



*Dating*

*Dating*

**STOP**

*Violence*

*Violence*

## Dating Violence

**Identify Problem:** Girls *and* Boys get into unhealthy dating relationships where one of the partners ends up bullying the other. Many times these relationships turn violent. The victims in these relationships seldom recognize the symptoms until it is too late.

**Exercise:**

**Discuss: RED FLAGS of an Abusive Relationship**

- Your boy/girlfriend pressures you early in the relationship to get very serious, or presses you to have sex with him/her.
- Your boy/girlfriend becomes extremely jealous and possessive and believes that these destructive displays of emotion are signs of love.
- Your partner tries to control you and to forcefully make all decisions where the two of you are concerned.
- May try to isolate you from friends and family.
- Becomes verbally and/or emotionally abusive.
- Tries to make you feel guilty if you do not meet their expectations in the relationship.
- Has a quick temper.
- You are afraid of your partner.
- You are afraid to break up with your partner.
- The partner blames their abusive behavior on you.
- Partner makes frequent promises to change their behavior.

**Discuss: Things you can do if you are in an Abusive Relationship**

- Talk with parents, friend, counselor, spiritual leader or teacher.
- Get professional help eg: Dove center, Health Care Provider, Crisis Center.
- Educate yourself.
- If it happens at school report to counselor, resource officer, PEP teacher.
- Keep a log of abuse. You may need it for evidence.
- Do not meet the abuser alone.
- Avoid being alone in places where the abuser could confront you.
- Always tell someone where you are going and when you will be back.
- Develop a safety plan and rehearse what you will do if the abuser becomes violent.
- Take a break from dating. Don't move from one relationship directly into another.

**Identify Skills:**

- Students will recognize that they have rights in a relationship.
- Students will be aware of the warning signs in an unhealthy dating relationship.
- Students will identify ways to have healthy fun in dating relationships.
- Students will learn to access resources to get out of abusive dating relationships.

**Handouts:**

- Totally Amazing Dates Bookmark
- Pass along cards for resources
- Ten Warning Signs of an Abusive Relationship

**Source:**

Teresa Willie



**Totally amazing  
DATES**



Roundabout  
picnic  
Ice sculpting  
Gondola ride  
Driving range  
Ice skating  
Eating  
Snowball fight  
Dancing  
Kissing in the  
rain  
Air hockey  
Toilet papering  
Movies  
Wal-Mart  
Dress-up bowling  
D.I. date  
Wax museum  
Guitar hero  
Four Wheeling  
Dirt biking  
Jeeping  
Kickball  
Glow in the dark  
Dodgeball  
Caving  
Night Games  
Ice cream on Red  
hill  
Trampoline  
Swimming  
Garage sales  
Cook a meal  
together  
Dress up and go  
somewhere casual  
Marshmallow  
fights in black  
clothes  
Fugitive  
Lagoon  
Amusement parks  
Go to the lake  
Rock climbing  
Hiking

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Teen Dating Hotline

800-799-7233

800-787-3224

Dove Center

(435)628-0458

Domestic Violence Helpline

(435)652-2960

Children's Justice Center

(435)634-1134

Team RAW

(435)229-1772

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## **Warning Signs that Someone You Know May Be in an Abusive Dating Relationship**

1. When your friend and their partner are together he/she calls him/her names and puts them down in front of others.
2. Partner acts extremely jealous when he/she talks to other boys/girls, even when it is completely innocent.
3. He/she apologizes for his/her behavior and makes excuses for the partner.
4. Friend frequently cancels plans at the last minute, for reasons that sound untrue.
5. Partner is always checking up on him/her, calling or texting, demanding to know where he/she is and who he/she is with.
6. You've seen him/her lose their temper, maybe even break or hit things when he/she is mad.
7. Seems worried about upsetting partner or making him/her angry.
8. He/she is giving up things that used to be important to him/her, such as spending time with friends or other activities, and is becoming more and more isolated.
9. His/her weight, appearance or grades have changed dramatically.
10. He/she has unexplained injuries, or the explanations given don't make sense.

**FACT:** 40% of teenage girls age 14-17 report knowing someone their age who has been hit or beaten by a boyfriend.