

TEEN DATING VIOLENCE

AWARENESS
AND
PREVENTION



**ORGANIZING A
TEEN DATING
VIOLENCE
AWARENESS
WEEK**

DATING IS FUN ... ABUSE IS NOT

Presented by:

 **Prevent Child Abuse** Utah



Teen Dating Violence Awareness

Dear Student Body Officers,

We are excited for you to begin your Teen Dating Violence Awareness Week.

As teens, you are gaining independence and many may be dating, or will soon start. It is important to understand how to have a healthy, positive relationship, and also to recognize warning and danger signs in an unhealthy relationship. Learning what behaviors are appropriate will help you avoid unhealthy and even violent relationships.

This toolkit helps **students educate students** about teen dating violence. It contains information necessary for you to sponsor a Teen Dating Violence Awareness Week.

You will find:

- A “how to” for organizing your Teen Dating Violence Awareness Week
- Educational information on teen dating violence
- Tips and ideas for making your project a success →
- Possible activities that could be carried out during that week
- Handouts such as: brochures, hotline cards and posters
- Questionnaires that you may copy and distribute to students
- A resource list for more information

Nationally, Teen Dating Violence Awareness Week is held the first week of February, but you can hold this week whenever it is convenient for your school.

We hope you find this toolkit helpful in your efforts to educate, inform and assist students, as well as eliminate teen dating violence. Please feel free to call us if you have any questions or need any help in conducting a successful Teen Dating Violence Awareness Week!

Sincerely,
Prevent Child Abuse Utah
2955 Harrison Blvd Ste. 104
Ogden, Utah 84403
801-393-3366



In this toolkit, you will see notes in the margins, giving you more information or ideas about certain topics.



Teen Dating Violence Awareness

ORGANIZING A TEEN DATING VIOLENCE AWARENESS WEEK

1. Organize a Teen Dating Violence Committee (Student body officers, peer leaders, class officers, or anyone wanting to be involved)
2. Select a Staff Resource Person (student body officer advisor, school counselor, peer leader advisor)
3. Determine your school's goals for the campaign. Examples:
 - Educate school about warning signs of teen dating violence
 - Put the Dating Violence Hotline number in the hands of every student
 - Educate about the difference in a healthy and unhealthy relationship
4. Set your dates
 - National Teen Dating Violence Awareness Week is the first week of February, but choose the week that works best for your school.
5. Plan activities for the week →
 - Decide what type of activities you want to use
 - Create timeline for Teen Dating Violence Awareness Week
 - Identify activities that may need administrative approval or sponsorship
 - Set specific dates for contests
6. Talk to faculty about your Teen Dating Violence Awareness Week ideas and get approval
7. Decide what supplies you may need to carry out activities including: →
 - Brochures/handouts
 - Awards and prizes
 - Cards with hotline number for each student
 - Questionnaire
8. Contact community organizations that can help present information
 - Prevent Child Abuse Utah (801-393-3366)
 - Other organizations in your area
9. Complete last minute preparations →
 - Notify students and teachers of the week as it approaches
 - Organize publicity through school paper, website and announcements
 - Give out early information you may be using to start the week

Many activity ideas are included in the "IDEAS" area of the toolkit. Add your own ideas, too.

With this toolkit, you received brochures and resource cards for students, questionnaires and posters to use during your activities.

You may want to hand out a questionnaire before the week starts and show answers during the week's activities. Two questionnaires are included in this toolkit and they may be copied.



Teen Dating Violence Awareness

SAMPLE TEEN DATING VIOLENCE AWARENESS WEEK ACTIVITIES

Monday

- **Morning announcement:** Introduce the week's goals, contests and activities
- Teen Dating Violence Awareness Week assembly →
- Poster Contest**
- Lunch activity: Dating Pledge/ Flyers**
- Karaoke activity **

Tuesday

- **Morning announcement:** Statistic and activity of the day →
- Watch video from WWW.THATSNOTCOOL.ORG
- Lunch activity: Don't Keep it Bottled Up**
- Teen Dating Violence Questionnaire - Participants are entered into a raffle.**

Wednesday

- **Morning announcement:** Statistic and activity of the day
- Remind student body to wear purple to be entered to win prizes**
- Jar of candy activity**
- Film Festival**

Thursday

- **Morning announcement:** Statistic and activity of the day
- Lunch activity: Tug-of-War**
- Raffle
- Prizes for people participating, wearing purple

Friday

- **Morning announcement:** Statistic and activity of the day
- Awards assembly
- Video of events
- Announce winners of all contests
- Glow in the Dark, Stomp Out Dating Violence**

Prevent Child Abuse Utah can present a free assembly on teen dating violence. Call us at 801-393-3366 to schedule your free school program.

See the "Statistics" section of the toolkit for information that could be shared each day in schoolwide announcements.

** See more about these activities in the "IDEAS" section.





Teen Dating Violence Awareness

TEEN DATING VIOLENCE

The following information can be presented in a school-wide assembly → or to individual classes. It educates students on the warning signs and dangers of teen dating violence, and how to get help if someone is at risk.

DEFINITION

Any behavior in a romantic relationship that is intended to establish an unequal balance of power and control.

HEALTHY VS. UNHEALTHY RELATIONSHIPS

| | |
|--------------------|-------------------|
| Good Communication | Jealous |
| Comforting | Possessive |
| Respectful | Humiliating |
| Independent | Fearful |
| Understanding | Controlling |
| Honest | Demanding |
| Positive | Overly passionate |
| Patient | Shameful |
| Supportive | Selfish |
| Equal | Negative |

STATISTICS →

- 1.5 million teens in the U.S. are effected by teen dating violence
- 1 in 5 teens have been in a violent dating situation
- 1 in 2 teens have compromised personal beliefs to please the person they are dating
- 72% of teens have been checked up on by a boyfriend or girlfriend 10 times per hour by email or social networking sites
- 25% of teens have been called names by the person they are dating through text messages

*2009 statistics. For current and more statistics use the Resource Section in this toolkit.

Prevent Child Abuse Utah has created an interactive presentation on teen dating violence, complete with videos and stories. To schedule a free presentation at your school, call us at 801-393-3366.

Statistics can be given during school announcements or used in flyers and handouts distributed throughout the week.

You could give students one of the toolkit questionnaires and use the results to create your school's own statistics.



Teen Dating Violence Awareness

TEEN DATING VIOLENCE

TECHNOLOGY →

- 1 in 3 teens say their partners text them up to 30 times an hour asking where they are, what they're doing, or who they're with
- 1 in 4 teens in a relationship say they have been called names, harassed or put down by their partner through cell phones and texting
- 72% of teens have been checked up on by a boyfriend or girlfriend 10 times per hour by email, instant message or social networking sites

It is important to be aware of how someone could be using technology to have power and control over another person.

WARNING SIGNS OF AN UNHEALTHY RELATIONSHIP

- They want you to be available at all times.
- He treats you like property rather than a person he values.
- She lashes out or blames you for her bad day.
- She tells you she can't live without you.
- His threats and anger are followed by vows of love and pleas for forgiveness.
- He breaks things to intimidate you.
- He acts jealous and says jealous things.
- She makes you afraid to express your thoughts or feelings.
- He pressures you into doing things you don't want to do by saying, "If you really loved me you would..."
- Your weight, appearance or grades have changed dramatically since you started seeing this person.
- She constantly threatens to break up with you.
- He has hit, pushed, choked, restrained, kicked or physically hurt you.
- When she gets angry she calls you names, kicks, hits and pushes you.
- She blames you for her problems.



Teen Dating Violence Awareness

TEEN DATING VIOLENCE

RECOGNIZE →

- Strange or extreme behaviors
- Depression
- Insensitive or unusual numbers of phone calls and text messages
- Feelings of isolation or being trapped in a relationship
- A lot of attention does not equal love

RESIST →

- Don't respond to offensive or persistent calls or text messages
- Do voice concerns of an unhealthy relationship
- Avoid isolation from supportive friends and family
- Create a safety plan—
 - a safe place to go
 - keep phone numbers close by
 - create an emergency signal in case you need help

REPORT →

- If you or someone you know is in an abusive relationship - **SPEAK UP!**
- Talk to an adult you trust or call the Utah Domestic Violence Hotline
1-800-897-LINK

REMEMBER

- You are not alone →
- You have the right to be treated with respect
- You have the right to break up, fall out of love, or leave a relationship

If appropriate, have students share examples of unhealthy relationships that they have had or witnessed. Stories could be shared from the anonymous box. (See "Ideas")

Have students discuss barriers they may face if they voice concerns about a friend's relationship.

Pass out the resource cards and brochures to students.

Remind students that 1.5 million teens across the nation have been in a violent relationship.





Teen Dating Violence Awareness

ACTIVITY IDEAS: TEEN DATING VIOLENCE AWARENESS WEEK

How to Lose a Date: Play the dating game by having students at a table with buzzers. Ask questions related to the do's and don'ts in dating and social life.

Texting Competition: Give 30 seconds for students to text the phrase "stop dating violence" and send it to judges.

Anonymous Box: Have a box posted where people can write their own dating violence experiences. Share stories with the school and encourage others to contact helpful resources.

Film or Commercial Fest: Have groups enter short videos relating to Teen Dating Violence Awareness. Videos could be viewed during lunch hour or as an after school activity, followed by a discussion.

Sticky Situation: Have teams tape a person to a wall. The person needs to be at least five inches from the floor; they can't be standing on the floor. The team whose person stays up on the wall the longest wins.

Door Decorating Contest: Conduct a "Healthy Relationships" door decorating contest. To encourage student body awareness/participation, the student body can vote on their favorite door.

Essay/Poem/Lyric Contest: Create a contest encouraging students to address the issue of teen dating violence through their artistic talents. Present awards at the school assembly.

No Room to Breathe: See how many students you can fit in a small car or other tight space. This could be a battle between classes.

Photography Contest: Have a photography contest. Photos should relate to Teen Dating Violence Awareness Week.

Poster Display: Students can create a poster that supports Teen Dating Violence Awareness Week. Hang posters in the hallways. Have faculty, students, or some other group vote on which poster best promotes teen dating violence awareness.

Sidewalk Art: Give clubs, classes or students the opportunity to express what teen dating violence means to them. Draw on sidewalks around the school.

Sound Track: Make a sound track with songs that promote Teen Dating Violence Awareness.

These activities can be done in a school-wide assembly or in classroom settings.

These are just a few ideas, but you can come up with your own ideas, too.

Activities should encourage students to treat each other with respect.





Teen Dating Violence Awareness

Speak Up: Host a debate discussing issues related to teen dating violence.

Anti-Violence Pledge and Banner Signing: Have a giant banner available that students can sign, pledging to help prevent teen dating violence.

Don't Get Wrapped Up With One Person: Have a contest to see who can make the fastest and most stylish toilet paper mummy.

Questionnaire: Have students complete a questionnaire about teen dating violence. You can use the results to create your own school's statistics. Those who enter could be entered into a prize drawing.

Two questionnaires are included in this toolkit. They may be copied and handed out.

Don't Keep It Bottled Up: Soda drinking contest.

Glow in the Dark: At a game or a dance, pass out glow in the dark bracelets.

Stomp Out Dating Violence: Have a "Stomp Out Dating Violence" dance.

Jar of Candy: Guess the number of candy in a jar. Have the right number relate to a statistic about teen dating violence.

You may want to get community support to help sponsor activities.

Karaoke: Have fun singing to some of the latest hits that encourage healthy relationships. Give out awards for "Best Pop Star" or "American Idol," etc.

Purple Shirt Day: Designate a day that students should wear a certain color shirt, or pass out purple ribbons.

Some activities may take longer to complete, and may need to be announced before the week's activities begin.

Trust Games: Play different trust games such as leading someone through a maze or having a trust fall if your school allows it.

Booths: Set up a booth and hand out information. Promote healthy relationships.

Morning Announcements: Each morning have a representative share a thought/quote/movie/ that provides insightful information regarding teen dating violence.

Name That Tune: Play songs over the intercom that promote healthy relationships. First student to come into the office with the right song title gets a prize.

School and Public Awareness: Post a sign on your marquee for the community to see that the first week in February is Teen Dating Violence Awareness Week.

Body Posters: Have a cut out poster or cardboard person. Put a victim's story on each cutout and post around the school.

Walk in Their Shoes: Have footprints with facts or stories, lead to body posters.





Teen Dating Violence Awareness

QUESTIONNAIRE

1. Have you or someone you know ever been in an unhealthy relationship?

Circle: Yes or No

2. Are you aware of unhealthy relationships at your school?

Circle: Yes or No

3. Which words describe signs of an unhealthy relationship? (circle all that apply)

Supportive

Possessive

Jealous

Communication

Name Calling/Put downs

Controlling

Equal

Respectful

Selfish

Passionate

4. Do you know what to do if you find yourself in an unhealthy relationship?

Circle: Yes or No

5. Is there an adult you could talk to if you had a question about a relationship?

Circle: Yes or No

6. Would you want to learn more about healthy and unhealthy relationships?

Circle: Yes or No



Teen Dating Violence Awareness

QUESTIONNAIRE

On a scale from 1-7, with 1 as 'I strongly disagree' and 7 as 'I strongly agree,' rate the following statements. Rate each statement twice—how you felt before this program and how you feel today.

Strongly
Disagree

Strongly
Agree

1) I have a clear understanding of what a healthy relationship is compared to an unhealthy relationship.

Before 1 2 3 4 5 6 7

Today 1 2 3 4 5 6 7

2) I am aware of the various warning signs regarding teen dating violence.

Before 1 2 3 4 5 6 7

Today 1 2 3 4 5 6 7

3) I realize teen dating violence is a serious problem.

Before 1 2 3 4 5 6 7

Today 1 2 3 4 5 6 7

4) I understand the different types of dating violence. (cyber, physical, emotional, verbal, control)

Before 1 2 3 4 5 6 7

Today 1 2 3 4 5 6 7

5) I realize the importance of reporting teen dating violence and am aware of who I can report to.

Before 1 2 3 4 5 6 7

Today 1 2 3 4 5 6 7

TEEN DATING VIOLENCE RESOURCES

Prevent Child Abuse Utah offers free teen dating violence awareness presentations throughout Utah. To schedule a presentation at your school, or for more information, please call 801.393.3366.

Prevent Child Abuse Utah
2955 Harrison Blvd. Suite 104
Ogden, UT 84403
801-393-3366
www.preventchildabuseutah.org

Hotlines:

Love is Respect Helpline 1-866-331-9474
National Domestic Violence Helpline 1-800-799-SAFE (7233)
Utah Domestic Violence Information Line 1-800-LINK (5465)
Utah Rape Recovery Center 1-888-421-1100

Internet Addresses:

www.safeandrespectful.org
[www.health.utah.gov/vipp/dating violence/overview.htm](http://www.health.utah.gov/vipp/dating%20violence/overview.htm)
www.ndvh.org
www.chooserespect.org
www.nomoresecrets.utah.gov
www.seeitandstopit.org
www.loveisrespect.org
www.thatsnotcool.org
www.loveisnotabuse.com
www.thesafespace.org

Other Resources

YWCA of Salt Lake City
322 East 300 South
SLC, UT 84111
801-537-8616
www.ywca.com

Planned Parenthood Association of Utah

654 South 900 East
SLC, UT 84102
801-532-1586
www.ppau.org



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