

# Dating Violence Pre Test

Age\_\_\_\_\_ Race/Ethnicity\_\_\_\_\_ Male / Female

- |  | <u>True</u> | <u>False</u> |
|--|-------------|--------------|
| 1. Possessiveness is a common warning sign of an abusive relationship.                                   | _____       | _____        |
| 2. Abuse happens more often in adult relationships than it does in teen relationships.                   | _____       | _____        |
| 3. The most dangerous time in an abusive relationship, is when the person being abused decides to leave. | _____       | _____        |
| 4. Domestic Violence is only physical violence between two people dating or married.                     | _____       | _____        |
| 5. Drugs and alcohol cause abusive behavior.   | _____       | _____        |
| 6. Dating-Domestic violence occurs more often to people of a particular racial or ethnic group.          | _____       | _____        |
| 7. It's only rape if someone says "no".  | _____       | _____        |
| 8. Violence is always a choice.  | _____       | _____        |
| 9. You can obtain a restraining order, without any parent/guardian permission, at the age of 13.         | _____       | _____        |
| 10. People who are abusive in relationships are abusive at all times.                                    | _____       | _____        |

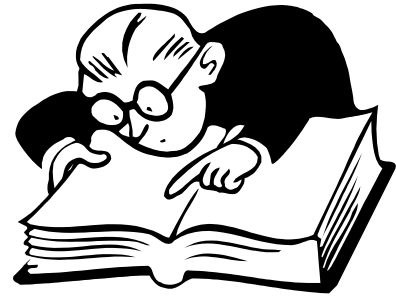
**CORA** Community Overcoming Relationship Abuse  
(formerly, Sor Juana Inés & the Center for Domestic Violence Prevention)

**24 HR Hotline:** 650.312.8515 or 800.300.1080

Teen Website and Chatroom:  
[www.teenrelationships.org](http://www.teenrelationships.org)

Teen Hotline 650.259.8136  
National Hotline 1.800.799.SAFE

# Statistics On Dating-Domestic Violence



**Dating-Domestic Violence can affect anyone, regardless of age, race, class, gender, education, religion, sexual orientation, etc...**

- **1 in 3 teen relationships is violent**
- **36% of teens reported violence in their relationship**
- **1 in 3 adult relationships is violent**
- **85% of reported cases of dating-domestic violence are committed by men against women**
- **The remaining 15% are committed by women against men (not *in self defense*), by women against women in lesbian relationships, and by men against men in gay relationships**
- **60% of children who grow up in abusive homes will repeat the behavior; for example, a child who witnesses their parent being abused could abuse their future partner**
- **1 out of every 3 women murdered is killed by a current or ex husband or boyfriend**

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# A HEALTHY RELATIONSHIP



Physical

Emotional

Sex u a l

Bottom-line:

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# A HEALTHY RELATIONSHIP



## Physical

Respect  
No Abuse  
Space  
Comfortable  
Trust  
Communication  
Affection  
Attraction

## Emotional

Respect  
No Putdowns  
Comfortable  
Communication  
Trust / Honesty  
Love  
Friendship  
Security  
Understanding  
Caring

## Sex u a l

Respect  
Trust / Honesty  
Communication  
No Pressure  
Safe Sex (Condoms, etc.)  
History; STD's, etc.  
Comfortable  
Expectations  
Consequences  
Right to Say "Yes" or "No"

Bottom-line: “ **IF... THEN...** ”

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# Abuse = Power & Control

When one person uses a POWER they have, to CONTROL another person (their partner) that is ABUSE.

## Physical Abuse

## Emotional/Mental/Verbal Abuse

## Sexual Abuse

## Financial Abuse

## Social Abuse

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## Physical Abuse

- \* Hitting, grabbing, pushing
- \* Intimidation (blocking doors, hitting or throwing objects at or near person)
- \* Weapons
- \* Stalking

## Sexual Abuse

- \* Rape = Forced penetration without consent (Statutory Rape/Unlawful Sex and Rape by intoxication)
- \* Sexual Assault (unwanted touching or grabbing)
- \* Sexual Harassment (unwanted sexual words or references)
- \* Pressure (i.e. unsafe sex)

## Emotional/Mental/Verbal Abuse

- \* Putdowns/Insults/Name Calling
- \* Threats to kill you, kill myself, kill family or friends, kill children, pets, new boyfriend/girlfriend, kidnapping
- \* If you leave me: *"I, won't give you any money, will report you to I.N.S., will spread rumors, will tell your parents we had sex"*
- \* Blame/Guilt
- \* Minimizing/Denying
- \* Mind Tripping
- \* Jealousy/Possessiveness
- \* Isolation from friends and family

## Financial Abuse

- \* Controlling money or possessions (e.g., car, pager, clothes, jewelry, gifts)

## Social Abuse

- \* Using Peer Opinions (rumors, etc.) \* Pagers \* Religion/Culture

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# The Cycle of Violence

Love  
Hope  
and  
Fear

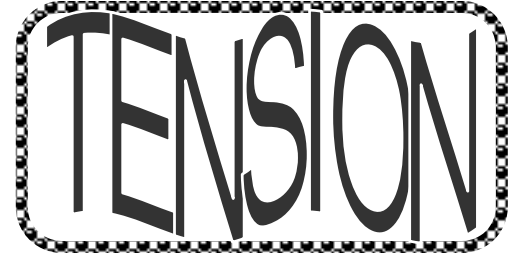


## Honeymoon

- \* **“Hearts and Flowers”**
- ♥ **Idealized and romantic**
- \* **Abuser makes promises**
- ♥ **This phase often disappears with time**

Denial  
Escalation

**EXPLOSION**



EXPLOSION

## TENSION BUILDING

- ☛ **VICTIM FEELS GROWING TENSION AND STRESS**
- ☛ **VICTIM TRIES TO CONTROL SITUATIONS AND AVOID VIOLENCE**
- ☛ **VICTIM FEELS LIKE THEY’RE “WALKING ON EGG SHELLS” OR “TIPTOEING ON THIN ICE”**

\* Explosion into some type or types of abusive behavior

\* Initially the shortest stage, increases in length over time

*Cycle Of Violence From Dr. Lenore Walker, The Battered Women*

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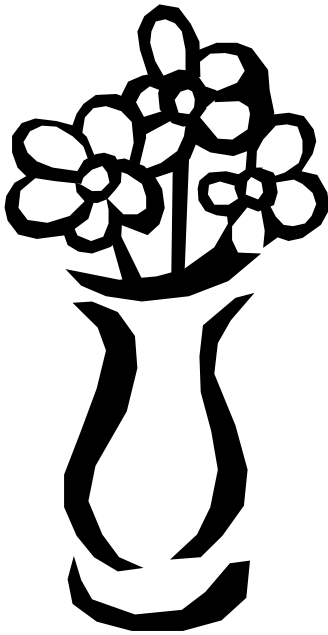
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## David Brings Me Flowers

David brings me flowers.  
And he tells me he loves me.  
And I want to believe him.



My friends say I'm stupid.  
But they don't know David.

David brings me flowers.

And tells me he's sorry.  
When he loses his temper.

And accidentally hits me.

My friends say I'm stupid.  
But they don't know David.

David hit me last night.

And I thought it wouldn't stop.

It all seems like a blur.

And my friends they were right.

But David brings me flowers.

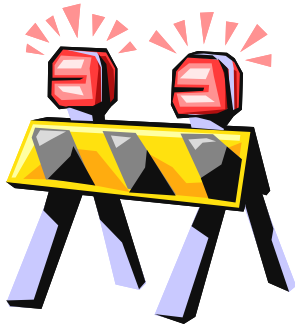
From the LACAAW (Los Angeles Commission on Assaults Against Women) curriculum *In Touch with Teens*

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# WARNING SIGNS OF DATING VIOLENCE



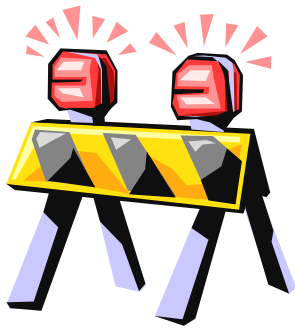
- ❑ My partner calls me names, embarrasses me or makes me feel stupid.
- ❑ My partner questions my: whereabouts, who I talk to, and/or why I want to be with my friends or family.
- ❑ My partner asks if [or checks (pager/caller ID) to see if] other people call me.
- ❑ I am afraid or scared of my partner. They make excuses for mistreating me.
- ❑ The person I'm dating is really nice sometimes and really mean at other times.
- ❑ When there are fights, my partner blames me, says I provoked them, claims I know about their short temper, or says they have anger problems and they can't help it.
- ❑ My partner tells me that I am "making too big a deal" out of things or dismisses me when I try to talk about things.
- ❑ I feel pushed or forced into having sex.
- ❑ My partner makes promises to change.

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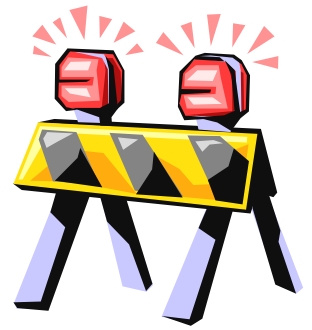
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# WARNING SIGNS OF ABUSIVE BEHAVIOR



- ❑ I feel jealous often. I am jealous of other people in my partner's life. I want them to only be with me.
- ❑ I constantly question them about whereabouts, phone calls, conversations. I feel I have the right to tell my partner what to do, who to talk to, where to go, what to wear.
- ❑ I give my partner ultimatums. I make them choose between me and other things in their life.
- ❑ I take my anger out on things in front of my partner (i.e. I have broken, punched, or thrown things, when angry).
- ❑ I have grabbed, pushed, slapped, or hit my partner when I'm angry.
- ❑ I blame others for my problems or my feelings.
- ❑ If I hurt my partner, I blame them. I make excuses for my reactions, especially if others are hurt by them.
- ❑ I believe I should be in control of the relationship. I believe my partner is inferior to me. I believe my partner is my property.

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## Dating Violence Post Test

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**Student Evaluation**  
**Teen Dating Violence Prevention Workshop**

School: \_\_\_\_\_ Age: \_\_\_\_\_

DIRECTIONS: Please rate (1 being the lowest through 5 being the highest) for questions 1-4, and answer questions 5-7.

	LOW					HIGH
1) The information was presented clearly.	1	2	3	4	5	
2) The workshop interested me.	1	2	3	4	5	
3) The presenter(s) answered your questions well.	1	2	3	4	5	
4) The handouts were appropriate and informative.	1	2	3	4	5	

5) What was your favorite part of the Teen Dating Violence Prevention workshop?

6) What would have made the Teen Dating Violence Prevention workshop better?

7) Overall was the workshop helpful? Or, did you gain knowledge from the workshop?

Other Comment(s):

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# Dating-Domestic Violence Resources

National 24-hour hotline: 1-800-799-SAFE

Your LOCAL hotline: 650-312-8515 (24-hours)

650-259-8136 (teen line M-W, 5-7 pm)

[www.teenrelationships.com](http://www.teenrelationships.com) (teen chat M-W, 5-7 pm)

Shelter (call 650-312-8515):

- The length of stay in a shelter is usually between six and eight weeks
- Shelters usually help in finding housing, employment etc.

Legal assistance (call 650-312-8515):

- Legal information line
- Restraining Orders
- Custody Orders
- Court accompaniment
- Immigration/VAWA referrals

Counseling (call 650-312-8515):

- Individual, short or long term, either free or sliding scale
- Support groups for victims/survivors of violence

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**\* \* Help be the Solution! \* \***

Get Educated about Domestic/Dating Violence

- ✓ Attend a 40 hour domestic violence training
- ✓ Ask Questions about Domestic Violence
- ✓ Read books on Domestic Violence and its effects on women, men, children, and families

Challenge Yourself

- ✓ Question gender role stereotypes
- ✓ Question why men commit most violent crimes
- ✓ Question an abusive person's accountability for their violent behavior toward their partners

Become a Voice Against Domestic Violence to:

- ✓ Friends, family, classmates, teachers, coaches, your community, etc.
- ✓ Voice your concern and disapproval of violent behavior committed by those around you (family, friends, classmates, teammates, etc.)

Do Something!

- ✓ Model Respectful Relationships; Don't be abusive; Choose non-violence
- ✓ Call the police when you witness or hear a domestic dispute
- ✓ Start a non violence group in your school or become a peer educator
- ✓ Teach YOUR children non-violent forms of communication, especially concerning conflict

**VOLUNTEER WITH CORA!!**

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# Facts and Statistics: on Rape, Sexual Assault, and Sexual Harassment

Rape = Forced Penetration without consent

## Unlawful Sex laws (formally called Statutory Rape)

- ✓ Anyone 18 and over having sex with 17 and younger
- ✓ Anyone 14 and over having sex with 13 and younger
- ✓ A greater than 10 year age difference between an adult and a minor is statutory rape and child sexual assault
- ✓ A greater than two year age difference between minors is unlawful sex
- ✓ In 50% of teen pregnancies, the father is 20 years old or older

## Rape by Intoxication

- ✓ When one person is under the influence, passed out, and or unconscious and another person has sex with them, even if the person said yes the night before it may be considered rape by intoxication.
- ✓ The law states that a person who is intoxicated may not have the capacity to agree to sex
- ✓ If both parties are intoxicated the person who initiated the sex is held responsible

## Statistics

- ◆ It is estimated that only 30% of rape cases are reported to police
- ◆ 1 out of 4 girls is sexually abused by the age of 18

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- ♦ 1 out of 6 boys is sexually abused by the age of 18
- ♦ 90% of rapes and sexual assault are committed by someone the victim knows
- ♦ 97% of rapes are committed by men
- ♦ 95% of rapes are committed by heterosexual men
- ♦ Sexual Assault – Any unwanted/unsolicited touching, grabbing, etc. of a sexual nature
- ♦ Sexual Harassment – Words or gestures used to suggest things of a sexual nature

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