

Choose Respect – Healthy Relationships

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www.menendingviolence.com
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Today's Activities

Welcome

Ground Rules



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Choose Respect Initiative

Purpose of the Initiative

Target Audience:

- Youth ages 11 and older
- Parents and other caring adults who influence the lives of youth

Helps youth:

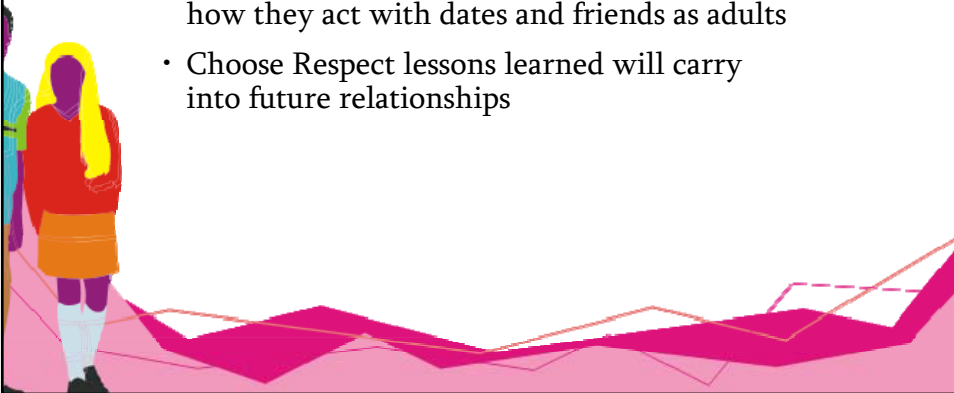
- Develop and maintain healthy relationships
- Recognize and avoid abusive relationships
- Know where to go for help



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Why Youth Ages 11 and Older?

- Many youth look forward to dating at this age
- Youth have important relationships with their friends
- Relationships with their friends determine how they act with dates and friends as adults
- Choose Respect lessons learned will carry into future relationships



Dating Abuse Fact Sheet

The Facts

Young people and adults often don't know how regularly dating abuse occurs.

- One in 10 young people reports being a victim of physical dating abuse.
- One in four young people reports verbal, physical, emotional, or sexual abuse each year.
- One in five young people reports being a victim of emotional abuse.
- One in five high school girls has been physically or sexually abused by a dating partner.
- Seventy-two percent of eighth and ninth graders reportedly "date." By the time they are in high school, 54% of students report dating abuse among their peers.



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Causing Pain: Real Stories of Dating Abuse and Violence Video



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What Did You Think?



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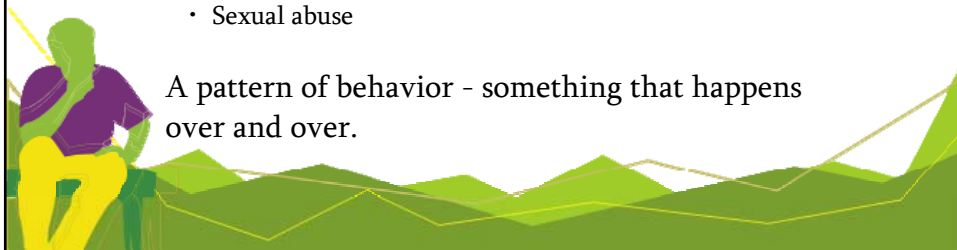
Dating Abuse

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.



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Unhealthy Relationship Behavior

- Insulting dating partner in public or private
- Controlling how a dating partner dresses or acts, who he/she spends time with, and constantly checks in
- Showing aggression, bullying, or having trouble controlling anger
- Threatening to hurt self or others
- Shouting, pushing, physical abuse
- Extremely jealous
- Isolating partner from friends and family



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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
- Constant calls and texts from a girlfriend/boyfriend
- Don't hang out with their friends as much as they used to
- Looked sad and lonely or depressed
- Drop in grades
- Lost interest in social activities
- Made excuses for their dating partner's behavior



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Good News!

- Adults can do something about dating abuse.
- Dating abuse and unhealthy relationships can be prevented.
- Adults can prevent dating abuse by:
 - Talking to youth about healthy, respectful relationships
 - Helping youth develop skills like problem-solving, fighting fair, and how to compromise



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How to Talk to Youth about Healthy Relationships

- Find the correct time and place.
- Listen to what youth have to say.
- Use “teachable moments” to start conversations.
- Pay attention!
- Be honest.
- Keep the conversation going.



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Remember:

- Be an example to youth by promoting healthy relationships.
- Talk with youth about positive ways to solve conflicts.
- Build their self-esteem by being supportive and spending time with them.
- Emphasize that abuse isn't about love.
- Keep the lines of communication open regardless of the subject.



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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



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Ways You Can Lead By Example

- No road rage
- No yelling at youth
- No cursing
- No manipulation
- No talking behind someone's back
- Saying please and thank you
- Being courteous



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RESPECT. GIVE IT. GET IT.

ChooseRespect.org

Loveisnotabuse.com

LoveisRespect.org

