

Choosing Respect in Relationships

- What does respect mean to you?
- How does someone give and get respect?



People Who Respect Each Other:

- Are open and honest about feelings and expectations
- Try to put themselves in others' situations
- Give each other the benefit of the doubt
- Take time to cool off, listen, and talk things out
- Break down a problem and look for win-win solutions
- Think before speaking or acting out in anger
- Give and get respect



Healthy vs. Unhealthy Relationships

What is a **healthy** relationship?

Traits of a **healthy** relationship:

- Assertiveness
- Understanding
- Trust
- Fighting fair
- Problem solving
- Negotiation and compromise
- Anger control
- 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



Youth in Abusive Relationships Are More Likely to:

- Have low self-esteem
- Be depressed
- Binge drink
- Use drugs
- Have eating disorders
- Get seriously injured
- Practice unsafe sex with multiple partners



*Causing Pain: Real Stories of
Dating Abuse and Violence*
Video





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.

Can include:

- Verbal abuse
- Emotional abuse
- Physical abuse
- Sexual abuse

A pattern of behavior - something that happens over and over.



A 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.

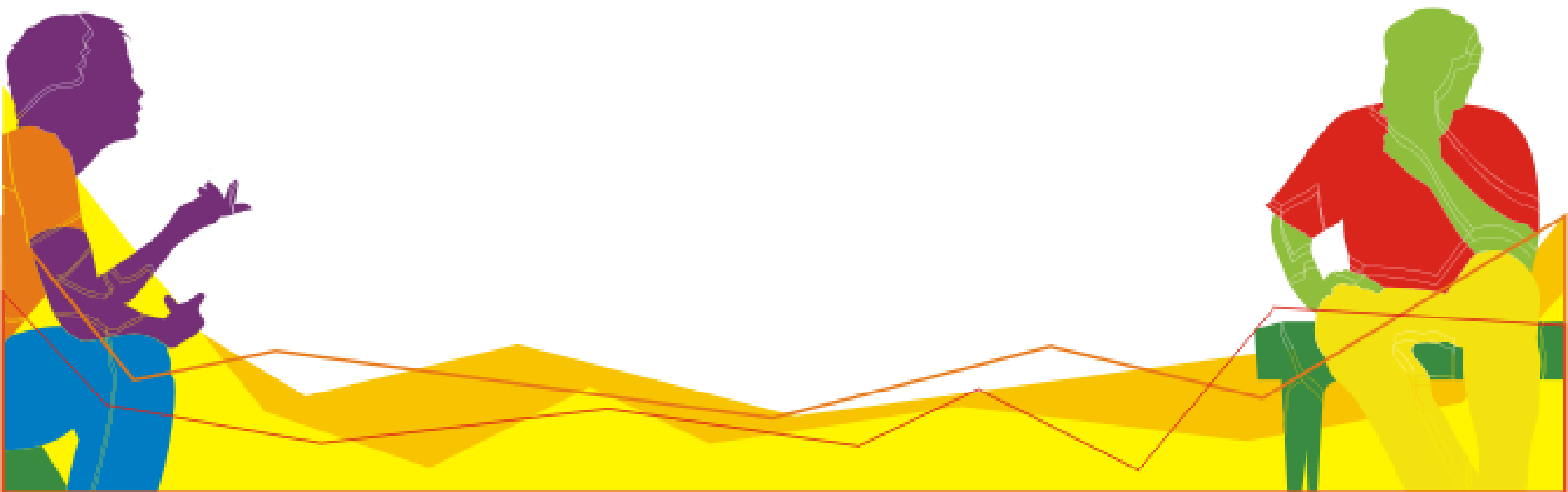
Dating Abuse in the Video

- What are some examples of dating abuse that were portrayed in the video?
- How did the characters feel in their relationships?



The Reality of Dating Abuse

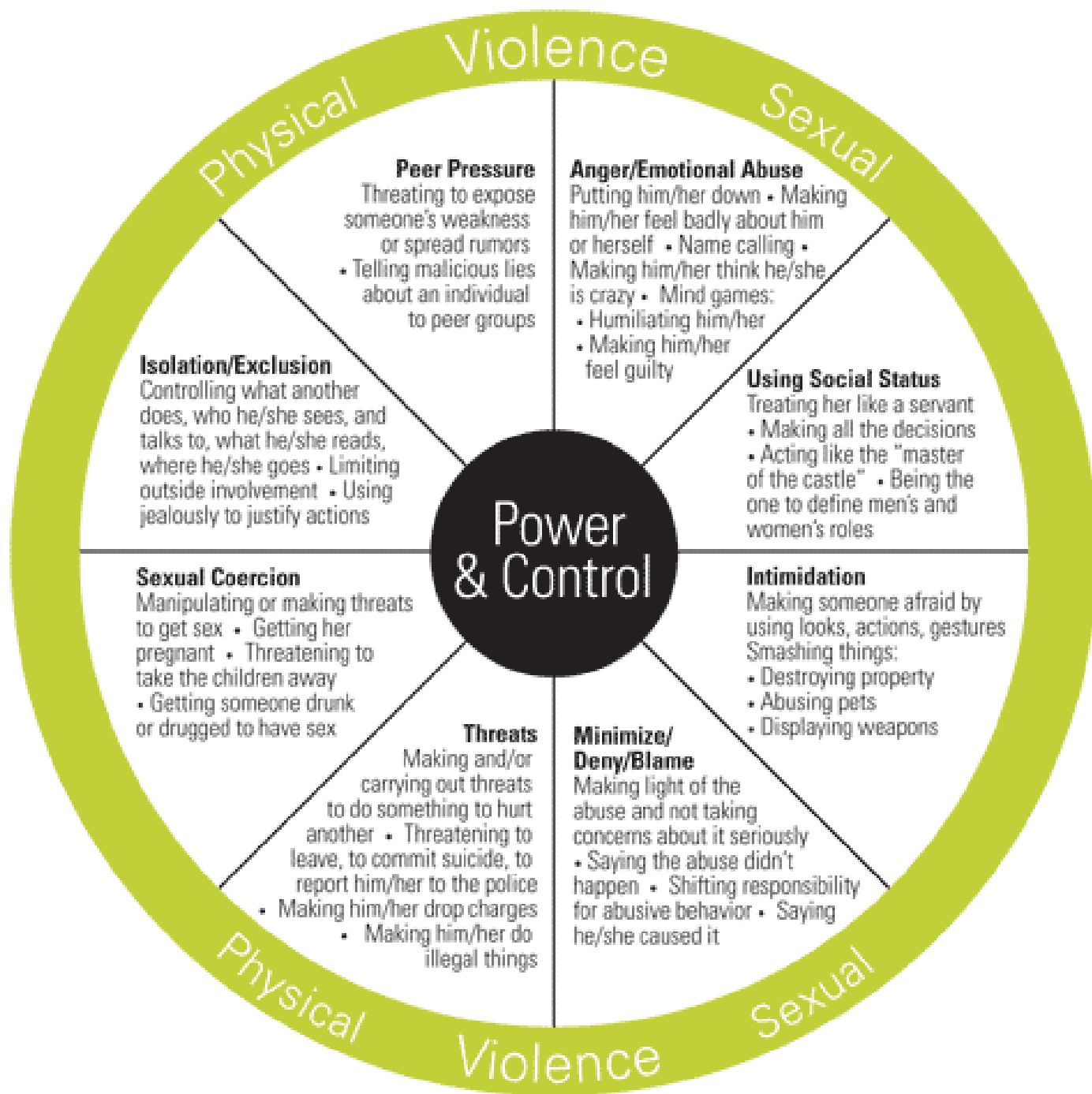
- One out of every eleven high school students has experienced physical abuse.
- One in five youth has experienced some sort of emotional abuse.



One in Eleven

If you have 33 students in your class, that means 3 of these students may have been hit, punched, or physically harmed in some other way by a boyfriend or girlfriend.

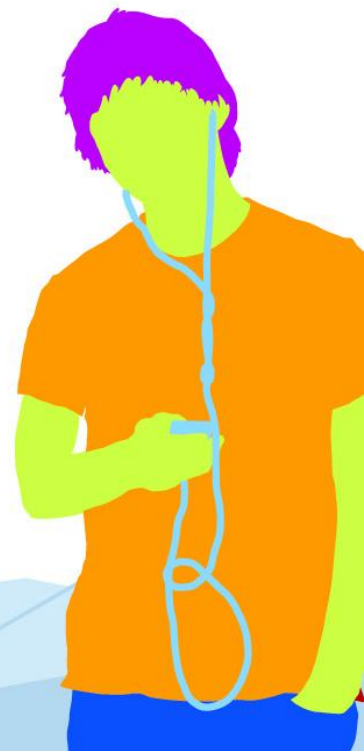




Warning Signs of Dating Abuse

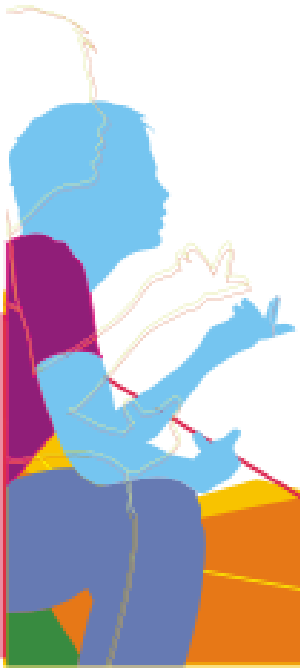
What warning signs did you notice in characters in the video?

- 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



How Do You Know Someone Is Being Abused?

- Depression or loss of confidence
- Loss of interest in activities
- Changes in eating or sleeping
- Worrying about making dating partner angry or jealous
- Excusing dating partner's behavior
- Isolation from family and friends
- Spending too much time with a dating partner
- Suspicious bruises or injuries
- Alcohol or drug use



How Do You Know Someone Is 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



Sarah's Story

[http://loveisnotabuse.com/web/guest/video supplement](http://loveisnotabuse.com/web/guest/video_supplement)

Why do people Stay in Abusive Relationships?

Fear –they may
not feel safe
leaving

Believe Abuse is
Normal

Embarrassment

Low Self Esteem

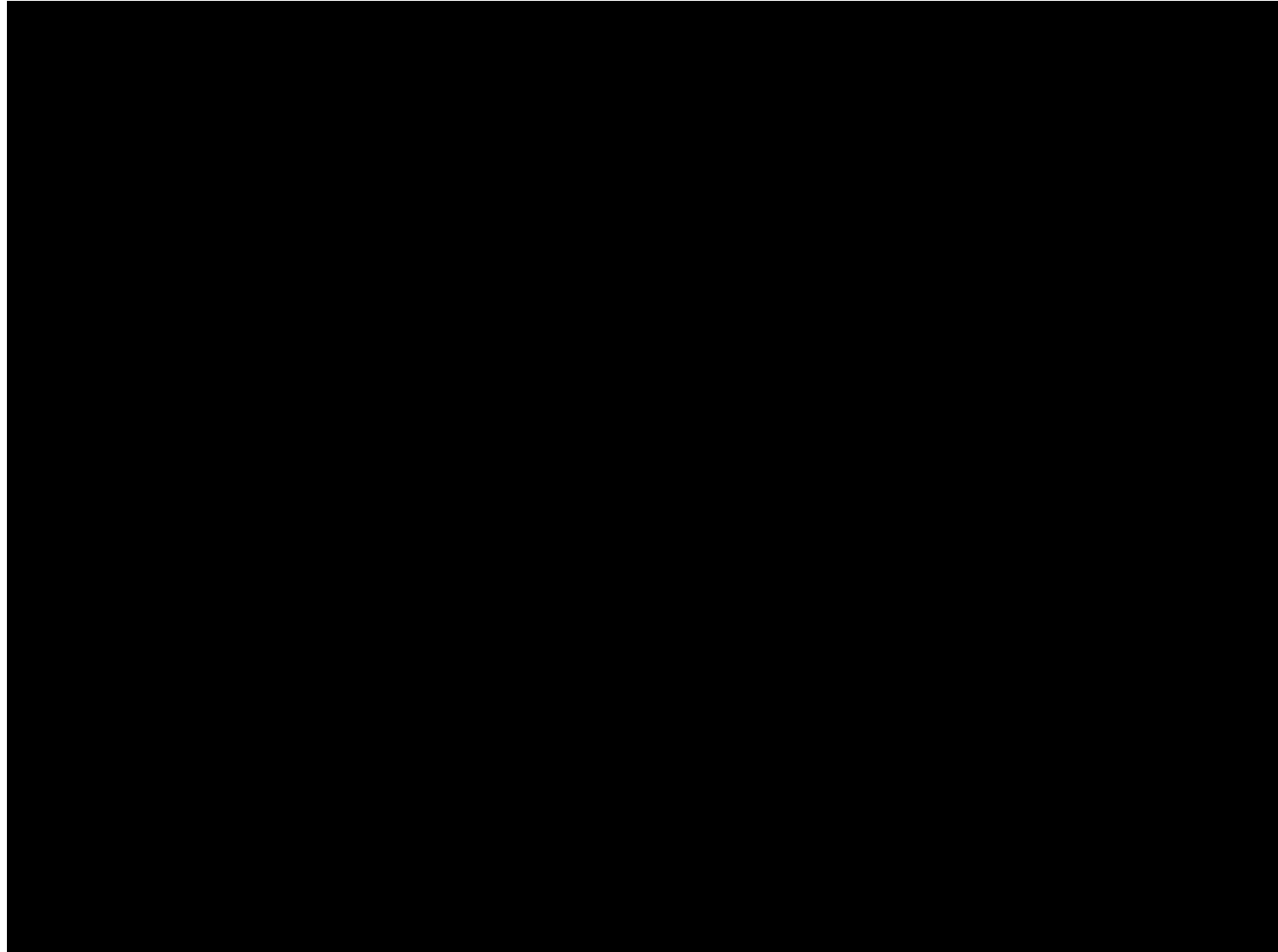
Pressure

- Social/Peer/Cultural

No Where to go
or No One to
Turn to



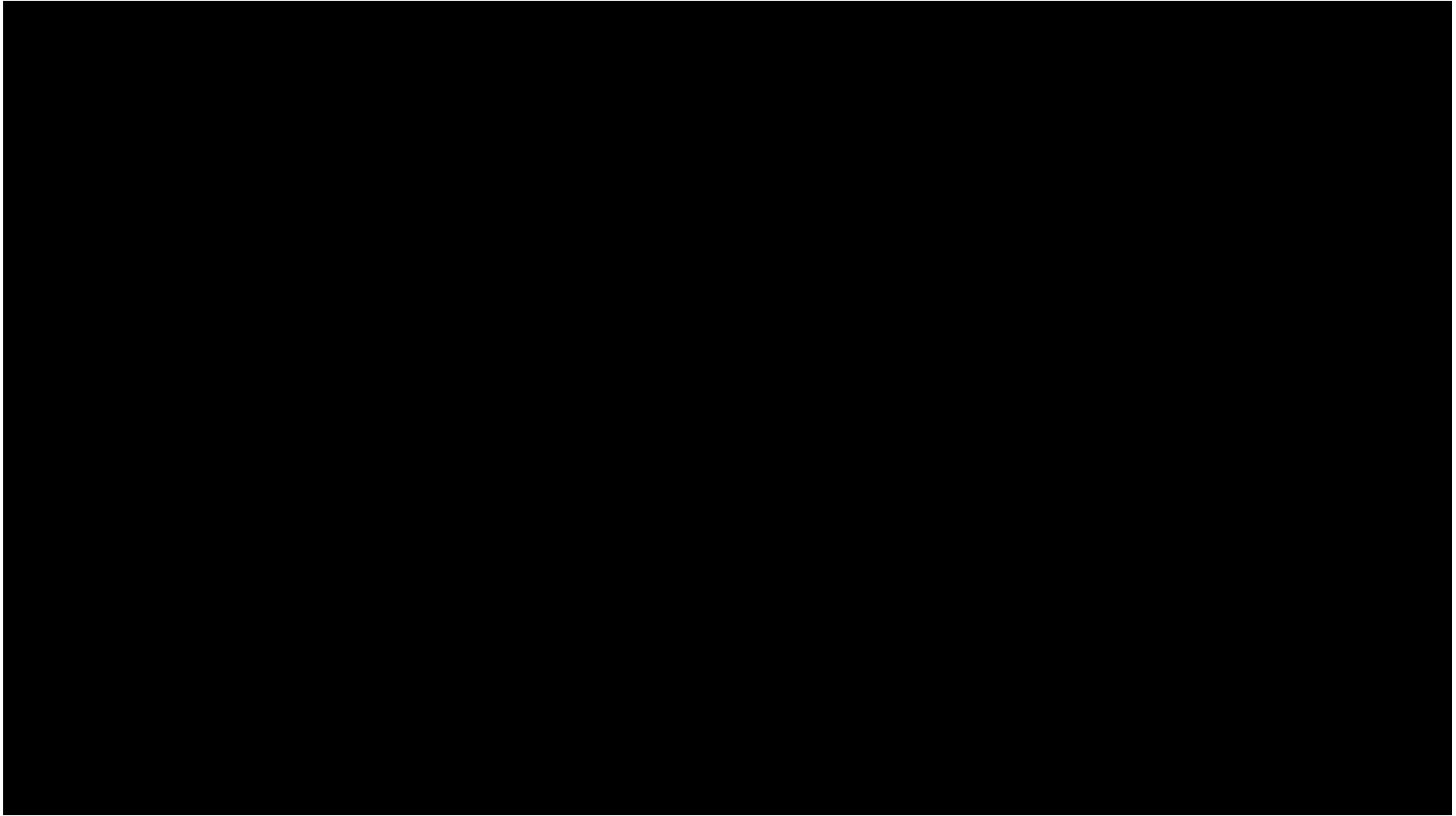
**Why do people Stay in Abusive Relationships?
They believe that it is LOVE!**



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)

