



VIOLENCE AND ABUSE

“Choose Respect”

LESSON ESSENTIAL QUESTION:

**How do we recognize or know
dating violence and abuse
when we see it?**



HOW WOULD YOU DEFINE DATING ABUSE?

Dating abuse  Relationship abuse

Definition

Dating (or relationship) abuse is the act or threat of violence---either verbal, physical, sexual, or emotional--by one partner in a dating relationship toward the other partner.



NOT LIMITED TO PUNCHING OR HITTING!

- **Domineering or controlling behaviors**
- **Unwanted sexual advances**
- **Yelling or screaming**
- **Threats**
- **Malicious or hurtful rumors**
- **Insults**



All of This Counts as Abuse



HAVE YOU SEEN OR HEARD ABOUT ABUSE?

How common is dating abuse?

One out of four 8th and 9th graders reported having experienced some sort of dating violence

One in four female students in grades 9 through 12 reported being physically or sexually abused by someone they've dated

Teen violence frequently occurs in schools with 40% to 50% occurring in front of other teens

Source: CDC/Choose Respect



○ Click on the link below

○ <https://www.youtube.com/watch?v=IjDpQfSPB4A>





HOW DOES ABUSE START?

- Controlling behaviors. For example, choosing clothing or activities
- They want more and more attention from you
- *Pressure* you to spend less time with your friends or your family
- Break up and then get back together over and over again
- Shouting or pushing



HOW DOES ABUSE PROGRESS

Disrespecting a partner

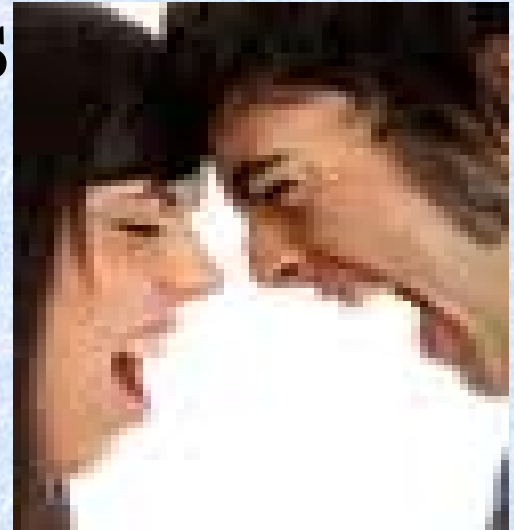
Put-downs in front of others

Controlling time with friends and family

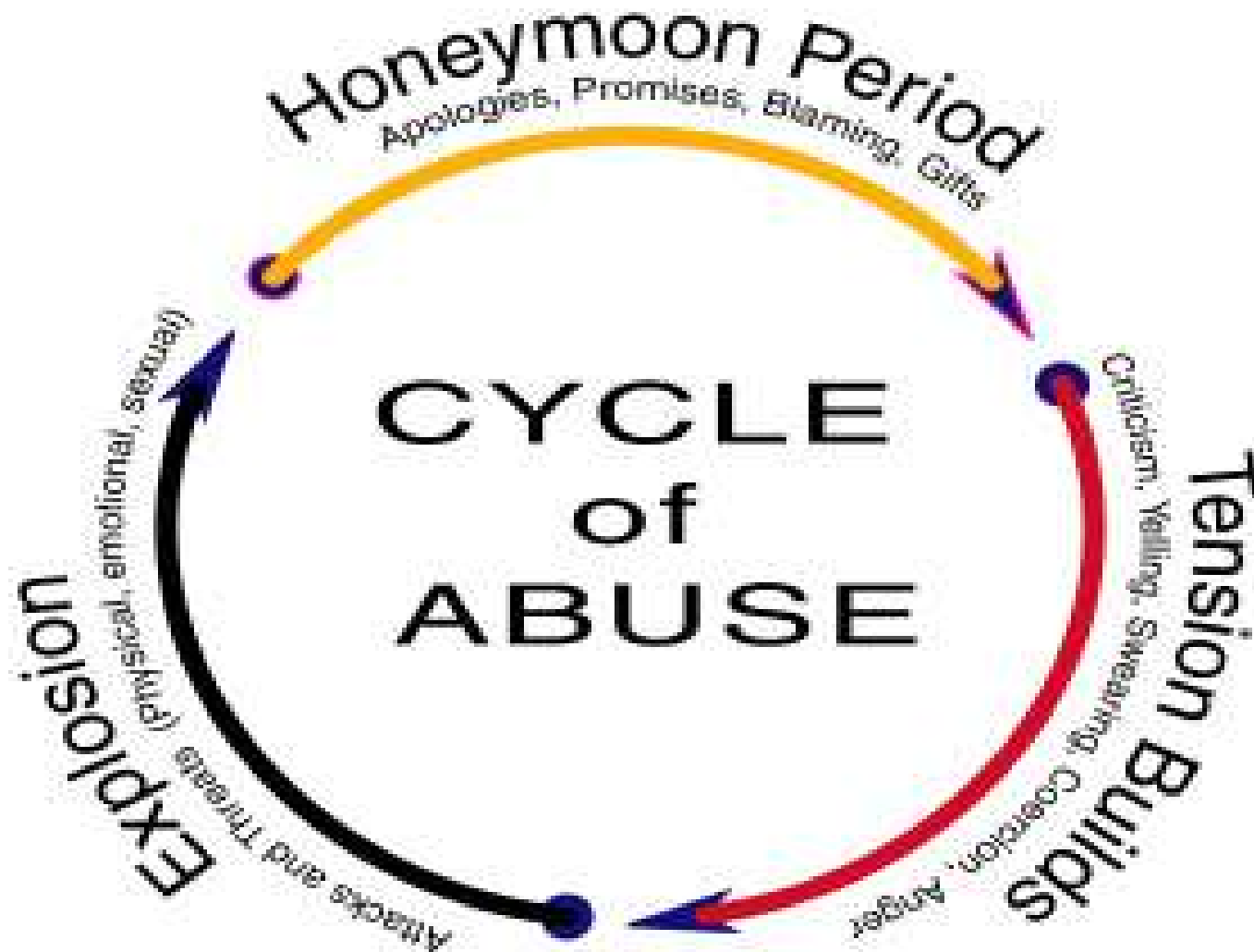
Making threats either directly or indirectly

Encouraged not to study or make good grades

Try to keep the partner from the life he or she had before the relationship began



CYCLE OF ABUSE





"If you are mentally abused, then that can shoot you down just as much as a fist could"



THE ABUSERS: HOW DID THEY ACT IN THE VIDEO?

Abuser!!



Behaviors?

Why did they act that way?

Were the abuser's actions justified?

Abuse is never justified

The abuser always has the option stop the action....to choose respect

WHAT DOES THE ABUSER GAIN BY THE ABUSE? WHAT'S IN IT FOR HIM/HER?

Feelings of power and control

**Then what? Do the powerful feelings
last?**

**How do the abusers sometimes feel
after the abuse?**





WARNING SIGNS

HOW TO RECOGNIZE ABUSE



Extreme jealousy

**Constant put-downs, talking down to
or disrespecting them**

**Feeling humiliated or embarrassed
by their partner**

Telling the other person what to do

**Isolation from their friends and
family**

**Constantly texting, phoning or
demanding to know where they are
at all times and at all hours**



OTHER SIGNS OF ABUSE.....



**Loss of interest in social activities that
they used to enjoy**

**Making excuses for the behavior of the
dating partner**

Changes in eating or sleeping habits

Seeming depressed or lonely

Suspicious bruises or injuries



IF YOU SAID **“YES”** TO ANY ONE
OF THESE.....



You or someone you know might
be in an abusive relationship!



WHAT CAN BE DONE TO PREVENT OR STOP THE ABUSE?



Be prepared for what you might have to do.....have a plan.....

- Break off the relationship**
- Tell someone about it--Don't go through it alone**
- Leave the situation immediately if something abusive happens**
- Don't hesitate to act**



WHAT ELSE CAN BE DONE TO PREVENT OR STOP ABUSE?

Set rules about acceptable behavior and stick with it

Talk to parents, friend, or other adult if something happens

Tell a counselor at school

Tell a pastor, priest, rabbi, or other trusted person

Don't accept abuse or disrespectful behavior from a friend or a partner

Talk with a partner about what is expected from the relationship!!



WHAT IS EXPECTED? WHAT MAKES A HEALTHY RELATIONSHIP?

Communication (how you send and receive messages)

Respect and consideration for each other

Thoughtfulness

Honesty with your actions and feelings

Dependability (trustworthy, reliable)

Willingness to work together to help the relationship grow stronger

Ability to disagree

Source: Glencoe Health



WHAT IF YOU SEE ABUSE?

“Teen violence frequently occurs in schools with 40% to 50% occurring in front of other teens”

If it is safe.....

Pull a friend away from the abuse and out of immediate danger

Walking up to the confrontation will sometimes stop the action

Talk to the abuser or help calm down the situation

Get help or talk to a trusted person

Just do Something!!



**IF YOU THINK YOU ARE A VICTIM OF
RELATIONSHIP VIOLENCE..... DO NOT
BLAME YOURSELF SEEK HELP.**

○ National Teen Dating Abuse Helpline

○ 1-866-331-9474 or www.ndvh.org

○ Florida Domestic Violence Hotline

○ 1-800-500-1119

○ National Domestic Violence Hotline

○ 1-800-799-SAFE

○ Peace River Center

○ 863-413-2700

○ National Youth Crisis Line

○ 1-800-233-4357



CHOOSE

RESPECT

Respect. Give it. Get it.

www.chooserespect.org

