



Chapter 2:

# PREVENTING RELATIONSHIP VIOLENCE

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(Refer to script on each slide for additional information.)

# Relationship Red-Light/Green-Light

- Listen to each statement
- Decide if the behavior is:
  - Green Light: Totally normal, “nothing to worry about”
  - Red Light: Unacceptable in a healthy relationship
  - Yellow Light: Not sure





Section 1

# What is Relationship Violence?



# Relationship Violence

- Definition: Any hurtful or unwanted act inflicted on a boyfriend/girlfriend/spouse with the intention, either real or perceived, of causing pain or injury. The abuse can be physical, verbal, emotional/psychological, financial or sexual.

- Violence in relationships is most often a pattern of choices that one person in the relationship uses to exert power or control over the other person.
- The person committing the violence (perpetrator) and victims may be men or women.



# Much too common...

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.



- One quarter of high school girls have been victims of physical or sexual abuse.
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence -- almost triple the national average.
- About 72% of eighth and ninth graders are “dating”.



- Half of youth who have been victims of both dating violence and rape attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse.
- Eighty one percent of *parents* believe teen dating violence is not an issue or admit they don't know if it's an issue.



# Why does Relationship Violence Happen?

# Power & Control

- Sometimes one person is abusive or violent in an attempt to manipulate or intimidate the other person.

# Family History of Violence:

- Often both the perpetrator and victim grew up in violent households themselves and learned this destructive style of being in relationships.



# Gender-Role Messages:

- Growing up, boys and girls get messages from home, school, the media, friends and society in general about how they are supposed to carry themselves as males and females.
- Society dictates that boys should “act like a man” and that women need a man in order to be complete.
- Exposure to media that features men being abusive or violent to women is common.

# Physical Abuse

- Definition: Use of physical force against someone in a way that injures or endangers that person.
- Examples: hitting, kicking, burning.



# Emotional Abuse:

- Definition: the continual put-downs of a person's feelings that causes the individual to perceive himself or herself as useless, not cared for, and worthless.
- Examples: name-calling, yelling, etc.

<http://The Line>



# Recognizing Emotional Abuse:

- Corrupt
- Ignore
- Reject
- Terrorize
- Isolate

Section 2

# What are the Warning Signs?





- Your bf/gf pressures you, soon after you begin dating, to make the relationship very serious or presses you to have sex.
- Your bf/gf becomes extremely jealous and possessive and thinks these destructive displays of emotion are signs of love.
- Your bf/gf tries to control you and to forcefully make all decisions where the two of you are concerned, refusing to take your views or desires seriously.



- Your bf/gf may try to keep you from spending time with close friends or family.
- Your bf/gf verbally and emotionally abuses you by doing such things as yelling at you, swearing at you, manipulating you, spreading false and degrading rumors about you or trying to make you feel guilty.
- Your bf/gf drinks too much or uses drugs and then later blames the alcohol and drugs for his/her behavior.

- Your bf/gf threatens physical violence.
- Your bf/gf has abused a previous bf/gf or accepts and defends the use of violence by others.
- Your bf/gf ever makes you feel uncomfortable, awkward, tense, or frightened by their behavior.

Section 3

# Where Can I Go for Help?

# When to seek help?

- You have a gut feeling that you're in over your head and can't handle things alone.
- The fighting is intense and frequent.
- There's physical violence of any type.
- You see a cycle of angry outbursts followed by feelings of remorse.
- You ever feel unsafe or uncomfortable.

# Assignment

- “Where Can I Go For Help?” Resource Search

## References:

Slide 15: Teach through Love Types of Emotional Abuse: What Does Emotional Abuse Look Like?" (@2012-2013 Lori Petro, TEACH through Love)

[http://www.teach-through-love.com/types\\_of\\_emotional\\_abuse.html](http://www.teach-through-love.com/types_of_emotional_abuse.html)

Additional References/Video Clips: Jana's Campaign (@Jana's Campaign 2009-2014)

( [www.janascampaign.org](http://www.janascampaign.org) )