



TEEN DATING VIOLENCE

Part 2

RELATE RIGHT.
San Antonio

A graphic of two stylized hands, one orange and one yellow, reaching upwards from the bottom left corner of the slide.

What is

TEEN DATING VIOLENCE ?

Teen Dating Violence is the act or threat of violence by one member of an unmarried couple on the other member within a dating relationship. This includes any form of sexual, physical, and/or verbal or emotional abuse.

A large, glossy red heart with a black outline, positioned on the left side of the bottom section.

february

A white, ribbon-like banner with a black outline, extending from the right side of the red heart.

Teen Dating Violence
Awareness &
Prevention Month



VIOLENCE

**USING
COERCION &
THREATS**

Making and/or carrying out threats to do something to hurt them, threatening to leave them, to commit suicide to report them to welfare, making them drop charges, making them do illegal things.

**USING
INTIMIDATION**

Making them afraid by using looks, actions, gestures, smashing things, destroying their property, abusing pets, displaying weapons

**USING
EMOTIONAL
ABUSE**

Putting them down, making them feel bad about self, calling names, making them think they are crazy, playing mind games, humiliating them, or making them feel guilty.

USING ISOLATION

Controlling what they do, who they see & talk to, what they read, where they go, limiting their outside involvement using jealousy to justify actions

**MINIMIZING,
DENYING &
BLAMING**

Making light of the abuse & not taking their concerns about it seriously, saying the abuse did not happen, shifting responsibility for abusive behavior saying they caused it.

**USING
CHILDREN**

Making them feel guilty about the children, using the kids to relay messages, using visitation to harass them, threatening to take the children away.

USING UPPER HAND

Treating them like a servant, making all the big decisions, acting like the "master of the castle", being the one to define the roles.

**USING
ECONOMIC
ABUSE**

Preventing her from getting or keeping a job, making her ask for \$\$, giving her an allowance taking her \$, not letting her know or have access to family income

**POWER
AND
CONTROL**

SEXUALLY

SEXUALLY

VIOLENCE

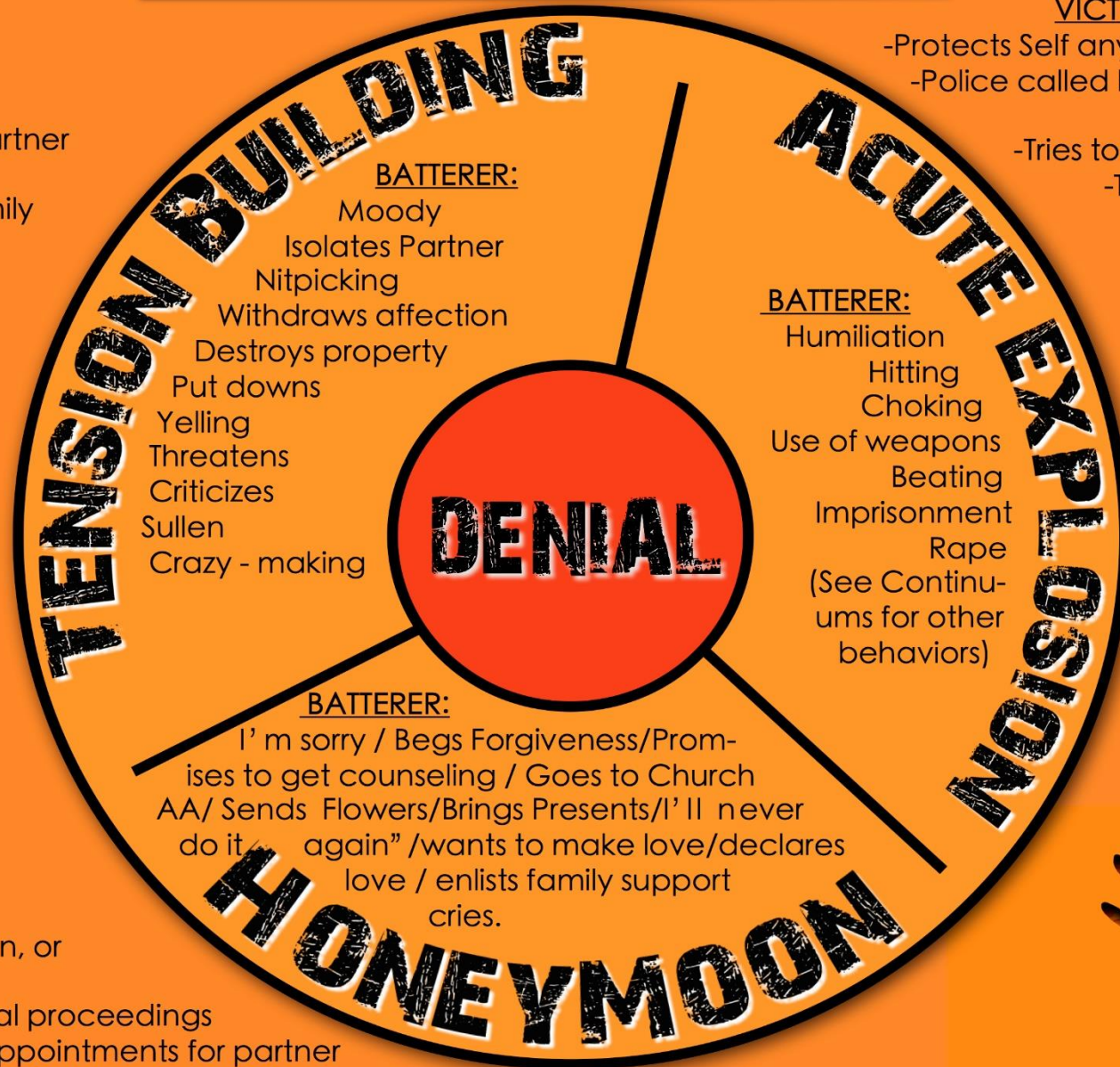
CYCLE OF DENIAL

VICTIM RESPONSE:

- Attempts to calm partner
- Silent / talkative
- Stays away from family friends
- Keeps kids quiet
- Agrees
- Withdraws
- Tries to reason
- Cooks Favorite Dinner
- Feeling of walking on eggshells

VICTIM RESPONSE:

- Agrees to Stay, Return, or take partner back
- Attempts to stop legal proceedings
- Sets up counseling appointments for partner
- Feels happy, hopeful



VICTIM RESPONSE:

- Protects Self anyway possible
- Police called by victim, kids or neighbor
- Tries to calm partner
- Tries to reason
- Fights back
- Leaves



A picture says
A THOUSAND WORDS





You Have a right to a safe & **HEALTHY RELATIONSHIP**

- If your relationship has any of the signs you may be in an unhealthy relationship,
- Remember that you have many options and the best decision is to devise a safe **EXIT PLAN**.



PROCESS OF LEAVING

This can be dangerous but STEP ONE is recognizing abuse.

Contact parents plus:

- Family Justice Center
- Battered Women Shelter
- Police
- Counselor

Work out an EXIT PLAN

- Plan to leave your abuser when they are not there, and DON'T to leave on your own.
- Having someone there will help you avoid physical encounters with the abuser.

Call the police if you are ever in danger or need help.
Know your legal rights, especially when you are ready to leave.

Get counseling from listed resources in our handouts.



SAFETY PLAN

What is it?

A safety plan is a practical guide that helps lower your risk of being hurt by your abuser.

A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible at school, at home and other places that you go on a daily basis.

- Use safety words/quotes: these are words that are not used in everyday dialect.
- These safety words are to be discussed with your trustworthy adult so they understand something is not right and you need help!!
- Examples: "Ladybug," "I want pancakes for dinner"



STARTING OVER

- "Do over"
- You don't have to live with that label of a "victim."
- You will find someone who WILL respect you as a person and partner.
- Continue to seek counseling



RELATE RIGHT
San Antonio

**WHAT DO YOU DO TO
AVOID UNHEALTHY
RELATIONSHIPS?**

WHAT A HEALTHY RELATIONSHIP LOOKS LIKE:

