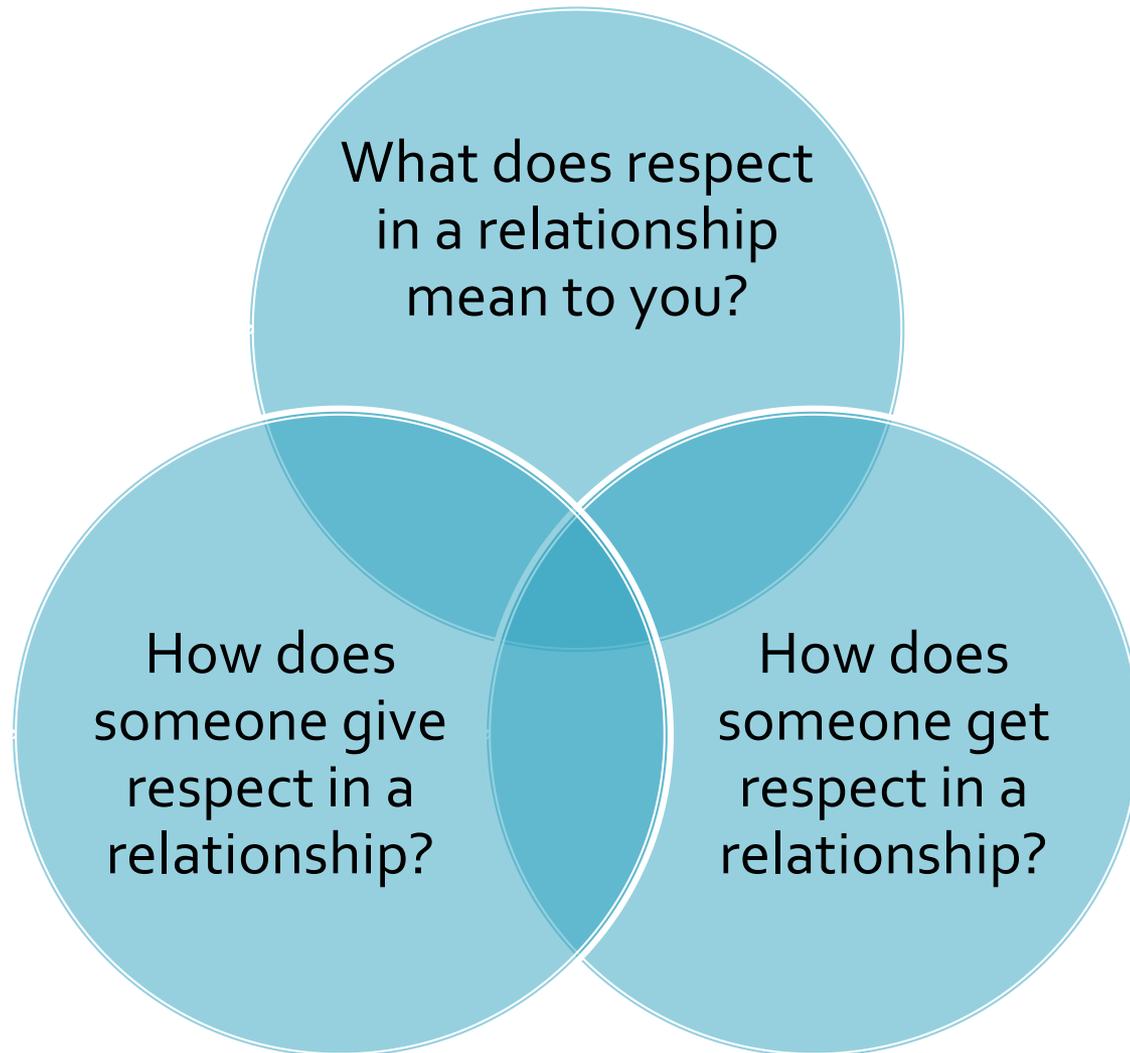


DATING ABUSE

Choosing Respect in Relationships



Healthy vs. Unhealthy Relationships

What is a healthy relationship?

Traits of a healthy relationship:

Assertiveness
& Problem
Solving

Trust &
Understanding

Fighting fair
& Anger
Control

Negotiation
and
compromise

Being a role
model

Healthy Relationships



Healthy vs. Unhealthy Relationships

What is an **unhealthy** relationship?

Traits of an **unhealthy** relationship:

Yelling,
name
calling, put
downs

Gossiping
about a
dating
partner

Controlling
how a
dating
partner
dresses
and/or acts

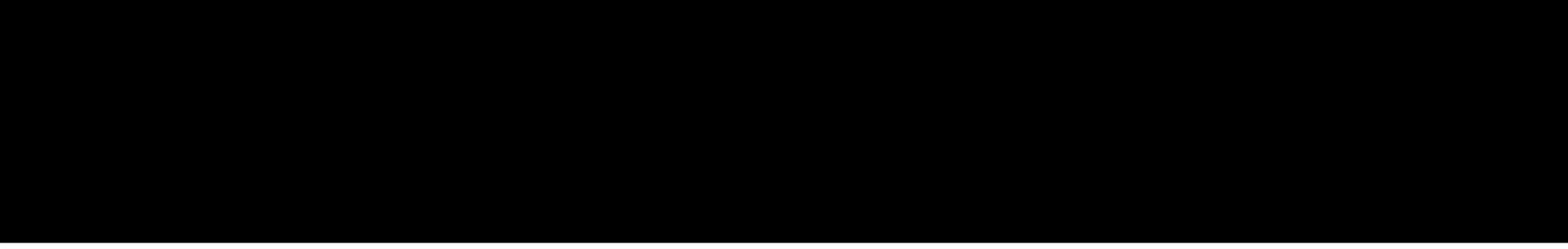
Ignoring or
giving
someone
the silent
treatment

Slapping,
hitting,
shoving

Unwanted
touching or
sexual
activity

Unhealthy Relationship





Dating Abuse

When someone in a relationship insults, hits, or tries to control what the dating partner does, including whom he or she talks to, and uses threats of abuse.

Verbal
Abuse

Emotional
Abuse

Physical
Abuse

Sexual
Abuse

Digital
Abuse

Abuse is a pattern of behavior - something that happens over and over.

Pattern of Behavior

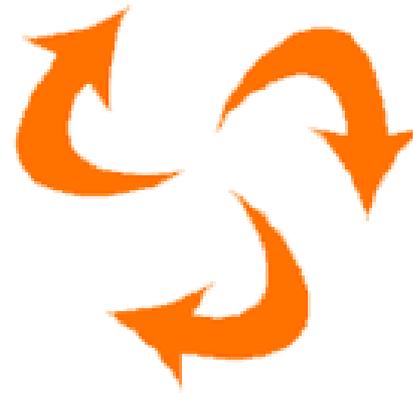
Calling dating violence a pattern doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time. Here is a model of how it works:

Tension Building

Things start to get tense between a teen and their dating partner.

Honeymoon

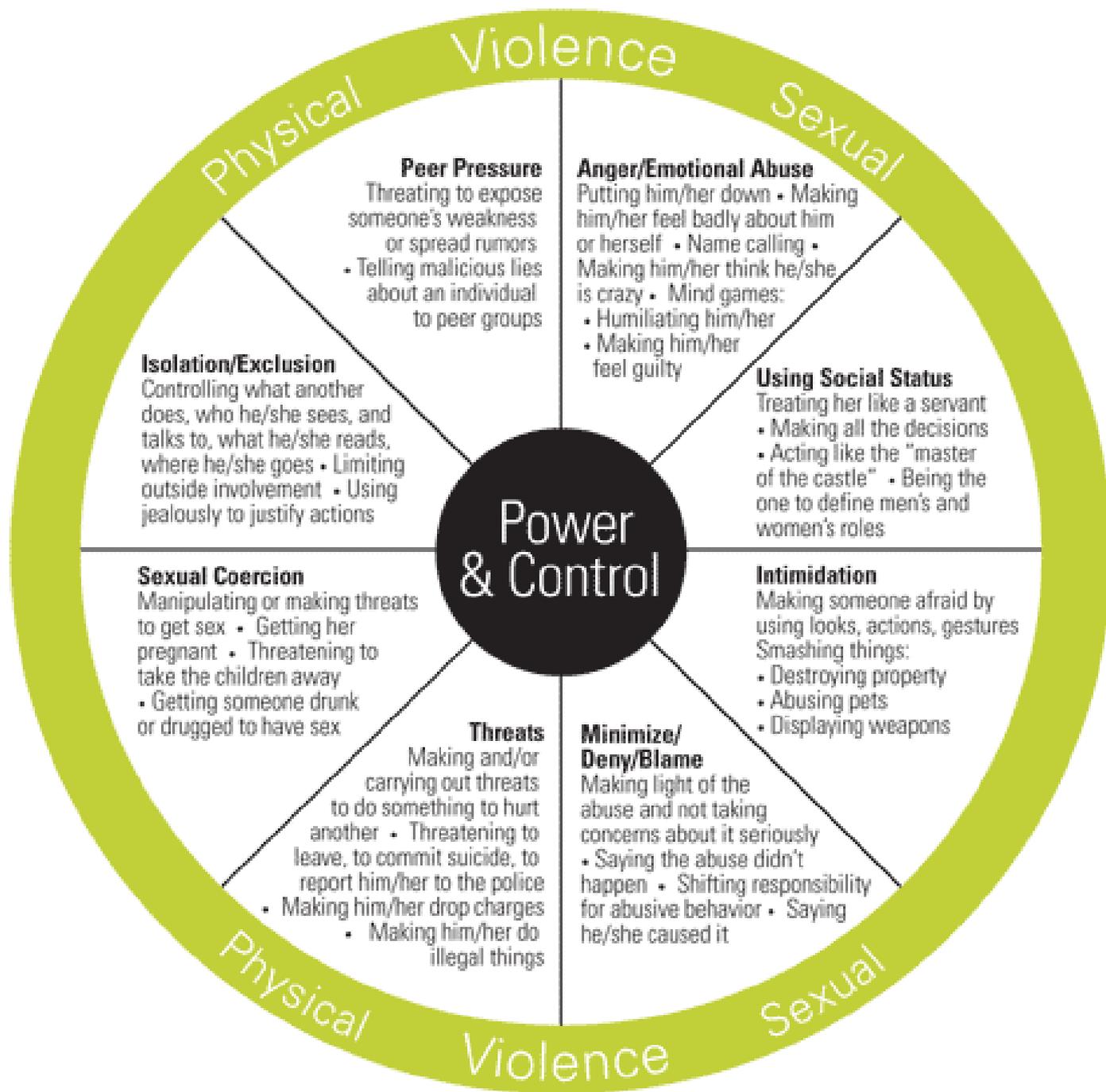
The abuser apologizes, trying to make up with his or her partners and to shift the blame for the explosion to someone or something else.



Explosion

There is an outburst of violence that can include intense emotional, verbal, sexual and/or physical abuse.

Every relationships is different, but the one thing that is common to most abusive dating relationships is that the violence escalates over time and becomes more and more dangerous for the young victim.



Warning Signs of Dating Abuse

What warning signs did you notice in characters in the video?

Felt bad about themselves or had a poor self-image

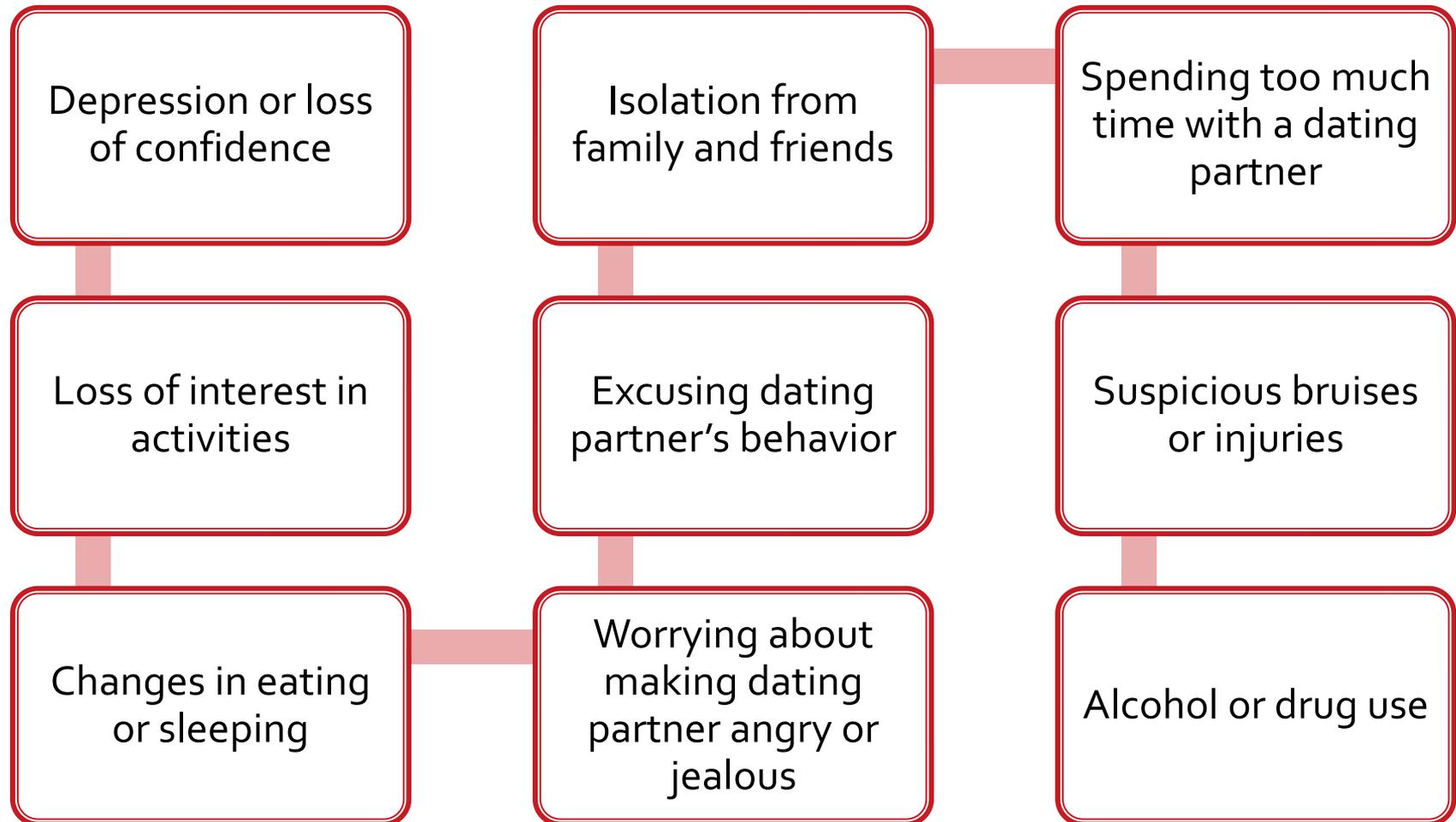
Didn't hang out with their friends as much as they used to

Looked sad and lonely

Lost interest in social activities

Made excuses for their dating partner's behavior

Characteristics of Person Being Abused



Characteristics of An Abuser?

Insults dating partner in public or private

Controls what the boyfriend or girlfriend wears and who he or she talks to or spends time with

Has shown aggression, bullying, or had trouble controlling anger in the past

Threatens to hurt self or others

Damages a dating partner's personal belongings

Is extremely jealous

Why do people Stay in Abusive Relationships?

Fear –they may not feel safe leaving

Believe Abuse is Normal

Embarrassment

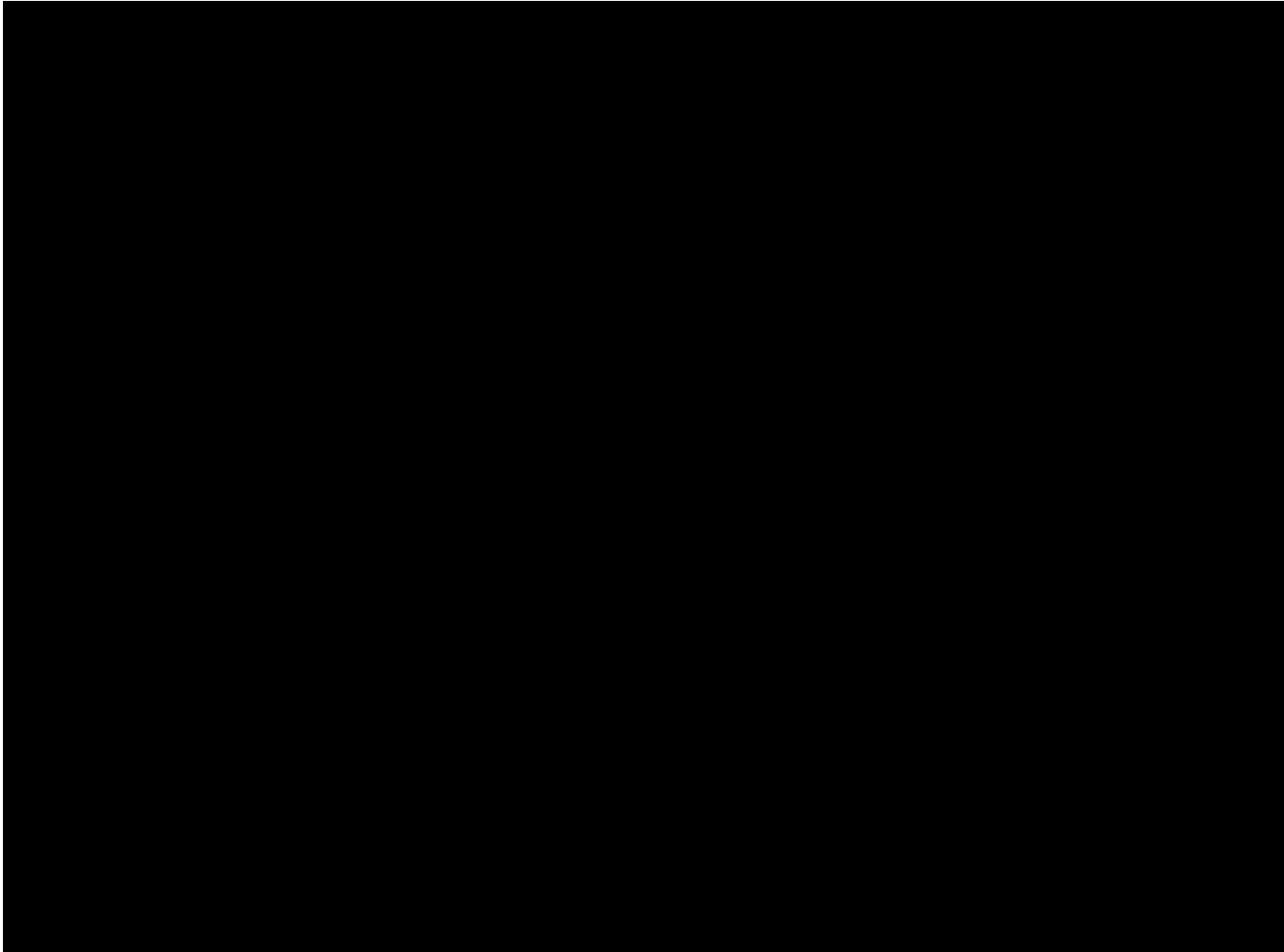
Low Self Esteem

Pressure

- Social/Peer/Cultural

No Where to go or No One to Turn to

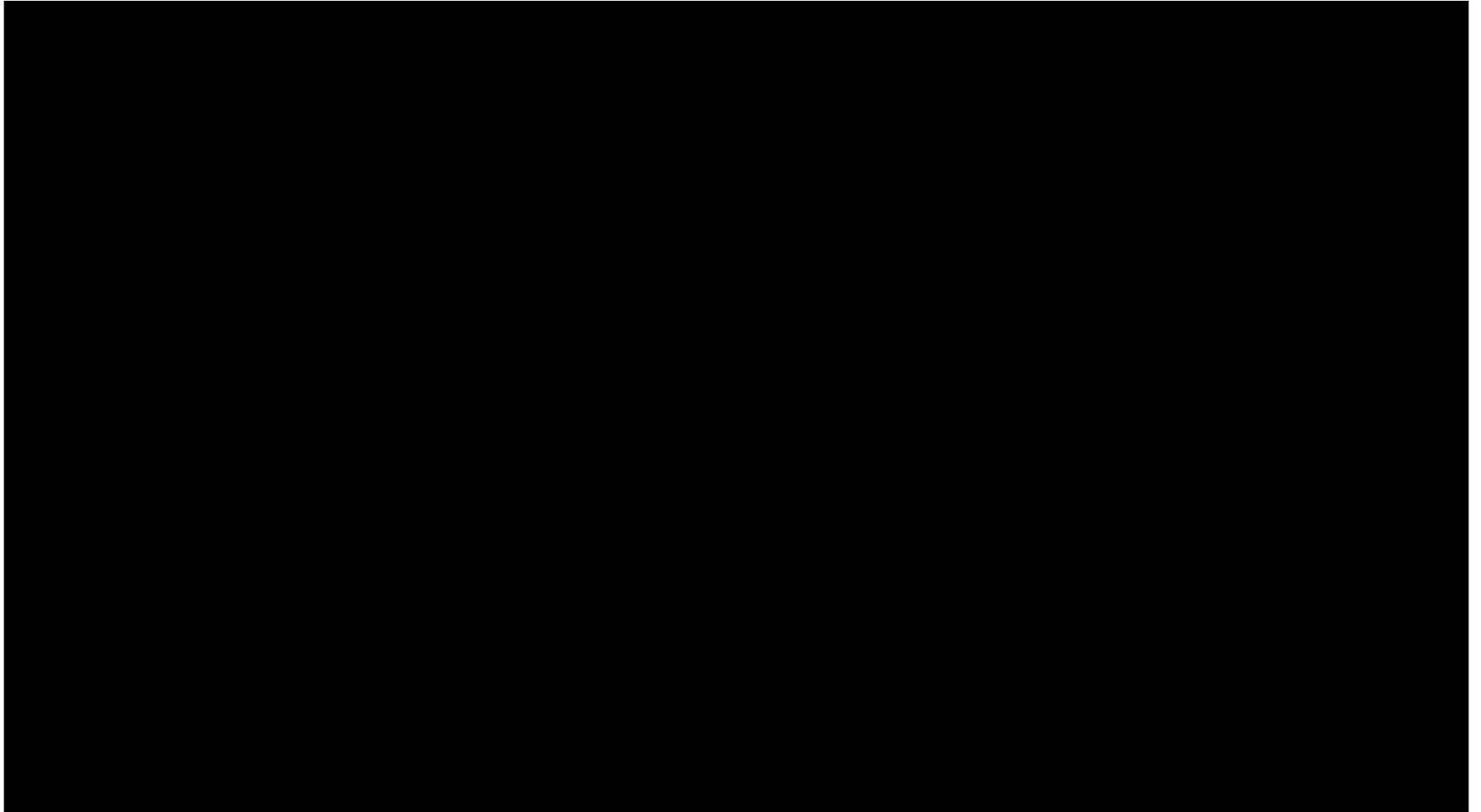
**Why do people Stay in Abusive Relationships?
They believe that it is LOVE!**



Digital Abuse



Digital Abuse



Preventing Dating Abuse

What can **YOU** do to help?

Don't use language that promotes abusive attitudes and behaviors.

Don't support degrading or sexist jokes and put-downs by laughing at them—even if someone you like told the joke or made the put-down.

Don't purchase or listen to music with degrading or sexist lyrics—even if you like the musician who perform it.

Think about how your own attitudes and behaviors might contribute to violence and abuse.

Getting Help

- 911 Police
- CAPSA
 - 435.753.2500
 - www.capsa.org
- Loveisnotabuse.org
- Loveisrespect.org (1-866-331-9474)
- Breakthecycle.org (1-888-988-teen)