

**THE ROAD
TO NO
ABUSE IS
TO KNOW
ABUSE.**

**Your Guide to Healthy
Teen Relationships**

**THE KNOW ABUSE™ PROGRAM
HAS PROVIDED LOCAL SCHOOLS,
COMMUNITIES, AND ORGANIZATIONS
WITH BULLYING AND INTIMATE
PARTNER ABUSE PREVENTION
EDUCATION THROUGH PEER-TO-PEER
MENTORING AND TRAINING.**

Over the course of this journey you will learn what it takes to build healthy and stable relationships. These are some of the most transformative years of your life. With **KNOW ABUSE™** you will build the confidence to form supportive and receptive networks of friends and mentors.

YOUR GUIDE TO HEALTHY TEEN RELATIONSHIPS

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WHAT IS TEEN DATING ABUSE?

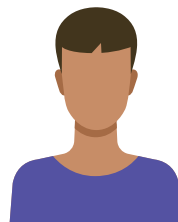
DATING ABUSE is a repeated pattern of behavior an abuser uses to gain **power** and **control** over someone who is or has been in a casual or serious dating **relationship** with the abuser.

“Anger and conflict are not the problem; they are normal aspects of life. Abuse doesn’t come from people’s inability to resolve conflicts but from one person’s decision to claim a higher status than another.”

– Lundy Bancroft



NEARLY
1 IN 11
OF TEENS
WHO IDENTIFY
AS FEMALE



NEARLY
1 IN 15
OF TEENS
WHO IDENTIFY
AS MALE

**REPORTED EXPERIENCING
PHYSICAL DATING VIOLENCE
IN THE LAST YEAR.**

DO YOU KNOW ANYONE LIKE THIS?

It's often challenging to identify an abuser. Abusers aren't always intimate partners. Sometimes they can be your friends. They could be anyone from the popular "Jock" to the quiet "Honors" student. Here are some of the faces of abusive individuals and victims.

THE CHARMER

This person is charismatic and can win over a crowd. Everyone wants to be their friend. In a relationship, this person can be controlling and threatening in private, though not always physically. In public, this person is skilled at putting on a show of compassion and thoughtfulness. This usually isolates the victim further, because they have trouble convincing others of the abuse.

THE BULLY

This person will pick on you and put you down. While healthy friendships can include disparaging humor and insults, the difference between humorous banter and abuse is the recipient's level of comfort. If the put-downs continue after the individual has stated their discomfort, and the goal becomes showing power, the comments are abusive.

THE VICTIM

This person is the target of a bully/abuser's derogatory words and actions. The bully/abuser exerts control over their victims by identifying their vulnerability. They use this perceived "weakness" as a way to manipulate the victim's actions. Since everyone has vulnerabilities, anyone can be a victim of abuse or bullying, including the new kid at school with few friends, the popular cheerleader with body image issues, or the people-pleasing student who puts everyone's needs before their own.

SEVEN TYPES OF ABUSE

THERE ARE SEVEN MAIN TYPES OF ABUSE: SEXUAL, FINANCIAL, PHYSICAL, SPIRITUAL, VERBAL, EMOTIONAL, AND TECHNOLOGICAL.

Do you know the differences? Could you spot these types of abuse if they were happening to you or a friend? Take this quiz to find out.

1. Jamie blocks the doorway when Amy tries to leave.
2. Dylan licks his lips suggestively every time Sam walks by despite knowing he isn't interested.
3. Chris threatens to "out" Jaylen as trans to their parent if they refuse to have sex.
4. Alex repeatedly calls his partner "stupid," "ugly," and states; "no one else will love you."
5. Tami only allows her partner to have a limited amount of money. Her partner must account for every dollar spent.
6. During fights, Taylor often throws objects at William.
7. Cameron tells Blake that they're a sinner for not obeying God's laws in every way, and forces them to go to church.
8. Kyrie always makes public comments about Parker's body knowing it makes her self-conscious.
9. Marcella must show her phone to her partner every evening, and holds her phone during fights so she can't make calls for help.
10. Angel repeatedly threatens to kill herself when Quinn tries to leave the relationship.
11. Rylie makes Itamar eat certain foods that violate religious beliefs, and won't allow them to go to worship.
12. Sascha always makes Amare pay for dates, and everything else they want.
13. Rem dictates to whom Milan can and cannot speak, or be around.
14. When Shivang goes out, Sawyer texts him every half-hour wanting to know where he is, and who he is with.

0-4 RIGHT

Whoa - take a step back before getting into a relationship - and take time to review the rest of this book.

5-9 RIGHT

Still a rookie! You're on the right track - check out more pages in this book to strengthen your abuse-spotting skills.

10-14 RIGHT

Congratulations! You're a pro! You're on your way to making healthy choices when it comes to relationships.

ANSWERS: 1. physical 2. sexual 3. emotional/sexual 4. verbal/emotional 5. financial 6. physical 7. spiritual 8. sexual/verbal 9. technological 10. emotional 11. spiritual 12. financial 13. emotional 14. spiritual/emotional

THE CYCLE OF ABUSE



The family becomes trapped in the downward spiral cycle. Members are isolated, immobilized, scared and defensive. All members “buy” the delusion of hope and change without taking any real action.

*Adapted from L. Walker, *The Battered Woman*, Harper and Row, New York, 1980. Copyright 1984, TWO STEPS FORWARD

RED FLAGS IN TEENAGE RELATIONSHIPS

Unhealthy or abusive relationships take many forms, and there is not one specific behavior that causes a relationship to be categorized as such. However, there are certain behaviors that should be cause for concern. Behaviors that should raise a red flag include:

- **Excessive jealousy or insecurity;**
- **Invasions of your privacy;**
- **Unusual moodiness;**
- **Pressuring a partner into unwanted sexual activity;**
- **Blaming you for problems in the relationship and not taking any responsibility for the same;**
- **Controlling tendencies;**
- **Explosive temper;**
- **Preventing you from going out with or talking to other people;**
- **Constantly tracking your whereabouts and requiring you to check in to see what you are doing and who you are with;**
- **Falsely accusing you of things;**
- **Vandalizing or ruining your personal property;**
- **Taunting or bullying;**
- **Threatening or causing physical violence.**

If your partner frequently engages in these behaviors it may be wise to speak with someone with whom you feel comfortable. Adults who have experience with relationships may be able to provide advice that can help you to determine if you are in any danger.

MYTHS X

FACTS ✓

Forming healthy relationships and bonds are important for teenage development; however recognizing the warning signs and possible dangers can be both disturbing and difficult for teens to understand.

X MYTH: Abuse in teen relationships is not that common or serious.

✓ **FACT:** 1/3 of high school students have been involved in an abusive dating relationship.

X MYTH: It is easy to spot an abuser.

✓ **FACT:** Abusers are people we encounter every day. They can be smart, quiet or popular. What they do have in common is their need for total control in relationships.

X MYTH: Abusers are violent to show how much they care about their partners.

✓ **FACT:** Abusers use violence to gain control over their partners.

X MYTH: Victims like the abuse, otherwise they wouldn't put up with it.

✓ **FACT:** People stay for many reasons, none of which includes liking the abuse. Most of the time they want the abuse to end, not the whole relationship.

X MYTH: Alcohol and/or drugs cause violence and abuse.

✓ **FACT:** Chemical substances act as enablers by lowering inhibitions, but are not the causes of violence.

X MYTH: Violence only happens between poor people or minorities.

✓ **FACT:** Abuse occurs in relationships between people of all classes, races and cultural groups in society.

OTHER FACTS YOU SHOULD KNOW ABOUT TEEN DATING VIOLENCE:

- Dating violence includes physical, emotional, verbal, sexual, spiritual, technological, and financial abuse.
- Anyone can be the abusive partner in a relationship.
- Abuse can occur in any type of relationship be it homosexual and heterosexual relationships; as well as among members of the LGBTQ community.
- Most abuse occurs in private settings outside the view of others.
- When abuse does happen in public, attempts to intervene occur less than half the time.
- Jealousy is a common characteristic and a warning sign of dating violence.
- Only 1 out of 25 victims seeks help from a trained adult.
- Only 4 in 10 dating relationships end after the onset of violence and abuse.