



Teen Dating Bill of Rights and Pledge

I HAVE THE RIGHT:

- To always be treated with respect
- To be in a healthy relationship.
- To not be hurt physically or emotionally.
- To refuse sex or affection at any time.
- To have friends and activities apart from my boyfriend or girlfriend.
- To end a relationship.

I PLEDGE TO:

- Always treat my boyfriend or girlfriend with respect.
- Never hurt my boyfriend or girlfriend physically, verbally, or emotionally.
- Respect my girlfriend's or boyfriend's decisions concerning sex and affection.
- Not be controlling or manipulative in my relationship.
- Accept responsibility for myself and my actions.

TEEN DATING VIOLENCE

physical, sexual, psychological, or emotional abuse within a dating relationship amongst adolescents ages 12-17. May include harassment, stalking, and/or exploitation on social media.



DOMESTIC VIOLENCE

an intentional pattern of behavior used to gain and maintain power and control over another person with whom they are in a relationship, or were previously in a relationship.

WHAT WE CAN SEE



physical harm to you, can include hitting, slapping, pushing etc... all done to gain power and control over you.

can range from name calling, nitpicking, and putting you down in the attempt to have power and control over you.



OF TEENS IN A VIOLENT RELATIONSHIP TELL SOMEONE

WHAT WE CAN'T SEE



includes non-physical behaviors that are meant to control, isolate, or frighten you.

is the use of technology and the Internet to bully, harass, stalk, intimidate, or control a partner.

when an abusive partner extends their power and control into your financial situation.

any unwanted sexual attention (can include exhibitionism, voyeurism, unwanted touch, tampering with birth control, use of sexualized derogatory names, cheating, etc.), used to gain and maintain power and control.

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.

Love Is Respect

RESOURCES:

NATIONWIDE

NATIONAL DOMESTIC VIOLENCE HOTLINE
800.799.7233 (CALL OR TEXT)

THEHOTELINE.ORG

LOVEISRESPECT.ORG
1.866.331.9474 (CALL)
TEXT: LOVEIS TO: 22522

LOCAL

Family Violence Prevention Services Inc.
7911 Broadway, San Antonio, TX 78209
Shelter Hotline (210) 733-8810
Administration (210) 930-3669
www.fvps.org

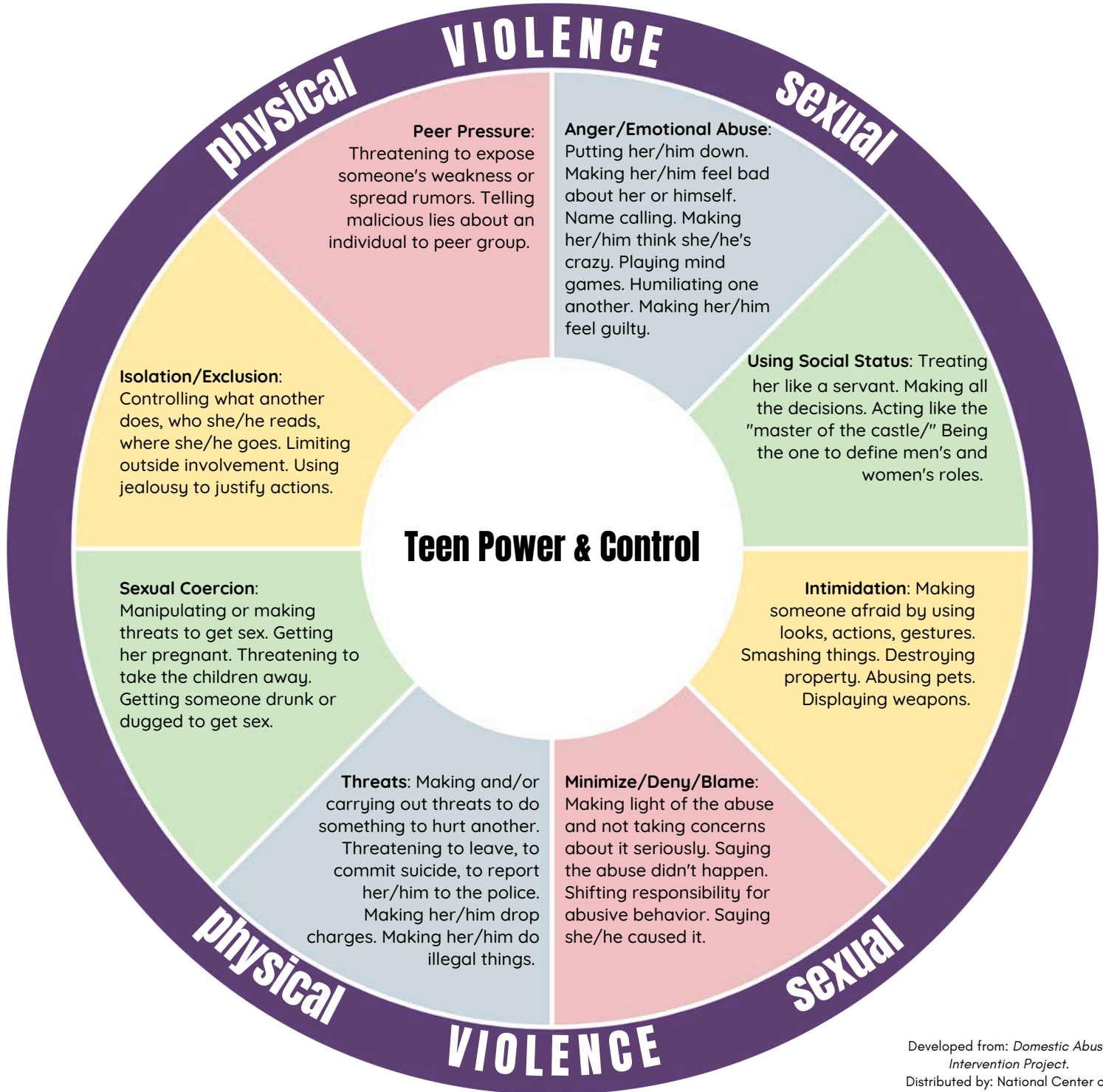
WHAT WE CAN DO

- > FIND OR SET-UP PREVENTION MEASURES IN SCHOOLS OR COMMUNITIES
- > BE AWARE OF OUR CHILDRENS PROBLEMS OR CONCERNS AND BE SOMEONE THEY CAN CONFIDE IN
- > EDUCATE YOUTH AND COMMUNITIES ON LOCAL AND NATIONWIDE RESOURCES





Teen Power and Control Wheel



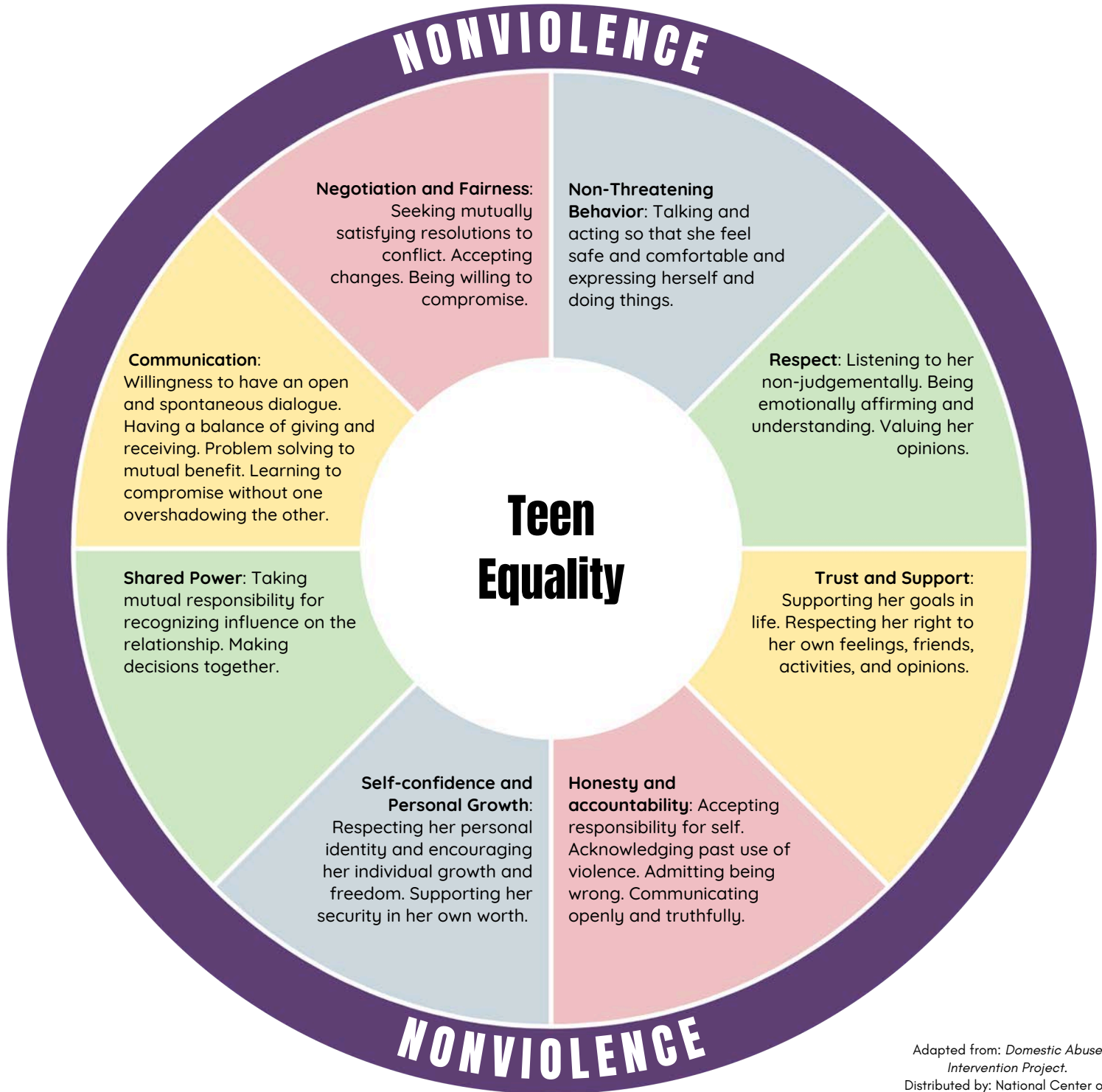
Developed from: *Domestic Abuse Intervention Project.*
Distributed by: National Center on Domestic and Sexual Violence.



**Family
Violence
Prevention
Services, Inc.**
The Battered Women
and Children's Shelter



Teen Equality Wheel

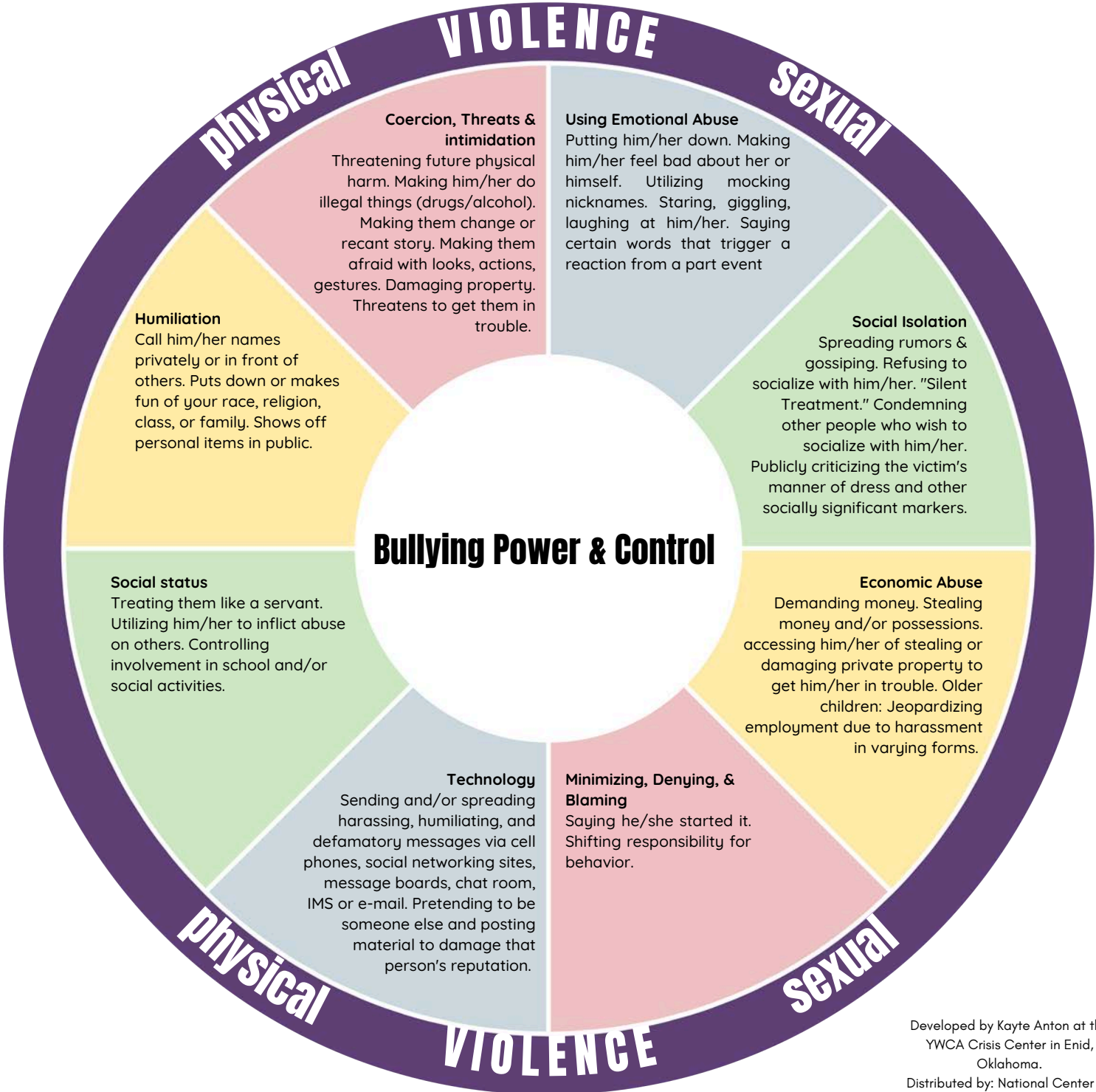


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7911 Broadway, San Antonio, TX 78209
 Donation Center: 2617 N. Main SATX 78212 (210) 733-3536
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Bullying Power & Control Wheel



Developed by Kayte Anton at the YWCA Crisis Center in Enid, Oklahoma.
Distributed by: National Center on Domestic and Sexual Violence.



HOW HEALTHY IS YOUR RELATIONSHIP?

Read and tick/cross.



Has your boyfriend/girlfriend put you down?

Does your boyfriend/girlfriend ever get angry when you talk to other people?

Has your boyfriend/girlfriend ever hit or kicked an animal?

Has your boyfriend/girlfriend ever tried to tell you what you can wear?

Does your boyfriend/girlfriend say that if you didn't make him or her angry, then he or she wouldn't be so mean to you?

Has your boyfriend/girlfriend ever called you offensive names that hurt you?

Does your boyfriend/girlfriend treat you differently in front of his or her friends?

If you answered "YES" to even one of these, then you have reasonable cause for concern because these are warning signs of an abusive relationship. If you'd like to talk to a DV Advocate at FVPS to discuss your rating scale please see contact information below.

7911 Broadway, San Antonio, TX 78209

Christina Campos (210) 771-6873

Shelter Hotline (210) 733-8810*Administration (210) 930-3669 EXT. 2001 & 2002

www.fvps.org



**Family
Violence
Prevention
Services, Inc.**
The Battered Women
and Children's Shelter



Early Warning Signs of Teen Dating Violence

ARE YOU GOING OUT WITH SOMEONE WHO....?

- ⚠ Is jealous and possessive toward you, won't let you have friends, checks up on you, won't accept breaking up.
- ⚠ Tries to control you by being very bossy, giving orders, making all the decisions; doesn't take your opinions seriously.
- ⚠ Is scary, threatens you. You worry about how they will react to things you say or do.
- ⚠ Has a history of bad relationships and blames the other person for all their problems.
- ⚠ Pressures you with any uncomfortable physical touch, is forceful or scary: treats you like a sex object, attempts to manipulate or guilt trip you by saying, "If you really loved me you would..."
- ⚠ Gets too serious about the relationship too fast.
- ⚠ Blames you when they mistreat you. Says you provoked them, pushed their buttons, made them do it, led them on.
- ⚠ Isolates you from friends and family. Your friends and family have warned you about the person or told you they were worried for your safety.
- ⚠ Is violent: has a history of fighting, loses temper quickly, brags about mistreating others, intimidates you with guns, knives, or other weapons.
- ⚠ Believes they are superior and does not treat you as an equal.
- ⚠ Abuses drugs or alcohol and pressures you to take them.

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Adapted from the *Dating
Violence Intervention Project*,
National Association for
Children of Addiction

RELATIONSHIP REPORT CARD

CHOOSE A BOOK, PODCAST, VIDEO, AND ARTICLE RECOMMENDATIONS TO LOOK AT DIFFERENT REPRESENTATIONS IN MEDIA OF RELATIONSHIPS. USING THE LOVEISRESPECT RELATIONSHIP SPECTRUM HANDOUT WE WILL BE GRADING THE RELATIONSHIP FROM A RANGE OF HEALTHY, UNHEALTHY AND ABUSIVE.

CHOOSE FROM THE FOLLOWING: *(ONGOING LIST)*

SONGS

- Kill Bill - SZA
- Get Him Back - Olivia Rodrigo
- Bad Idea - Olivia Rodrigo
- Love the Way You Lie - Eminem & Rihanna
- Picture to Burn - Taylor Swift
- Blurred Lines - Robin Thicke
- Makedamnsure - Taking Back Sunday
- Thank U Next - Ariana Grande

BOOKS

- The Summer I Turned Pretty
- Where the Crawdads Sing
- The Fault in our Stars
- A Walk to Remember
- It Ends With Us*
- Twilight

MOVIES/SHOWS

- The Summer I Turned Pretty
- Diary of a Mad Black Woman
- Where the crawdads sing
- The Fault in our Stars
- A Walk to Remember
- Enough
- Twilight
- It Ends With Us*

The relationship spectrum

ALL RELATIONSHIPS EXIST ON A SPECTRUM FROM HEALTHY TO ABUSIVE, WITH UNHEALTHY SOMEWHERE IN THE MIDDLE.



Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



Abusive relationships are based on an imbalance of power & control

One person is making all the decisions— about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation
- pressure
- manipulation



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love is
respect



FAMILY VIOLENCE PREVENTION SERVICES INC.

RELATIONSHIP REPORT CARD

Characters

Relationship Type

Setting

TALLIES

Gaslighting <input type="text"/>	Name Calling <input type="text"/>	Lying <input type="text"/>
Yelling <input type="text"/>	Compromise <input type="text"/>	Honest <input type="text"/>
Put downs <input type="text"/>	Coercion <input type="text"/>	Respect <input type="text"/>
Affirmations <input type="text"/>	Blaming <input type="text"/>	Non-Consensual Touch <input type="text"/>
Healthy Communication <input type="text"/>	Intimidation <input type="text"/>	Negotiation <input type="text"/>
Jealousy <input type="text"/>	Comfort <input type="text"/>	Possessive <input type="text"/>
Denying <input type="text"/>	Taking Responsibility for their Actions <input type="text"/>	Apologizes <input type="text"/>
Trust <input type="text"/>		Smiling <input type="text"/>

COMMENTS

GRADING SYSTEM		
A-B	HEALTHY	_/11
C	SEMI-HEALTHY	
D	UNHEALTHY	
F	ABUSIVE	_/12

10 STEPS TO SETTING HEALTHY BOUNDARIES

- 1. CLEARLY IDENTIFY YOUR BOUNDARY**
- 2. UNDERSTAND WHY YOU NEED THE BOUNDARY**
- 3. BE STRAIGHT FORWARD**
- 4. DON'T APOLOGIZE OR GIVE LONG EXPLANATIONS**
- 5. USE A CALM AND POLITE TONE**
- 6. START WITH TIGHTER BOUNDARIES (AND THEN
LOOSEN UP IF APPROPRIATE)**
- 7. ADDRESS BOUNDARY VIOLATIONS EARLY**
- 8. DON'T MAKE IT PERSONAL**
- 9. USE A SUPPORT SYSTEM**
- 10. TRUST YOUR INTUITION**

FAIR FIGHTING RULES

BEFORE YOU BEGIN, ASK YOURSELF WHY YOU FEEL UPSET.

Are you angry because your partner left the mustard on the counter? Or are you angry because you feel like you're doing an uneven share of the housework, and this is just one more piece of evidence? Take time to think about your own feelings before starting an argument.

DISCUSS ONE TOPIC AT A TIME.

Don't let "You left dishes in the sink" turn into "You watch too much TV." Discussions that get off-topic are more likely to get heated, and less likely to solve the original problem. Choose one topic and stick to it.

NO DEGRADING LANGUAGE.

Discuss the issue, not the person. No put-downs, swearing, or name-calling. Degrading language is an attempt to express negative feelings while making sure your partner feels just as bad. Doing so leads to more character attacks while the original issue is forgotten.

EXPRESS YOUR FEELINGS WITH WORDS.

"I feel hurt when you ignore my phone calls." "I feel scared when you yell." Structure your sentences as "I" statements ("I feel *emotion* when *event*") to express how you feel while taking responsibility for your emotions. However, starting with "I" does not give a license to ignore the other fair fighting rules.

TAKE TURNS SPEAKING.

Give your full attention while your partner speaks. Avoid making corrections or thinking about what you want to say. Your only job is to understand their point of view, even if you disagree. If you find it difficult to not interrupt, try setting a timer allowing 1-2 minutes for each person to speak without interruption.

NO STONEWALLING.

Sometimes, the easiest way to respond to an argument is to retreat into your shell and refuse to speak. This is called stonewalling. You might feel better temporarily, but the original issue will remain unresolved and your partner will feel more upset. If you absolutely cannot go on, tell your partner you need to take a time-out. Agree to resume the discussion later.

NO YELLING.

Yelling does not help anyone see your point of view. Instead, it sends the message that only your words matter. Even if yelling intimidates your partner into giving up, the underlying problem only grows worse.

TAKE A TIME-OUT IF THINGS GET TOO HEATED.

In a perfect world, we would all follow these rules 100% of the time... but it just doesn't work like that. If an argument starts to become personal or heated, take a time-out. Agree on a time to come back and discuss the problem after everyone has cooled down.

ATTEMPT TO COME TO A COMPROMISE OR AN UNDERSTANDING.

There isn't always a perfect answer to an argument. Life is too messy for that. Do your best to come to a compromise (this means some give and take from both sides). If you can't come to a compromise, simply taking the time to understand your partner's perspective can help soothe negative feelings.