

Introductory Activity



1. You are going to receive a slip of paper with a fact related to dating violence. Read and become familiar with your fact.
2. When I say go, stand up from your seat and find other people to individually share your fact with. Take time to listen carefully to the fact that they have to share with you.
3. Only share your fact with one person at a time, not with a group. Move carefully through the group trying to reach as many people individually as possible with your fact.
4. When I say stop, finish sharing and quietly return to your seat.

What Did You Learn?



OFHS Do We Compare?

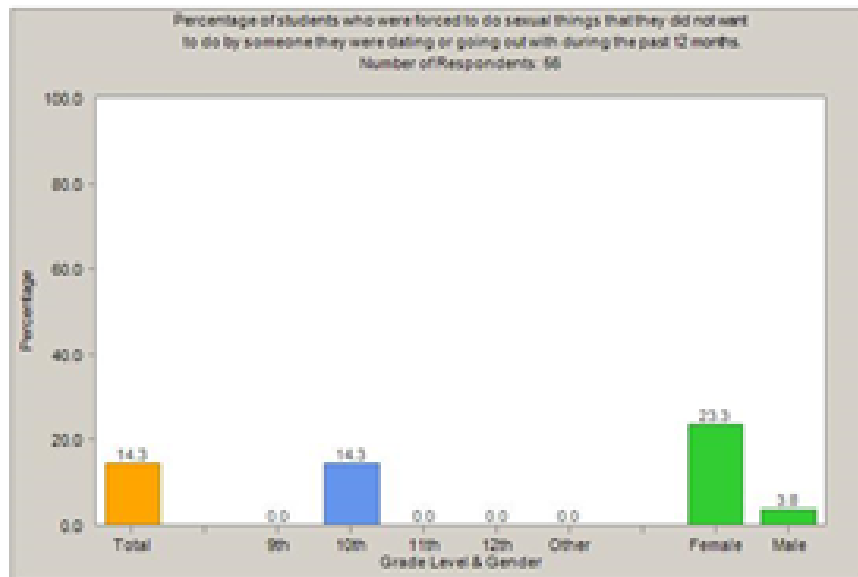
2017 Youth Risk Behavior Survey

Site Name: Osseo-Fairchild HI

SurveyID: 4260

Survey Name: OFHS 2017

Cluster Name: Threats and Personal Safety



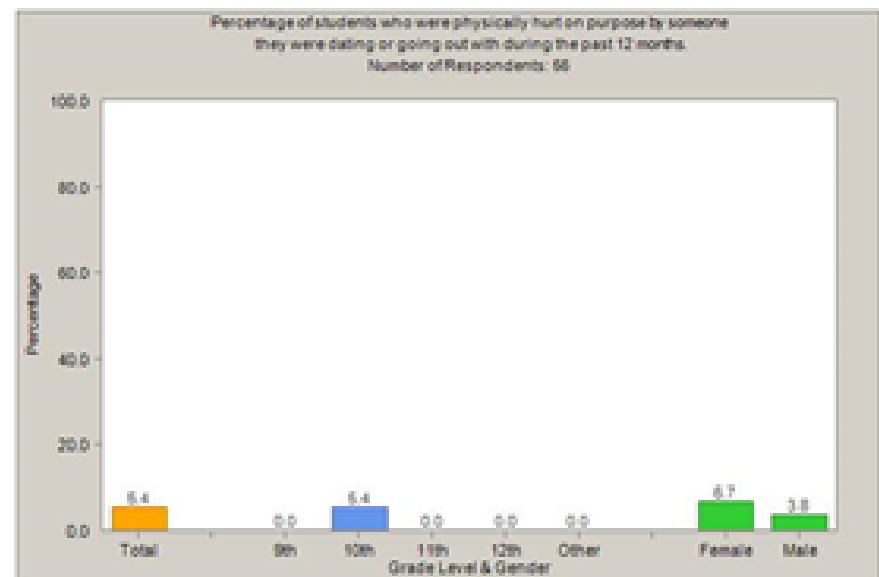
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Dating Violence - The use of physical, sexual, emotional, verbal and financial abuse for the purpose of gaining and maintaining control and power over another in an intimate or romantic relationship



Find a Small Group.



You are going to get 6 scenarios.

Come to an agreement on if the scenario is an example of dating abuse or not. If so, what makes it violence. If not, what makes it ok.

Situation 1 - Partner is jealous and possessive toward you, will not let you have friends and will not accept breaking up.

Abusers often isolate the victim from family, friends and social activities as a tactic to create a physical, emotional, and possibly financial dependency. This isolation keeps victims from knowing about and seeking help from others.

Situation 2 - Partner tries to control you by being very bossy, giving orders, making all the decisions, and not taking your opinion seriously.

Abusers use verbal and emotional abuse and overtime this can erode a victims self esteem and lead to self blame.

Situation 3 - Partner scares you. You worry about reactions to things you say or do or have been threatened. Your partner uses or owns weapons.

Abusers often make victims feel intimidated and afraid.

Situation 4 - Partner is violent. Your partner has a history of fighting, loses temper quickly, and brags about mistreating others.

Abusers may have a history of violence and disrespect. They are often not angry or out of control when they abuse their partners and their attacks are sometimes planned. The abuser often acts differently in public rather than in private settings with their partner. (Hide the abuse and avoid witnesses.)

Situation 5 - Partner blames you for any mistreatment saying you provoked it.

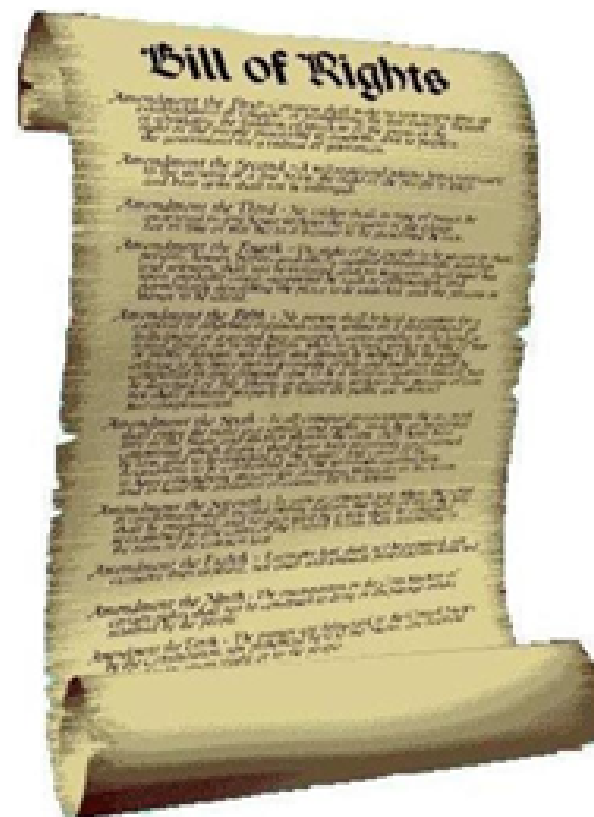
Abusers often deny, minimalize and rationalize their decisions to be abusive and violent.

Situation 6 - Partner believes they should be in control and powerful and the other partner should be passive and submissive.

Abusers feel that they have a right and responsibility to be in control over their partner. Often due to strict gender roles and expectations.

Take a few minutes to read through the dating violence early warning signs handout.

Your dating bill of rights...



What are signs of an abusive relationship?

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.

There are many behaviors that qualify as emotional or 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.

Starting rumors about you.

Stalking

You are being stalked when a person repeatedly watches, follows or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past boyfriend or girlfriend or a stranger.

While the actual legal definition varies from one state to another, here are some examples of what stalkers may do:
Show up at your home or place of work unannounced or uninvited.

Send you unwanted text messages, letters, emails and voicemails.

Leave unwanted items, gifts or flowers.

Constantly call you and hang up.

Use social networking sites and technology to track you.

Spread rumors about you via the internet or word of mouth.

Make unwanted phone calls to you.

Call your employer or professor.

Wait at places you hang out.

Use other people as resources to investigate your life. For example, looking at your facebook page through someone else's page or befriending your friends in order to get more information about you.

Financial Abuse

Financial abuse can be very subtle -- telling you what you can and cannot buy or requiring you to share control of your bank accounts. At no point does someone you are dating have the right to use money or how you spend it to control you.

Here are some examples of financially abusive behavior:

Giving you an allowance and closely watching what you buy.

Forbidding you to work or limiting the hours you do.

Preventing you from going to work by taking your car or keys.

Getting you fired by harassing you, your employer or coworkers on the job.

Hiding or stealing your student financial aid check or outside financial support.

Spending money on themselves but not allowing you to do the same.

Giving you presents and/or paying for things like dinner and expecting you to somehow return the favor.

Using their money to overpower you because they know you are not in the same financial situation as they are.

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 back side.

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.

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, including oral sex, rape or restricting access to birth control and condoms.

Some examples of sexual assault and abuse are:

Unwanted kissing or touching.

Unwanted rough or violent sexual activity.

Rape or attempted rape.

Keeping someone from protecting themselves from sexually transmitted infections (STIs).

Sexual contact with someone who is very drunk, drugged, unconscious or otherwise unable to give a clear and informed “yes” or “no.”

Threatening someone into unwanted sexual activity.

Repeatedly pressuring someone to have sex or perform sexual acts.

Repeatedly using sexual insults toward someone.

Digital Dating Abuse

The use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated online. In a healthy relationship, all communication is respectful whether in person, online or by phone. It is never ok for someone to do or say anything that makes you feel bad, lowers your self-esteem or manipulates you

You may be experiencing digital abuse if your partner:

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 demands you send some in return.
Pressures you to send explicit video.

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.

Why might a person
not leave or continue
to go back to an
abusive
relationship?

Fear: Your friend may be afraid of what will happen if they decide to leave the relationship. If your friend has been threatened by their partner, family or friends, they may not feel safe leaving.



Believing Abuse is Normal: If your friend doesn't know what a healthy relationship looks like, perhaps from growing up in an environment where abuse was common, they may not recognize that their relationship is unhealthy.

NORMAL

Embarrassment: It's probably hard for your friend to admit that they've been abused. They may feel they've done something wrong by becoming involved with an abusive partner. They may also worry that their friends and family will judge them.



Low Self-esteem: If your friend's partner constantly puts them down and blames them for the abuse, it can be easy for your friend to believe those statements and think that the abuse is their fault.



Love: Your friend may stay in an abusive relationship hoping that their abuser will change. Think about it -- if a person you love tells you they'll change, you want to believe them. Your friend may only want the violence to stop, not for the relationship to end entirely.



Social/Peer Pressure: If the abuser is popular, it can be hard for a person to tell their friends for fear that no one will believe them or that everyone will take the abuser's side.



Cultural/Religious Reasons: Traditional gender roles can make it difficult for young women to admit to being sexually active and for young men to admit to being abused. Also, your friend's culture or religion may influence them to stay rather than end the relationship for fear of being shamed.



Pregnancy/Parenting: Your friend may feel pressure to raise their children with both parents together, even if that means staying in an abusive relationship. Also, the abusive partner may threaten to take or harm the children if your friend leaves.



Puppy-love Phenomena: Adults often don't believe that teens really experience love. So if something goes wrong in the relationship, your friend may feel like they have no adults to turn to or that no one will take them seriously.



Distrust of Police: Many teens and young adults do not feel that the police can or will help them, so they don't report the abuse



Lack of Money: Your friend may have become financially dependent on their abusive partner. Without money, it can seem impossible for them to leave the relationship.



Nowhere to Go: Even if they could leave, your friend may think that they have nowhere to go or no one to turn to once they've ended the relationship. This feeling of helplessness can be especially strong if the person lives with their abusive partner.



What can I do?

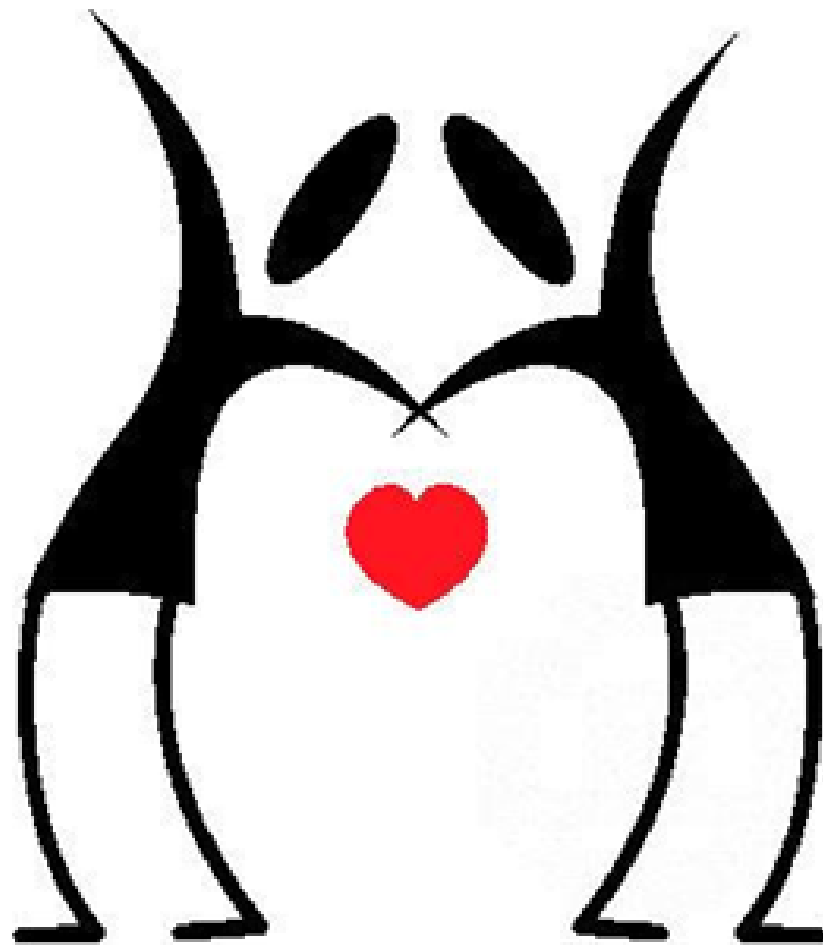
Don't be afraid to reach out to a friend who you think needs help. Tell them you're concerned for their safety and want to help.



Be supportive and listen patiently.
Acknowledge their feelings and be
respectful of their decisions.



Help your friend recognize that the abuse is not “normal” and is NOT their fault. Everyone deserves a healthy, non-violent relationship



Focus on your friend or family member, not the abusive partner. Even if your loved one stays with their partner, 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. Remember, 211 and texting 'hopeline' to 741741 can help.



Get Help. Give Help.



We've been hurt.
We've been angry.
We've been there.
We've been helped.

Text: "hopeline"

To: 741741



It is free.
24/7

Even when you feel like there's nothing you can do, don't forget that by being supportive and caring -- you're already doing a lot.



Don't contact their abuser or publicly post negative things about them online. Experts suggest that it'll only worsen the situation for your friend.

