

# Student Dating Violence Prevention Training

*Understanding Dating Violence So We  
Can Prevent and Intervene*



OFFICE OF PREVENTION PROGRAMS  
PLANTING THE SEEDS FOR A SAFE AND HEALTHY TOMORROW



**School Board of Broward County**  
**Student Support Services**  
**Office of Prevention Programs**

**BLAST • Character Ed • Prevention Specialist • Project Bridge • Reality Ave**  
**WORKSHOPS**

**HIV/AIDS**

**Health & Wellness**

**Violence**

**CHAMPS**

**Substance Abuse**

# Agenda

1. What is dating violence and abuse?
2. What are the warning signs of dating violence and abusive behavior (unhealthy relationships)?
3. What are the characteristics of healthy relationships?
4. What can we do to prevent and stop dating violence (including SBBC Policy and community resources)?

**What are YOUR Expectations?**

# First, Let's Do An Activity.

## *How Do I Want To Be Treated By A Dating Partner?*

Respected

Nurtured

Trusted

Supported

Taken care of

Treated equally

Encouraged

Protected

Treated as an inferior

Impressed

Amused/made to laugh

Treated like a king/queen

Controlled

Romanced

Excited

Loved

Provided for

Committed to

Treated honestly

Abused

Cared for

Needed

Challenged

Cheated on

## **What role does RESPECT play in any relationships?**

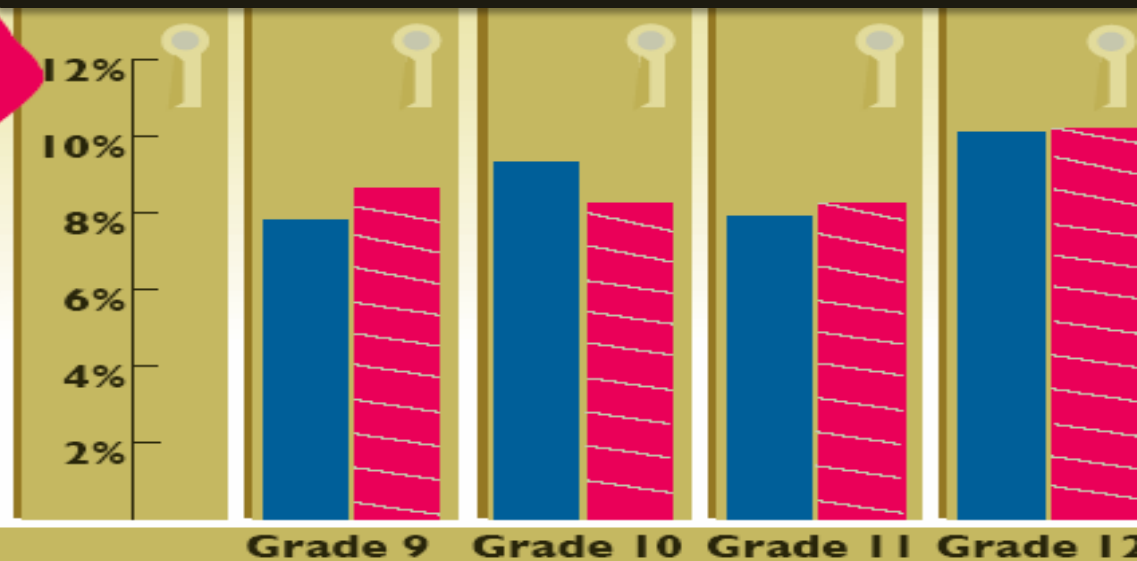
**Should it change if it is a dating relationship versus a friend relationship?**

# Dating Violence Rates

## High School Dating Violence in the U.S.A.

Approximately 10% of students nationwide report being hurt (physical violence only) by a boyfriend or girlfriend in the past 12 months.

1 in 4 adolescents reports verbal, physical, emotional, or sexual violence each year



Percentage of students who report having been hit, slapped, or physically hurt by a boyfriend or girlfriend in the past year.

Boys Girls

**68% of young women raped knew their rapist either as a boyfriend, friend or casual acquaintance.**

# What's Your Dating Violence IQ?

## Do you: Agree? Disagree? Unsure?

- Relationship abuse is caused by drugs or alcohol.
- Sometimes a person's response to anger is uncontrollable.
- Conflict occurs in all relationships.
- Abusive behavior is a learned behavior.
- It is okay to hit a women as long as it is out of love.
- Men and women should be treated as equals.
- Relationships that are only verbally abusive almost never turn violent.
- Being an abuser is a choice; being a victim is also a choice.
- There is no excuse for abusing another person.
- Boys that are abused by girls are sissies.
- If there is abuse in the home, the boy children will grow up to be abusers.
- If a boy bullies other boys, it doesn't mean he's likely to bully girls.
- Most abuse does not escalate as time goes on.
- Victims in abusive relationships usually stay because they like it.
- The most dangerous time for victims is when they leave the relationship.
- Emotional and physical abuse are equally serious.
- Any forced sexual activity is sexual assault, even kissing.
- Both females and males abuse other people.

# What is Dating Violence or Abuse?

***A pattern of abusive or coercive behavior that is used by one person to gain power and control over another.***

Dating violence can be with a current or former dating partner, the same or different sex and can be (face to face or via technology):

- Verbal
- Physical
- Sexual
- Psychological/emotional/mental



***SBBC Policy States:*** a pattern of emotional, verbal, sexual, or physical abuse or threat of abuse used by one student in a current or past dating relationship to exert power and control over another student. Abuse may include insults, coercion, social sabotage, sexual harassment, stalking, threats and/or acts of physical or sexual abuse. The abusive partner uses this pattern of violent and/or coercive behavior to gain power and maintain control over the dating partner. This may also include abuse, harassment, and stalking via electronic devices such as cell phones and computers, and harassment through a third party, and may be physical, mental, or both.

# Technology and Dating Violence

## When Communication Becomes Cyber Stalking

*It's all about the imbalance of power used to control and hurt another*

**Have you ever.....?**

Cell Phone	listened to my partner's voicemail messages <i>without his/her knowledge</i>
	checked the call log on my partner's cell phone <i>without his/her knowledge</i>
Email	checked my partner's email <i>without his/her knowledge</i>
	deleted, replied to, and/or sent emails from my partner's account <i>without his/her knowledge</i>
Social Network	looked at the profiles of people who leave comments on my partner's MySpace/ Facebook account <i>without their knowledge</i>
	created a fake MySpace, Facebook, instant messenger account, etc. in order to check on my partner

### **Know YOUR Limits:**

I don't want to be called more than \_\_\_\_\_ times a day.

Don't text me more than \_\_\_\_\_ times a day.

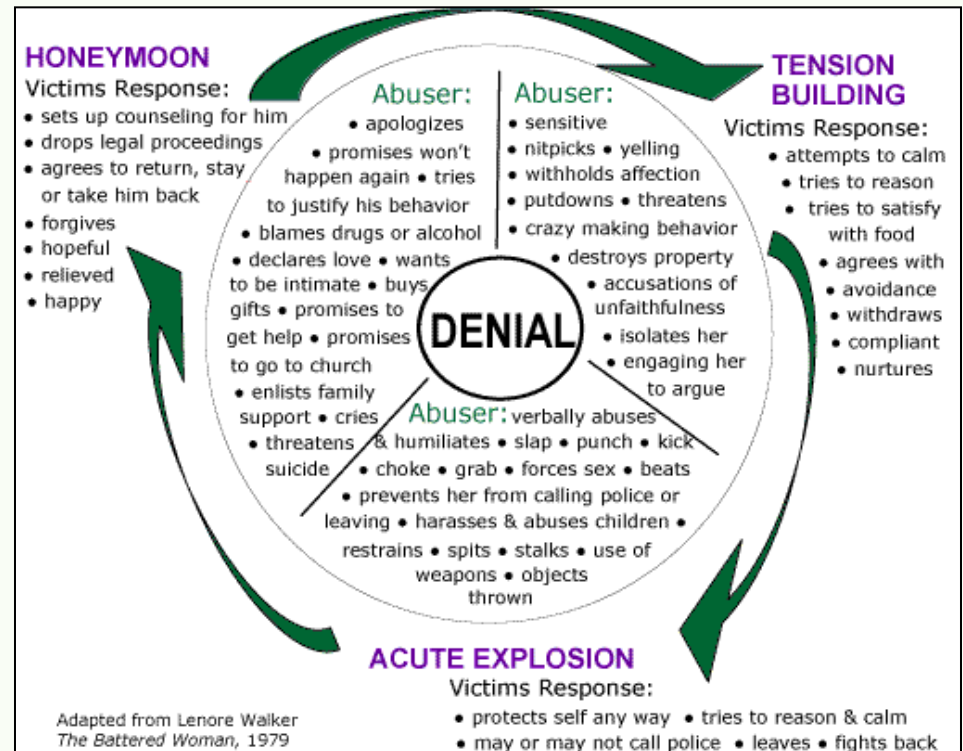
If I'm spending time with my friends and you show up where I am....

# What Is The Goal of Dating Abuse?

## Dating abuse/violence...

- Is used to **manipulate**
- Is used to **gain control**
- Is used to **gain power over** someone
- Makes a person **feel bad** about himself or herself or other people who are close to this person (family and friends)
- Makes a person **afraid** of her or his boyfriend or girlfriend

## What Is The Cycle of Dating Abuse?



Adapted from Lenore Walker  
*The Battered Woman*, 1979

# What Dating Violence is NOT

- An argument once in a while
- Only committed by men
- Caused by the use of drugs/alcohol
- Caused by something the abused did
- Anger or rage that gets out of control
- A sign of how much they love you
- Only committed by bums or bad people
- Not that serious, just goofing around
- Must be wanted or not that bad since the victim stays
- Something a person was born like or "just how they are"
- Going to stop just because they know it is wrong



# The Causes of Dating Violence/Abuse

*It's a learned behavior.*

## **Parents:**

- What's their view on "big" issues?
- If there is trauma/violence at home, we are:
  - 6X as likely to commit suicide
  - 26X as likely to commit sexual assault
  - 57X as likely to abuse drugs
  - 74X as likely to commit other crimes against persons



## **Peers:**

- Who do you admire and respect? What are their opinions regarding dating abuse/violence?
- How much emphasis is placed on having a boy or girlfriend?

## **School factors that contribute:**

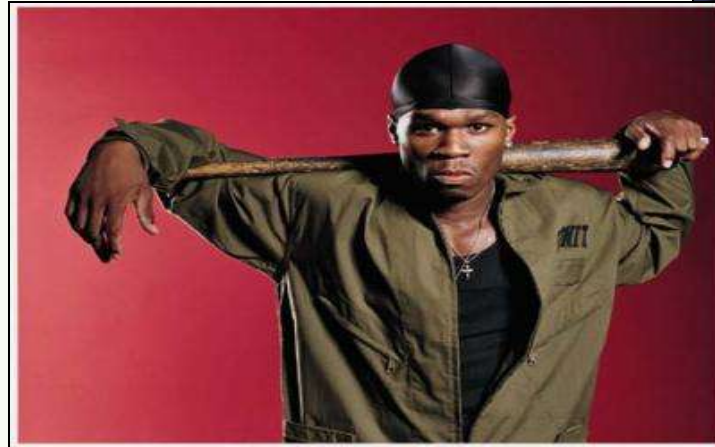
- People don't talk about it
- Teachers don't recognize it or do anything
- People don't know what to do
- People don't know the warning signs or what is healthy
- People don't realize how dangerous abusive relationships are

# Gender Stereotyping That Leads to Abuse

## Distorted Concepts of Manhood & Violence

- What gender stereotypes are we taught early on? How are woman and men supposed to act?
  - “you run like a girl”
  - “boys will be boys”
  - “REAL men...”
- What happens if you act outside the perceived stereotypes/labels?
- How does Media distort our view of violence and what is “normal”?
  - Does “NO” mean “no”?
  - Are women a sign of status? Are they owned?

***What is this singer trying to convince you about himself?***



**What is the danger of having unfair/unrealistic expectations of your dating partner and yourself?**

# Damage Caused by Dating Violence

## To the Abused

### SHORT TERM

- Injuries
- Depression
- Fear
- Low self esteem
- Blame
- Suicidal thoughts/attempts
- Isolation
- Ideal climate for the progression of addictions (drugs, alcohol, eating disorders, cutting)
- Harmful sexual activity
- Poor educational outcomes (grades, attendance)



### LONG TERM

- Interferes with development tasks of adolescence
- Distorts perceptions of what is "normal" for future relationships
- Death – 30% of female murder victims have been killed by their intimate partners

# Damage Caused by Dating Violence

## To the Aggressor



### SHORT TERM

- Loneliness
- Physical health problems
- Depression turned into anger
- Drop in grades and attendance
- May become disruptive in class, fighting, suspension
- Alienation from friends and family, loss of friends' respect

### LONG TERM

- Expulsion from school
- Loss of job
- Juvenile or criminal record/confinement
- Distort perceptions of what is "normal" and sets the stage for future relationship and child abuse
- Death by suicide or homicide

***Teen dating violence must be stopped before it begins***

# Are You in an Abusive Relationship?

## Take this relationship quiz!

### Do you...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if you change yourself?
- Try not to do anything that causes conflict or makes your partner unhappy?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants, instead of what *you* want?
- Stay with your partner because you're afraid to break up?

### Does he/she....

- Embarrasses or makes fun of you in front of your friends and family?
- Treats you roughly-- grabs, pushes, pinches, shoves, or hits you?
- Calls or shows up to make sure you are where you said you'd be?
- Blames you for how they feel or act?
- Pressures you sexually for things you aren't ready for?
- Prevents you from spending time with friends or family?
- Has a history of fighting, losing temper, brags about mistreating others?
- Gets too serious about the relationship too fast?
- Abuses alcohol or other drugs and pressures you to take them?

**If you said "yes" to any of these, consider talking to someone.**

# Know The Warning Signs

Only 51% of tweens know the warning signs of a bad dating relationship

<b>Red Flags to recognize Victim</b>	<b>Red Flags to recognize Aggressor</b>
<ul style="list-style-type: none"><li>• Physical signs of being hurt</li><li>• Fear of the dating partner</li><li>• Free time dominated - increasingly isolated from family and friends</li><li>• Changing behavior because of a partner's jealousy</li><li>• Feeling embarrassed, put down, ashamed or guilty</li><li>• Being threatened</li><li>• Frequent texts/calls</li><li>• Change in personality</li><li>• Retreat from school or activities, drop in grades</li><li>• Frequently cancels plans at the last minute</li><li>• Make excuses/apologizes for the girl/boyfriend's behavior</li></ul>	<ul style="list-style-type: none"><li>• Intimidating, verbally or physically threatening, assaulting</li><li>• Dominating free time, angry if partner spends time with others - isolates</li><li>• Controlling, frequent calls/texts to monitor</li><li>• Blames him/her for their problems</li><li>• Asks dating partner to change behavior because jealous/possessive</li><li>• Using "guilt trips" to get dating partner to do something</li><li>• Uses put downs</li><li>• Perpetrators of domestic violence were often identified as bullies in school at younger age</li><li>• Abuses alcohol, other drugs</li></ul>

# What Can We Do To **Prevent & Intervene** with Dating Violence?

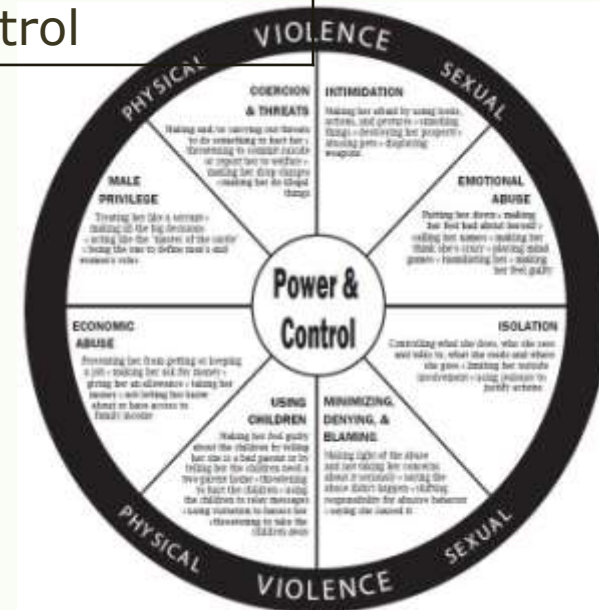
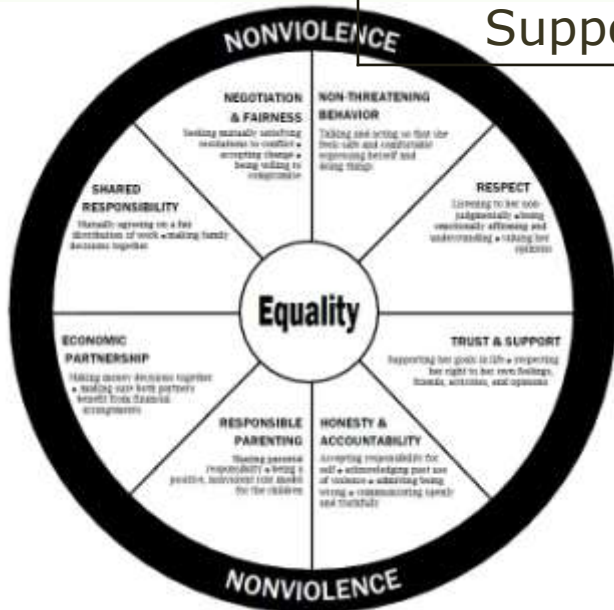


Think about relationship abuse as a major social problem that touches the lives of women, men and children of all social, economic and racial backgrounds. Focus on the ways in which you, as an empowered bystander, can get involved in bringing an end to this public health crisis. - LOVE IS NOT ABUSE, Liz Claiborne Inc

# Know the Characteristics of **Healthy Relationships**

**Base your relationships on equality/respect, not power/control.**

Healthy	Unhealthy
Partnership	Domination
Economic equality	Economic control
Emotional honesty	Emotional manipulation
Sexual respect	Sexual abuse
Physical safety	Physical abuse
Respect	Intimidation
Support, trust	Control



# Prevent Dating Abuse by Knowing Your Rights and Responsibilities

## The Dating Bill of Rights

### **As a boyfriend or girlfriend, I have the right:**

- To ask for or refuse a date.
- To be treated with respect always.
- To choose and keep my friends.
- To tell my partner when I need affection or to refuse affection.
- To change my mind - at any time.
- To leave a relationship.
- To be treated as an equal.
- To refuse sex at any time for any reason.

- As a boyfriend or girlfriend, I have the responsibility:**
- To determine my limits and values.
  - To communicate clearly and honestly.
  - To ask for help when I need it.
  - To not humiliate or demean my boyfriend or girlfriend.
  - To refuse to be abused physically, emotionally or sexually.
  - To take care of myself.
  - To respect myself and my boyfriend or girlfriend.
  - To allow my boyfriend or girlfriend to maintain their individuality.
  - To be honest with each other.

# Removing the Barriers to Getting Help

Knowing why we stay in an abusive relationship can help to guide the interventions/solutions.

- Love
- Fear of being alone
- Low self-esteem
- False hopes that things will get better
- Peer pressure to leave or stay
- Shame/Guilt that it may be our fault
- Fear of retaliation or harm if we leave
- Confusion over what is abuse, love or “normal” in a relationship
- Belief that we can change our partner
- Believing false gender stereotypes that we “have” to act that way
- Feeling more and more isolated from those who can help
- Fear that people will not understand, judge, blame, or not believe
- Loss of independence or punishment if we tell parents
- Fear of being “outed” in a same-sex relationship
- Lack of information/resources to getting help



# If You Are in a Violent Relationship

- Know you cannot change your batterer
- Try not to be alone with the abuser
- Don't drink or use drugs
- Take care of yourself
- Make a plan to end the relationship safely
- Realize in time the violence will only get worse
- Talk to a trusted adult so they can take the steps to protect you
- Don't rely on your own willpower to get out of the situation
- Make a "code word" for family/friends/teachers to call for help
- Ask parents or family to screen calls and visitors
- Take different routes/times if you think you will be followed
- If you want to break up, do it over the phone rather than in person
- Take all threats of harm seriously and notify an adult!



**No one deserves to be abused or threatened.**

**You don't have to suffer in silence or be trapped.**

**There are people and places who want to help!**

# If It Is Over – Is It Over??

## Some recommendations to stay safe & restore peace of mind:

- Talk with your friends about what you are going through so they can support you and look out for you
- If you can, tell your parents what's going on, especially if your ex might come by your home
- Talk to your school counselor, they can alert security, adjust your class schedule or come up with other ways to make you feel safe
- Avoid isolated areas at school and local hangouts, and don't walk home alone
- Stick with a buddy at parties you think your ex might attend
- Call your local domestic violence hotline or go to resource websites for other ways to stay safe

**How do you increase behaviors – by rewarding them every time, or periodically? How might that apply to dating abuse?**

# Helping Friends Who Are Abused

40% of girls ages 14-17 know someone their age who has been hit or beaten by a boyfriend, but only 54% know what to do if a friend asked for help.

<b>Do</b>	<b>Don't</b>
Listen to what she has to say, support	Be judgmental
Tell your friend they are not to blame	Make her feel ashamed
Believe your friend	
Talk to her in private, and keep what she says confidential	Put yourself in a dangerous situation with the abuser
Let her know why you are concerned. Be specific. Refer to certain incidents	Ignore signs of abuse.
Show you care by telling her you are there whenever she wants to talk	Give ultimatums , "Leave him or I'm telling!"
Point out your friend's strengths.	
Encourage your friend to confide in a trusted adult (go with)	Talk once and think it's over, instead look for/offer resources
Tell an adult (school principal, parent, counselor, or SRO) if you suspect or witness abuse	

# Helping A Friend Who Abuses Others

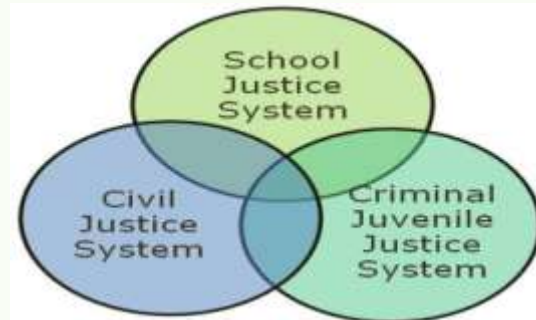
Do	Don't
Be specific about what you saw, and how it made you feel.	Make him feel ashamed of himself.
Take a stand. "I'm not going to sit here as your friend and watch this happen and not say anything about it."	
Give him a reality check. His violent actions will have consequences. "This is a crime, and you could be arrested."	Minimize or buy into excuses – "Hitting your girlfriend or boyfriend is a crime, just like robbery or rape – it's against the law."
Urge him to seek help.	
Offer to get information for your friend.	

**What long and short term consequences can a friend who abuses others anticipate?**

# Broward Schools' Dating Violence Policy

The School Board of Broward County is committed to protecting its students from dating violence and/or abuse by students. SBBC believes that all students are entitled to a safe, equitable, and harassment-free school experience. Consistent with the intent and requirements of Section 1006.148, Florida Statutes, SBBC upholds that dating violence and/or abuse will not be tolerated and shall be grounds for disciplinary action.

- **Who can you tell?** Any adult at your school – and keep telling!
- **When should you tell?** Early intervention is key to safety and violence escalation prevention.
- **How can you make an anonymous report?** In writing, orally, anonymously with Anonymous Reporting Box, or to SUI via online, phone to Silence Hurts Hotline, or text: text 'SBBC' [space], plus the text message to CRIMES (274637)
- **What OTHER actions can be taken?**



# Community Resources & Hotlines

## **At School:**

- Guidance, SSWs, Office of Prevention, Prevention/Child Abuse Designees, SRO (School Resource Officer)
- School Investigative Unit (SIU) 754.321.0911

## **Local:**

- Women in Distress: confidential shelter, counseling and support groups, 24-hour crisis line: 954-761-1133
- 211=First Call for Help

## **National:**

- The National Center for Victims of Crime Helpline 1-800-FYI-CALL (1-800-394-2255)
- National Youth Crisis Hotline 1-800-442-HOPE (4673)
- National Teen Dating Abuse Hotline 1-866-331-9474
- National Domestic Violence Hotline 1-800-799-SAFE (7233)
- Loveisrespect.org, reach a peer advocate at 1-866-331-9474

**If you are in danger, call 911 immediately.**

# Online Resources

**Become an advocate for safe and respectful dating relationships!**

- [vetoviolence.org](http://vetoviolence.org)
- [Chooserespect.org](http://Chooserespect.org)
- [loveisrespect.org](http://loveisrespect.org)
- [loveisnotabuse.com](http://loveisnotabuse.com)
- [Seeitstopit.org](http://Seeitstopit.org)
- [uhavetheright.net](http://uhavetheright.net)
- [knowtheredflags.com](http://knowtheredflags.com)
- [Break the Cycle; breakthecycle.org](http://Break the Cycle; breakthecycle.org)
- [menovercomingviolence.org](http://menovercomingviolence.org)
- [BrowardPrevention.org](http://BrowardPrevention.org)
- [National Sexual Violence Resource Center, nsvrc.org](http://National Sexual Violence Resource Center, nsvrc.org)
- [National Youth Violence Prevention Resource Center, safeyouth.org](http://National Youth Violence Prevention Resource Center, safeyouth.org)



# QUESTIONS?

**For Further Information, Please Contact:**

**Office of Prevention Programs**

**[www.BrowardPrevention.org](http://www.BrowardPrevention.org)**

**(754) 321-2568**



# Resources/References

U.S. Department of Education, Office of Safe and Drug-Free Schools, Assistant Deputy Secretary

[Kevin.Jennings@ed.gov](mailto:Kevin.Jennings@ed.gov)

U.S. Department of Justice

Office on Violence Against Women

Centers for Disease Control and Prevention

Division of Violence Prevention, National Center for Injury Prevention and Control

[DatingMatters@cdc.gov](mailto:DatingMatters@cdc.gov)

[www.samhsa.gov](http://www.samhsa.gov)

[www.theantidrug.com](http://www.theantidrug.com)

Liz Claiborne Inc. - [loveisrespect.org](http://loveisrespect.org)

[chooserespect.org](http://chooserespect.org)

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

[Seeitandstopit.org](http://Seeitandstopit.org)

[www.dosomething.org](http://www.dosomething.org)

[That's not Cool.com](http://That's not Cool.com)



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