



SAVE ACTIVITY

Dating Violence: Are You a Victim?

Objectives

- "Students will be able to define dating violence.
- "Students will be able to identify early warning signs of dating violence.
- "Students will be able to help themselves and others strive to prevent dating violence.
- "Students will know who and how to ask for help.

Materials Needed (*Copies of ALL handouts should be made prior to teaching this lesson.*)

- "classroom set of the Everyone Teach One Facts (*Activity CP-1*)
- "classroom set of the Dating Violence Scenarios (*Activity CP-2*)
- "classroom set of the Dating Violence Early Warning Signs (*Activity CP-3*)
- "classroom set of The Cycle of Violence (*Activity CP-4*)
- "classroom set of the Dater s Bill of Rights (*Activity CP-5*)
- "classroom set of the Self-Quiz: Are You A Victim of Dating Violence? (*Activity CP-6*)
- "classroom set of the Tips & Resources for Dating Violence Prevention handout (*Activity CP-7*)

Special Note: It is imperative that you invite a Community Resource Person such as a Representative from a Domestic Violence Program to aid in the presentation of this subject matter. This lesson plan in its entirety should be shared with this individual PRIOR TO addressing your group. Make sure that you have a plan and immediate means for providing assistance to a student needing help.

Opening 10 minutes

NOTE: There are a few options for conducting this attention getting activity. Begin by explaining to the members of the class or group that:

1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)

Have students look around and consider how that statistic would look in their group. Then, proceed with one of the following activity options.

Option One

Prior to class, take the Every One Teach One Facts handout (*Activity CP9-1*), cut it into individual fact strips and distribute them among members of the class or group. Repeat facts for larger groups. Instruct the group with the following:

- " You have received a strip of paper with a fact relating to dating violence. Read and become familiar with your fact.
- " 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.
- " 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.
- " When you see my hand raised in the air, please raise yours as well and stop where you are in sharing your fact and quietly return to your seat.

Ask if there are any questions, and if not start the activity. Watch and monitor participants to see if everyone has shared a fact with at least a few people before signaling to end the activity.

Once the group has rejoined, ask: So what kinds of facts did you learn about dating violence? . One by one call on students, and list their responses on the board or flipchart. Mention to the group that all of us are involved in some kind of relationship, and that conflict and disagreement can be a part of all relationships, BUT that violence is NEVER something to be tolerated or accepted in any circumstance & especially in a relationship that should involve caring and trust.

Option Two

As a homework assignment the night before this lesson ask each student to research and find at least one statistic on relationship violence. Refer to the steps in Option 1 for discussion of this assignment.

Instruction: 45 minutes

" **OPENING**

Ask the group, how they would define the term, dating violence. List responses that are appropriate on the board or flipchart. Give the following definition for dating violence.

Dating Violence is 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.

Compare the students responses with this definition for similarities and differences. Ask the group if they agree with this definition. If not, how would they amend it? Mention that there are many types of family violence (child abuse, sibling abuse, domestic violence), abuse (e.g. elder abuse), and interpersonal violence (e.g. between friends) that while important, are not the same as dating violence.

Also mention that while both males and females can be victims and perpetrators of dating violence, the greatest majority of reported victims are female and the greatest majority of recorded perpetrators are male.

" **ACTIVITY Dating Violence Scenarios**

- A) Ask each individual in the group to find a partner and sit across from their partner so they are facing their partner.
- B) Distribute the handout for this activity (*Activity CP9-2*)
- C) Explain that there are six different scenarios listed.
- D) Ask each team to go over the scenarios and determine if each is an incident of dating violence or not. Record answers by each scenario and provide an explanation of why or why not it is an example of dating violence.

Discussion: Go over each scenario as a group and for each ask how the group

responded by raising hands. Call on students who offer to give explanations for why or why not these are dating violence incidents. **(NOTE: This is the best time to involve your Community Resource Person with the discussion to help give explanations to each of the scenarios. It is important for you to collaborate with your Community Resource Person in this discussion, so be familiar with the suggestions listed below in parentheses for use in the group discussion. Each scenario is an example of a dating violence incident.)**

You are going out with someone who...

1. **& is jealous and possessive toward you, will not let you have friends, checks up on you, and will not accept breaking up.**
(Explain how abusers can 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.)
2. **& tries to control you by being very bossy, giving orders, making all the decisions, and not taking your opinion seriously.**
(Discuss verbal and emotional abuse and how over time this can erode a victim's self-esteem and lead to self-blame.)
3. **& scares you. You worry about reactions to things you say or do or have been threatened. Your partner uses or owns weapons.**
(Explain how victims are often intimidated and afraid. Dating violence can be very dangerous, possibly leading to serious injury or even death.)
4. **& is violent. Your partner has a history of fighting, loses temper quickly, and brags about mistreating others.**
(Mention how abusers may have a history of violence and disrespect. Abusers are often not angry or out-of-control when they abuse their partners their attacks are sometimes planned. The abuser often acts differently in public rather than in private settings with their partner. (This tactic is used to hide the abuse and avoid witnesses. Abusers also take great care not to inflict injuries in obvious places on the victim's body.)
5. **& blames you for any mistreatment, saying you provoked it.**
(Discuss how victims are often blamed for the mistreatment they receive by their abuser. Often the abusers deny, minimize and rationalize their decisions to be abusive and violent.)
6. **& believes one partner should be in control and powerful, and the other partner should be passive and submissive.**
(Discuss the importance in understanding that abusers often feel that they have a right and responsibility to be in control over their partner. Often this belief stems from adherence to strict gender roles and expectations. However, while the majority of reported violence incidents in domestic or dating situations involves male perpetrators and female victims, dating violence occurs in other types of romantic relationships.)

DISCUSSION DATING VIOLENCE EARLY WARNING SIGNS

(Ask your Community Resource Person to address the group regarding Dating Violence Early Warning Signs. Distribute the handout of *Activity CP9-3*. **PLEASE REFER TO THIS HANDOUT FOR MORE DETAILED INFORMATION ON THE FOLLOWING KEY POINTS.**)

Key Points to address:

- "Extreme Jealousy
- "Possessiveness
- "Emotional Abuse
- "Physical Abuse
- "Explosive Anger
- "Mood Swings
- "Alcohol and/or Drug Use

DISCUSSION THE CYCLE OF VIOLENCE

Distribute and Discuss The Cycle of Violence Handout (*Activity CP9-4*)
Cover with the group the 3 stages of Violence:

- "Tension-Building
- "Violence
- "Seduction

Explain how in most violent dating relationships, things start out wonderful and perfect, but in time tension starts to build and tactics are used to make the victim feel less of a person or even guilty for acting a certain way or doing certain things. This tension leads to a violent outburst that can result in emotional AND physical injury. Next the abuser apologizes to the victim and promises to change.

Discuss how the cycle continues through the dynamics of:

- "Love
- "Hope
- "Fear

Explain how most all victims stay in their relationship because they truly care for the abuser and hope that the promises made are genuine and that he or she will change. For many victims, threats towards them or their loved ones often create too much fear for them to leave the relationship.

Discuss the possible effects of being involved in a violent dating relationship:

1. Physical Abuse being the victim of pushing, hitting, slapping, kicking, beating with a fist, choking, attacks with an object or a weapon.
 - "Permanent or temporary injuries
 - "Death
2. Emotional Abuse- being subjected to criticisms, possessiveness, jealousy and humiliation.
 - "Feeling guilty over who you are
 - "Feeling that you are to blame for this situation
 - "Wanting to feel loved, but instead are made to feel that you cannot be loved by anyone else

3. Sexual Abuse- Mistreatment by acts, demands or insults, coercion, or pressure
 - "Victim of Rape
 - "Unwanted pregnancy or contracting Sexually Transmitted Diseases

4. Legal a consequence, especially to the abuser. Involvement with this person and their illegal activities may lead to negative repercussions for the victim particularly if coerced into taking part in illegal activity.
 - "Court
 - "Permanent record
 - "Jail

Ask the group:

- " How can an abuser break this cycle?
- " How can a victim seek safety in the situation?
- " What are ways you can help a friend who may be a victim or abuser in this type of situation?

DISCUSSION DATER S BILL OF RIGHTS

Discuss with the group how everyone needs to be aware of the Dater s Bill of Rights. Distribute this handout (*Activity CP9-5*). Read aloud the first right, I have the right to refuse a date without feeling guilty. Call upon different students to read various rights.

Ask the group:

- " What are other rights you have when dating?
- " What are ways you can make sure your friends know about all of these rights?
- " What are ways our group can make this Bill of Rights available to others in our school, organization, and/or community?

Distribute the handout of the self-quiz (*Activity CP9-6*). Instruct the group that this self-quiz is for them to take on their own time. If upon completion, there are 2 or more YES responses, then they should seek advice from a school counselor or a specific person (including the Community Resource Person if he/she makes themselves available after the lesson.) Provide students with a specific resource person and contact information.

WRAP-UP

Distribute the Tips & Resources for Dating Violence Prevention handout (*Activity CP9-7*). Discuss prevention tips for dating violence situations. Ask the students for additional suggestions to add to the list.



Everyone Teach One Facts

1. 1 in 2 teens who have been in a serious relationships say they've gone against their beliefs in order to please their partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)
2. 1 in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)
3. 1 in 4 teens who have been in a serious relationship say their boyfriend or girlfriend has tried to prevent them from spending time with friends or family; the same number have been pressured to only spend time with their partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)
4. 1 in 3 girls between the ages of 16 and 18 say sex is expected for people their age if they're in a relationship; half of teen girls who have experienced sexual pressure report they are afraid the relationship would break up if they did not give in. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)
5. Nearly 1 in 4 girls who have been in a relationship (23%) reported going further sexually than they wanted as a result of pressure. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)
6. 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2006)
7. Teens report dating abuse via technology is a serious problem. 68% of teens say boyfriends/girlfriends sharing private or embarrassing pictures/videos on cell phones and computers is a serious problem. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
8. Cell phone calls and texting at unimaginable frequency mean constant control day and night. Nearly one in four teens in a relationship (24%) communicated with their partner via cellphone or texting HOURLY between midnight and 5:00am. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
9. One in three teens (30%) say they are text messaged 10, 20, 30 times an hour by a partner inquiring where they are, what they're doing, or who they're with. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
10. Parents do not know about dating teens' constant contact. 67% of parents whose teens were checked up on 30 times per day on their cell phone were unaware this was happening. 82% of parents whose teens were emailed or texted 30 times per hour were unaware this was happening. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)

11. Cell phones and Internet have become weapons of teen dating abuse. One in four teens in a relationship (25%) say they have been called names, harassed, or put down by their partner through cellphones and texting. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
12. One in five teens in a relationship (22%) have been asked to engage in sex by cellphone or the Internet when they do not want to. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
13. Parents do not know about abuse. 71% of parents were unaware that their teen is afraid of not responding to a cell phone call, text or IM message or email for fear of what their partner might do. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
14. 67% of parents were unaware that their teen was asked to have sex or engage in sexual acts via cell phone, email, IM, or texting when they did not want to. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
15. Parents also do not know that their teens are victims of physical and sexual abuse. 75% of parents were unaware that their teen had been physically hurt or bruised by their partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
16. 69% of parents were unaware that their teen was pressured by their partner to perform oral sex. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
17. 58% of parents were unaware that their teen had been hit, slapped, pushed, punched, kicked or choked by their partner. (Teenage Research Unlimited (TRU) for Liz Claiborne Inc., Spring 2007)
18. The overall occurrence of dating violence is higher among black (13.9%) than Hispanic (9.3%) or white (7.0%) students. (Centers for Disease Control and Prevention (CDC). Surveillance Summaries, May 2004).
19. Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend had threatened violence or self-harm if presented with a break-up. (Department of Justice, Bureau of Statistics, March 2006).
20. Almost 70% of young women who have been raped knew their rapist either as a boyfriend, friend or casual acquaintance. (Department of Justice, Bureau of Statistics, March 2006).



DATING VIOLENCE SCENARIOS

YOU ARE GOING OUT WITH SOMEONE WHO &

1. & is jealous and possessive toward you, will not let you have friends, checks up on you, and will not accept breaking up.
2. & tries to control you by being very bossy, giving orders, making all the decisions, and not taking your opinion seriously.
3. & scares you. You worry about reactions to things you say or do or have been threatened. Your partner uses or owns weapons.
4. & is violent. Your partner has a history of fighting, loses temper quickly, and brags about mistreating others.
5. & blames you for any mistreatment, saying you provoked it.
6. & believes one partner should be in control and powerful, and the other partner should be passive and submissive.



DATING VIOLENCE EARLY WARNING SIGNS

1. **Extreme Jealousy:** Boyfriend becomes angry if you talk to other people, have close friendships or express affection for others. He attributes this behavior to his love for you and may say things like I m nothing without you.
2. **Possessiveness:** He tries to control your life, telling you whom you can and cannot see, how to dress and how to act. He wants to know where you are at all times.
3. **Emotional Abuse:** He frequently puts you down, calls you names, criticizes you or humiliates you in public and/or private.
4. **Physical Abuse:** He touches you in a way that hurts or scares you or forces sex on you.
5. **Explosive Anger:** He blames you or others for everything, including his own failures. He yells, hits walls, destroys your belongings or threatens to hurt you, your friends, or your pets.
6. **Mood Swings:** Watch for dramatic mood shifts. Possibly goes from being jealous and controlling to sweet and charming.
7. **Alcohol and Drug Abuse:** Substance use/abuse can affect a person s mood and disposition, sometimes acting as a trigger for violence. It also lowers a person s self-control again resulting in violent incidents. Using or abusing alcohol or drugs is not an excuse for one s actions.

THE CYCLE OF VIOLENCE

This graphic shows the 3 stages of how an abuser in a relationship creates a re-occurring pattern that is a clear indication of a violent relationship.

Keeping the Cycle in Motion: **Centered in the middle of the cycle are 3 dynamics that keep this cycle continuing and makes it hard for a victim of a violent relationship to walk away or end the relationship. These dynamics are Love, Hope, and Fear.**

Tension-Building

Using tactics such as: intimidation, making threats, yelling, getting easily agitated over minor incidents, acting disrespectful or making you feel inferior, talking you into things you typically would not do, criticizing you and your actions or interest.

Violence

Using violent words or actions towards you in any way. Making you fearful. Hitting, punching, slapping, jerking, or making any unwanted physical gestures towards you.

Seduction

Also called the honeymoon phase. Apologizing for violent or angry actions, and having excuses for the behavior such as: stress, jealousy, using or abusing alcohol and/or drugs, caring for you too much, or blaming others. Often gifts are offered or promises are made to never act in this way again. Abusers also threaten, either openly or covertly, their partners into giving them another chance. For example, an abuser may say I am so sorry. I need a chance to show you I will change. If I don't get that chance, I don't know what I am capable of doing.

Love

Caring for the abuser and holding on to the good things about this person and the good times in your relationship.

Hope

Hanging onto the promises and apologies given, and trying to give the benefit of the doubt that things will improve.

Fear

Listening and believing the threats given by the abuser towards you or others or even believing the insults or criticism that the abuser gives you. It is important to take threats seriously, as abusers often act on their threats causing harm or even death to the victim. Therefore, seeking safety and assistance is strongly recommended.

(Information on the Cycle of Violence adapted from Domestic Violence: The Facts <http://www.cybergrrl.com/views/dv/book/lovewheel.html>. The Cycle of Violence is taken from Dr. Lenore Walker's Cycle of Violence Denver, Colorado. Additional information can be obtained from Peace At Home, Boston, MA 617-482-9497)



DATER S BILL OF RIGHTS

I have the right to refuse a date without feeling guilty.

I can ask for a date without feeling rejected or inadequate if the answer is no.

I have control of my decisions and actions, and know that my rights end where another s rights begin.

I have the responsibility to make positive and healthy decisions, for myself, and others.

If I don t want physical closeness, I have the right to say so.

I have the right to start a relationship slowly, to say, I want to know you better before I become involved.

I have the right to be myself without changing to suit others.

I have the right to change a relationship when my feelings change. I can say, We used to be close, but I want something else now.

If I am told a relationship is changing, I have the right not to blame or change myself to keep it going.

I have the right to an equal relationship with my partner.

I have the right not to dominate or to be dominated.

I have the right to act one way with one person and a different way with someone else.

I have the right to live my life free of fear from violence and abuse.



SELF-QUIZ: ARE YOU A VICTIM OF DATING VIOLENCE?

DOES YOUR BOYFRIEND OR GIRLFRIEND:

- Embarrass you with bad names and put-downs?
- Look at you, or act in ways that scare you?
- Control what you do, whom you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Frighten you with his/her temper?
- Make you afraid to disagree with him or her?
- Hit, kick, shove, or throw things at you?
- Make you afraid to say no to sex?
- Wrongly and repeatedly accuse you of flirting with others?
- Make all the decisions?
- Act like abuse is no big deal, is your fault or even denies it?
- Destroy your property?
- Intimidate you with weapons?
- Make you apologize to yourself or to others for your partners behavior when you are treated badly?
- Force you to justify everything you do, every place you go and every person you see to avoid his/her temper?

If you answer **YES** to two or more of these questions, you may be in an abusive relationship, or your relationship could become abusive. You are strongly urged to seek assistance from a counselor or the following qualified person:



Tips & Resources for Dating Violence Prevention

Safe Dating Tips:

If you have heard of a person being violent in a relationship, do not get in a relationship with them.

Watch out for people who are aggressive and violent in everyday life.

Get to know the person before you go out by yourself, go with a group of friends.

Tell someone responsible where you are going and who you will be with.

Do not trust people who apologize for their actions yet repeat their violent behavior again

If something feels wrong to you, it probably is.

Additional Dating Tips:

Respect someone that says no or stop in a situation.

Treat all other people, especially those in close relationships with equality and respect.

Take steps and measures to control your anger, including seeking help from a trusted professional.

Know and adhere to the Dater s Bill or Rights.

List Other Prevention Tips Mentioned from Your Group

Discussion:

Resources

- " National Domestic Violence Hotline (1-800-799-SAFE)
- " National Resource Center for Domestic Violence (800-537-2238)
- " National Runaway Switch Board (1-800-621-4000)
- " National Rape, Abuse, Incest National Network (RAINN) (1-800- 656-HOPE)
- " Child Help USA Child Abuse Hotline (1-800-422-4453)
- " Al-Anon/Alateen Headquarters (1-800-356-9996)
- " Suicide Prevention Help line: (1-800-227-8922)
- " For an On-Line Comprehensive Resource Agency Listing, Visit the U.S. Department of Justice, Office on Violence Against Women Resources www.ojp.usdoj.gov/vawo/help.htm
- " Social Services, Counselors, Teachers, Pastors, Parents, School Resource Officers,
- " Law Enforcement Agencies, etc.

List Other Local Domestic Violence and Sexual Assault Programs Mentioned in this Group Discussion: