



Youth Relationship Education to Prevent Dating Violence
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#SayNoToSilence Platform

ABOUT THIS LESSON

- ▶ Curriculum by loveisrespect.org and onelove.org
- ▶ Define a healthy relationship
- ▶ Identifying red flags and warning signs
- ▶ Define an unhealthy relationship
- ▶ Calls to action
- ▶ Resources
- ▶ To access this presentation in the future visit radiantwitheva.com/healthy-love-waves-class



love is respect org

About loveisrespect

loveisrespect's mission is to engage, educate and empower young people to end abusive relationships. It is a project of the National Domestic Violence Hotline and Break the Cycle.

Connect with us!

There is NO EXCUSE for abuse, and no one deserves to be abused. For support, information and resources talk to a loveisrespect peer advocate, 24/7/365:



Call 1-866-331-9474



Chat at loveisrespect.org



Text loveis to 22522

Follow loveisrespect on social media for information and updates to share with your friends and family.



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RELATIONSHIP ABUSE FACTS



over

1 in 3

women



nearly

1 in 3

men

in the United States have experienced some form of intimate partner violence during their lifetime.



DEFINING HEALTHY RELATIONSHIPS

Relationships can all look different, but healthy relationships have a few things in common:

- **Communication, mutual respect and setting healthy boundaries**

Speak Up. In a healthy relationship, if something is bothering them, it's best to talk about it instead of holding it in.

Respect Each Other. Each partner's wishes and feelings have value. Let each other know they are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.

Compromise. Disagreements are a natural part of healthy relationships, but it's important that they find a way to compromise if they disagree on something. They should try to solve conflicts in a fair and rational way.

Be Supportive. Offer reassurance and encouragement to each other in a relationship. Also, partners should let each other know when they need their support. Healthy relationships are about building each other up, not putting each other down.

Respect Each Other's Privacy. Just because someone is in a relationship doesn't mean they have to share everything and constantly be together.

Setting Healthy Boundaries

Healthy relationships require space. Creating healthy boundaries is a good way to keep relationships healthy and secure.

By setting boundaries together, partners can have a deeper understanding of the type of relationship they each want. Boundaries are not meant to make anyone feel trapped or like they are "walking on eggshells."

Creating boundaries is not a sign of secrecy or distrust—it's an expression of what makes someone feel comfortable and what they would like or not like to happen within the relationship.

Healthy boundaries shouldn't restrict someone's ability to:

- Go out with their friends without their partner.
- Participate in activities and hobbies they like.
- Not have to share passwords to their email, social media accounts or phone.
- Respect each other's individual likes and needs.

HEALTHY RELATIONSHIP

comfortable pace
trust
honesty
independence
respect
equality
kindness
fun
healthy conflict
taking responsibility



RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, we outline behaviors that occur in healthy, unhealthy and abusive relationships.

HEALTHY

A **healthy relationship** means that both you and your partner are:

Communicating: You talk openly about problems, listen to each other and respect each other's opinions.

Respectful: You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

Trusting: You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

Honest: You are honest with each other, but can still keep some things private.

Equal: You make decisions together and hold each other to the same standards.

Enjoying personal time: You both can enjoy spending time apart, alone or with others. You respect each other's need for time apart.

UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

Not communicating: When problems arise, you fight or you don't discuss them at all.

Disrespectful: One or both partners is not considerate of the other's feelings and/or personal boundaries.

Not trusting: One partner doesn't believe what the other says, or feels entitled to invade their privacy.

Dishonest: One or both partners tells lies.

Trying to take control: One partner feels their desires and choices are more important.

Only spending time with your partner: Your partner's community is the only one you socialize in.

ABUSIVE

Abuse is occurring in a relationship when one partner:

Communicates in a way that is hurtful, threatening, insulting or demeaning.

Disrespects the feelings, thoughts, decisions, opinions or physical safety of the other.

Physically hurts or injures the other partner by hitting, slapping, choking, pushing or shoving.

Blames the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

Controls and isolates the other partner by telling them what to wear, who they can hang out with, where they can go and/or what they can do.

Pressures or forces the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.



DEFINING UNHEALTHY RELATIONSHIPS & DATING ABUSE



Dating abuse is a **pattern of destructive behaviors used to exert power and control** over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

Dating violence can happen to anyone, regardless of age, race, gender, sexual orientation or background.

Drugs and alcohol can affect a person's judgment and behavior, but they **do not excuse abuse or violence**. Alternatively, if a person uses drugs/alcohol it does not mean they deserve abuse or assault.



Dating violence can be:

Physical: hitting, slapping, choking, kicking, grabbing, pulling hair, pushing, shoving

Emotional/Verbal: putting you down; embarrassing you in public (online or off); threatening you in any way; telling you what to do or what to wear; threatening suicide; accusing you of cheating

Sexual: pressuring or forcing you to do anything sexual you're not comfortable with and/or do not consent to, including sexting; restricting access to birth control; unwanted kissing or touching

Financial: demanding access to your money; preventing you from working; insisting that if they pay for you, you owe them something in return

Digital: sending threats via text, social media or email; stalking or embarrassing you on social media; hacking your social media or email accounts without permission; forcing you to share passwords; constantly texting or calling to check up on you; frequently looking through your phone or monitoring your texts/call log

WARNING SIGNS OF ABUSE/RED FLAGS TO LOOK FOR

You notice your friend....

You might not see dramatic warning signs like black eyes and broken bones, so it can be difficult to know for sure if they are experiencing abuse in their relationship. But if you know the signs to look for, you might be able to recognize an abusive relationship before it escalates. To start, listen to your instincts—you probably wouldn't be worried without good reason. Also, look for these red flags:

- Problems with school attendance, particularly if it is a new problem
- Lack of interest in former extracurricular activities
- Sudden request for a change in schedule
- Unexplained changes in behavior, grades or quality of schoolwork
- Noticeable change in weight, demeanor or physical appearance
- Isolation from former friends
- Little social contact with anyone but their dating partner
- Unexplained bruises or injuries
- Making excuses or apologizing for their dating partner's inappropriate behavior
- New disciplinary problems at school, such as bullying other students or acting out
- Name-calling or belittling from a dating partner

You notice your significant other....

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. The following are warning signs of a relationship going in the wrong direction:

- Constantly putting someone down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating someone from their family or friends, dictating who they can see or hang out with
- Mood swings (nice one minute and angry the next)
- Checking someone's cell phone, social media or email without permission
- Physically hurting someone in any way
- Possessiveness
- Telling someone what to do or what to wear



UNHEALTHY SIGNS

Deflecting responsibility

Possessiveness

Manipulation

Betrayal

Sabotage

Intensity

Belittling

Guilt

Isolation

Volatility



Watch:

10 Signs Video



COMMUNICATING EFFECTIVELY

Open, honest communication should be part of every healthy relationship. It's okay to get angry in a relationship—everyone does at some point! What's important is to resolve conflict **in a healthy way.**

How to Communicate if You Are Angry

If you get angry with your partner, here are a few steps to take:

Stop. If you get really angry about something, stop, take a step back and breathe. Give yourself time to calm down by watching TV, talking to a friend, playing a video game, taking a walk, listening to some music or whatever helps you relax. Taking a break can keep the situation from getting worse.

Think. After you're no longer upset, think about the situation and why you got so angry. Was it how your partner spoke or something they did? Figure out the real problem then think about how to explain your feelings.

Talk. Finally, talk to your partner and when you do, follow the tips under Key Themes.

Listen. After you tell your partner how you feel, remember to stop talking and listen to what they have to say. You both deserve the opportunity to express how you feel in a safe and healthy environment.

- Find the Right Time
- Talk Face to Face
- Do Not Attack
- Be Honest
- Check Your Body Language
- Use the 48 Hour Rule



STEPPING IN

Don't be afraid to reach out to a friend who you think needs help. Tell them you're concerned for their safety and want to help.

Be supportive and listen patiently. Acknowledge their feelings and be respectful of their decisions. Help your friend recognize that abuse is not "normal" and is NOT their fault. Everyone deserves a healthy relationship. Focus on your friend and not the abusive partner. Even if your friend stays with them, it's important they still feel comfortable talking to you about it. Connect your friend to resources in their community that can give them information and guidance. Help them develop a safety plan if you believe they are in an abusive relationship. If they break up with the abusive partner, continue to be supportive. Do not contact the abuser or post negative things about them online. By being supportive you are doing a lot.

STEPPING OUT

"The thing about unhealthy relationships is that we want to believe that a person can change. We want to believe that if we stick around they will stop insulting us to keep us with them longer. That they will get over their rough patch in life and they won't have to hit us when we mess up. But I am here to tell you as a survivor of multiple types of abuse that they don't change, and it is important to realize that. I wish I could say that you can change them. That if you want it enough, and try enough, your partner will stop hitting you, insulting you, isolating you. But for a person to change, they have to want it, and abusers are oftentimes in denial about who they are, so they are going to get angry for you even suggesting there is something wrong with who they are as a person."

REMEMBER, YOU AND I HAVE RIGHTS!

- right to privacy, both online and off.
- feel safe and respected.
- decide who you want to date—or not date.
- choose when, if, and who you are intimate with.
- say no at any time (to intimacy, to drugs or alcohol, to a relationship, etc.), even if you've said yes before.
- hang out with your friends and family and do the things that you enjoy without your partner getting jealous or controlling.
- leave a relationship that isn't right or healthy for you.
- live free from violence and abuse.



RESOURCES

- ▶ Loveisrespect.org (Text “**LOVEIS**” to **22522**)
or call (**866.331.9474**)
- ▶ School Counselors/Teachers

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | www.thehotline.org

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE | www.rainn.org

Provides basic information for victims or friends/family of victims, short-term crisis intervention and support, and resources to assist with the reporting process via hotline or chat.



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