally withdrawn from school, friends, family, activities, etc.

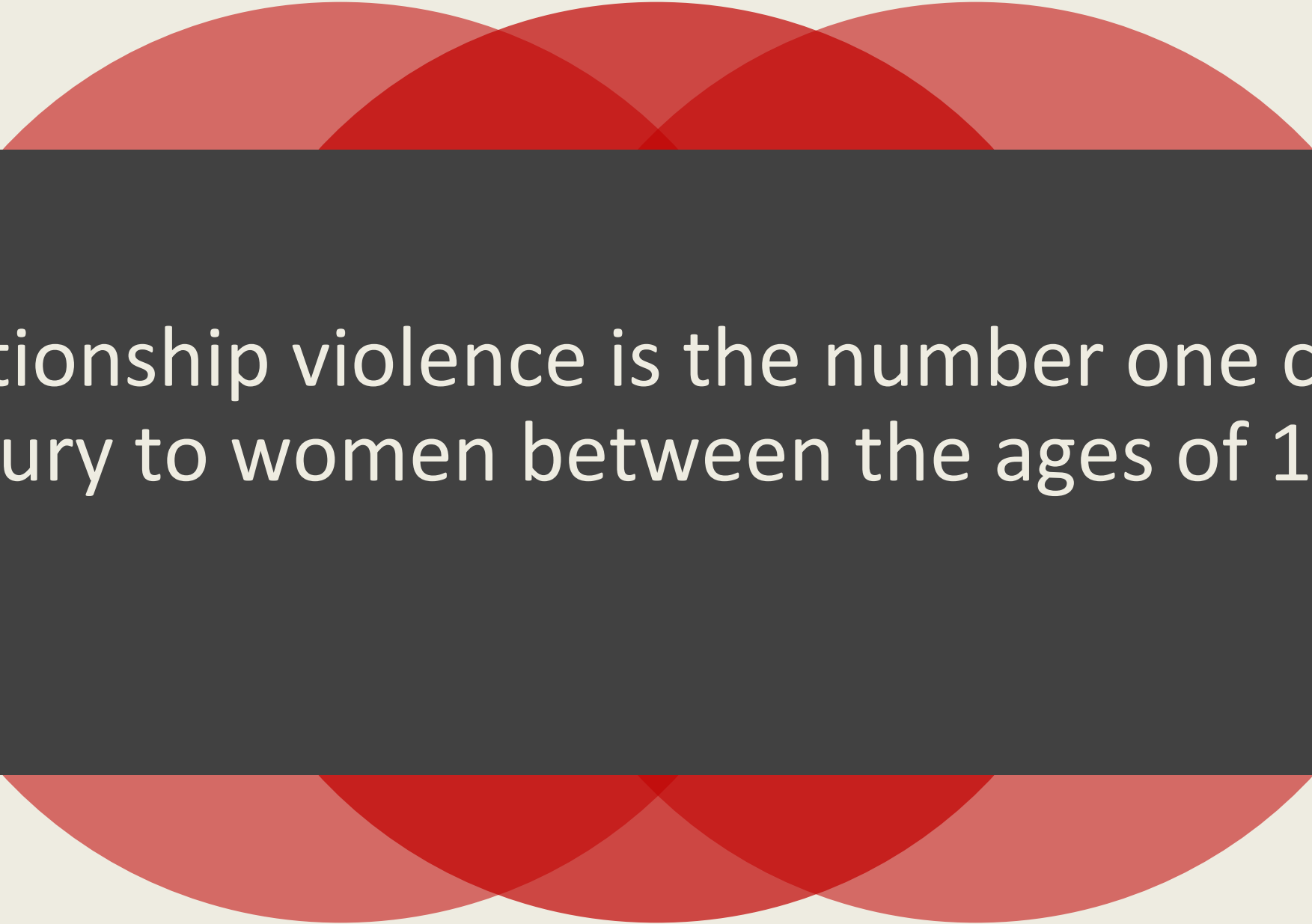
Appears nervous or jumpy when an email, text, or IM appears

Appears uneasy about going certain places

Appears angry, depressed, or frustrated after using technology

Avoids discussion about what they are doing on computer or cell phone





Relationship violence is the number one cause of injury to women between the ages of 15-44.



IT'S NOT YOUR FAULT

- If you are being abused by your partner, you may feel confused, afraid, angry and/or trapped. All of these emotions are normal responses to abuse.
- You may also blame yourself for what is happening. But no matter what others might say, you are never responsible for your partner's abusive actions.
- Dating abuse is not caused by alcohol or drugs, stress, anger management, or provocation. **It is always a choice to be abusive.**



Dating Bill of Rights and Responsibilities

To be heard

To end a relationship

To have an equal relationship

To say no to physical closeness

To refuse a date without feeling guilty

To ask for a date and accept no for an answer

To have friends other than your dating partner

- To participate in activities that excludes your partner

- To have your own feelings and be able to express them

- To set limits, be able to say yes or no to choices
- To have your limits, values, feelings, and beliefs respected
- To say "I love you" without having sex
- To be yourself, even if it is different from everyone else or from what others want you to be



Dating Bill of Rights and Responsibilities

Your Responsibilities:

- To determine your limits and values
- To respect the limits, values, feelings, and beliefs of others
- To communicate clearly and honestly
- To be considerate
- To make decisions based on what is good for you



LOVE
IS NOT
ABUSE

How to support a friend who is a victim of violence?



- Be non-judgmental
- Be there. Listen.
- Communicate that the abuse is NOT their fault.
- Offer to talk to your friend's parents/guardians with them
- Offer to walk with your friend down to a counselor, AP, or SRO
- Do not be a bystander.

Resources for Support

Parents/Guardians

School administrators

Teachers and counselors

Officer Crow

School nurse

Trusted adult (Family friend, Family,
Pastor/Priest, Coach, etc.)

www.breakthecycle.org

Denton County Friends of the Family
940-387-5131

Police
911

National Domestic Violence Hotline
(24/7 access)

www.thehotline.org
800-799-7233

Love Is Respect Hotline
866-331-9474 or text 22522
www.loveisrespect.org

- JenniferAnn.org
- 1-866-331-9474



We ALL Play a Part



- Your teachers and staff at Crownover Middle School are committed to keeping you safe. We can't help if we don't know. Please come to us if you need help. You are our priority.



Thanks for listening.

The End.

"You must be the change you

wish to see in the world."