

A student with long brown hair and a pink floral headband is sitting at a desk, working on a laptop. The laptop screen displays a red circle with the text '18+' inside. The student is wearing a blue sweater. The background is a brick wall. The text 'PROMOTING HEALTHY RELATIONSHIPS' is overlaid on the image, with 'PROMOTING' and 'HEALTHY' in white and 'RELATIONSHIPS' in yellow. Below this, the text 'IN PERSON AND ONLINE' is in light blue. At the bottom left, the text 'SBISD STUDENT SUPPORT' is in white and yellow.

# PROMOTING HEALTHY RELATIONSHIPS

IN PERSON AND ONLINE

**SBISD** STUDENT SUPPORT



# DATING RELATIONSHIPS





# Facts



**1** in **10** high school students has been hit purposely hurt, slapped, or physically hurt by a boyfriend or girlfriend



**Young women between the ages 16-24** experience the highest rates of intimate partner violence

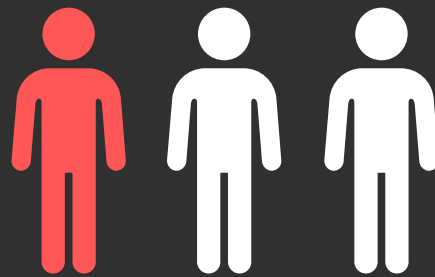
# Facts



**1 in 10** high school students has been hit purposely hurt, slapped, or physically hurt by a boyfriend or girlfriend



**Young women between the ages 16-24** experience the highest rates of intimate partner violence



**1 in 3** adolescents in the U.S. is a victim of physical, emotional, or verbal abuse from a dating partner



**40% of teen girls aged 14-17** report knowing someone who has been hit, slapped, or pushed by a partner





Sunshine - Don't Confuse Love & Abuse - Day One

Share



Watch on  YouTube

# Warning Signs



Spend less time with family & friends

Excessive contact with partner (calling, texting, visiting)

Giving up things that used to be important

Declining grades or missing school

Being pressured by partner (what to do, wear, or where to go?)

Being worried about upsetting partner



# Warning Signs



Apologizing or making excuses for partner's behavior

Has unexplainable injuries

Partner is extremely jealous or possessive

Being depressed or anxious

Has a partner that abuses other people or animals

Changes in dress or appearance







# Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

# Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

# Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

# How Can I Support My Child

Validate feelings

Encourage open and honest reflection

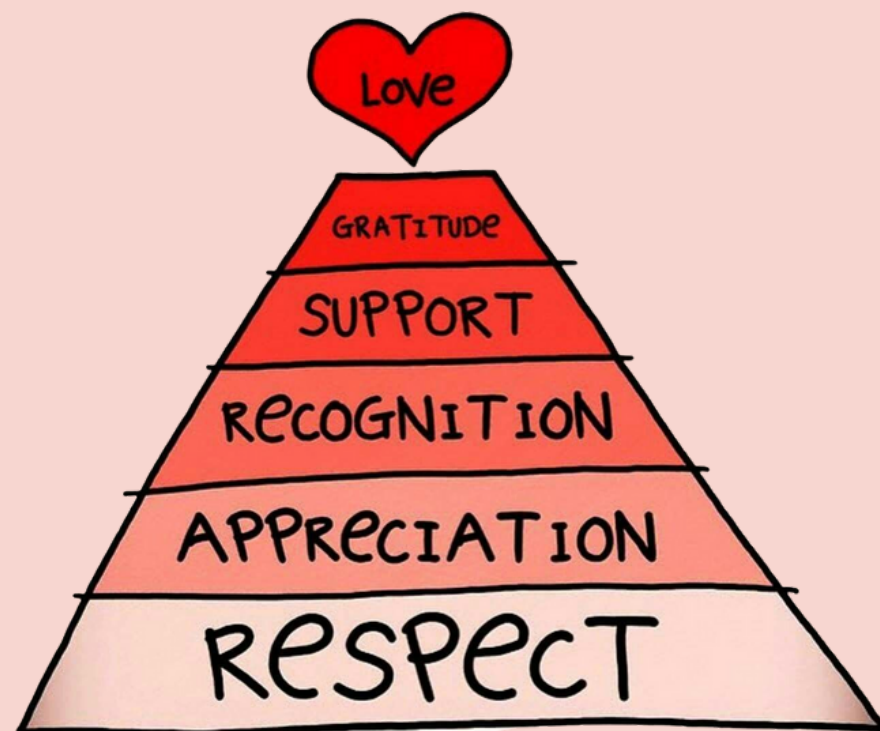
Provide nonjudgmental support

Listen to understand and empathize

Focus on strengths

Help to make a safety/action plan

Discuss being an upstander







# ONLINE RELATIONSHIPS

## DATING



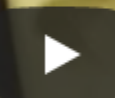


Teens Try To Resist Their Phones For 20 Minutes




Share

# PHONES DOWN

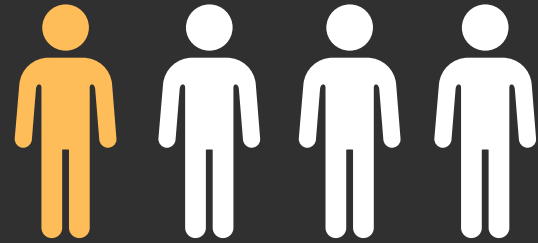


## SOCIAL EXPERIMENT

Watch on  YouTube



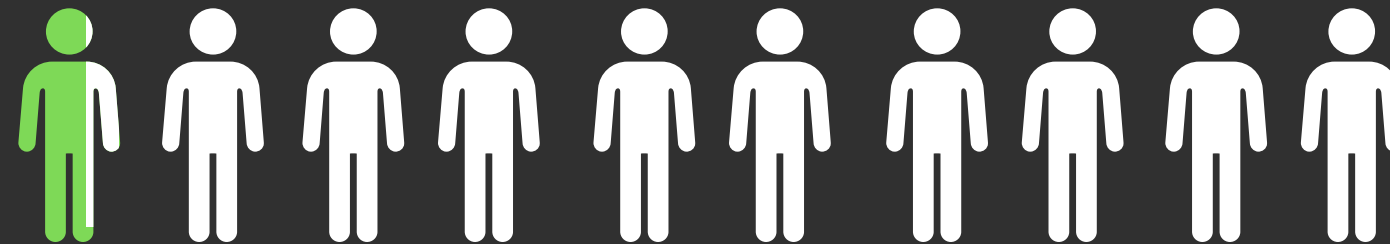
# Facts



**1 in 4** teens say they are abused or harassed online or through texts by their peers



**2 times as many** teenage girls than boys reported sexual abuse online and through texts



**Less than 1 in 10** victims of digital dating abuse sought help

# Facts

A red circle with a white border and a white shadow, containing the text "95%".

95%

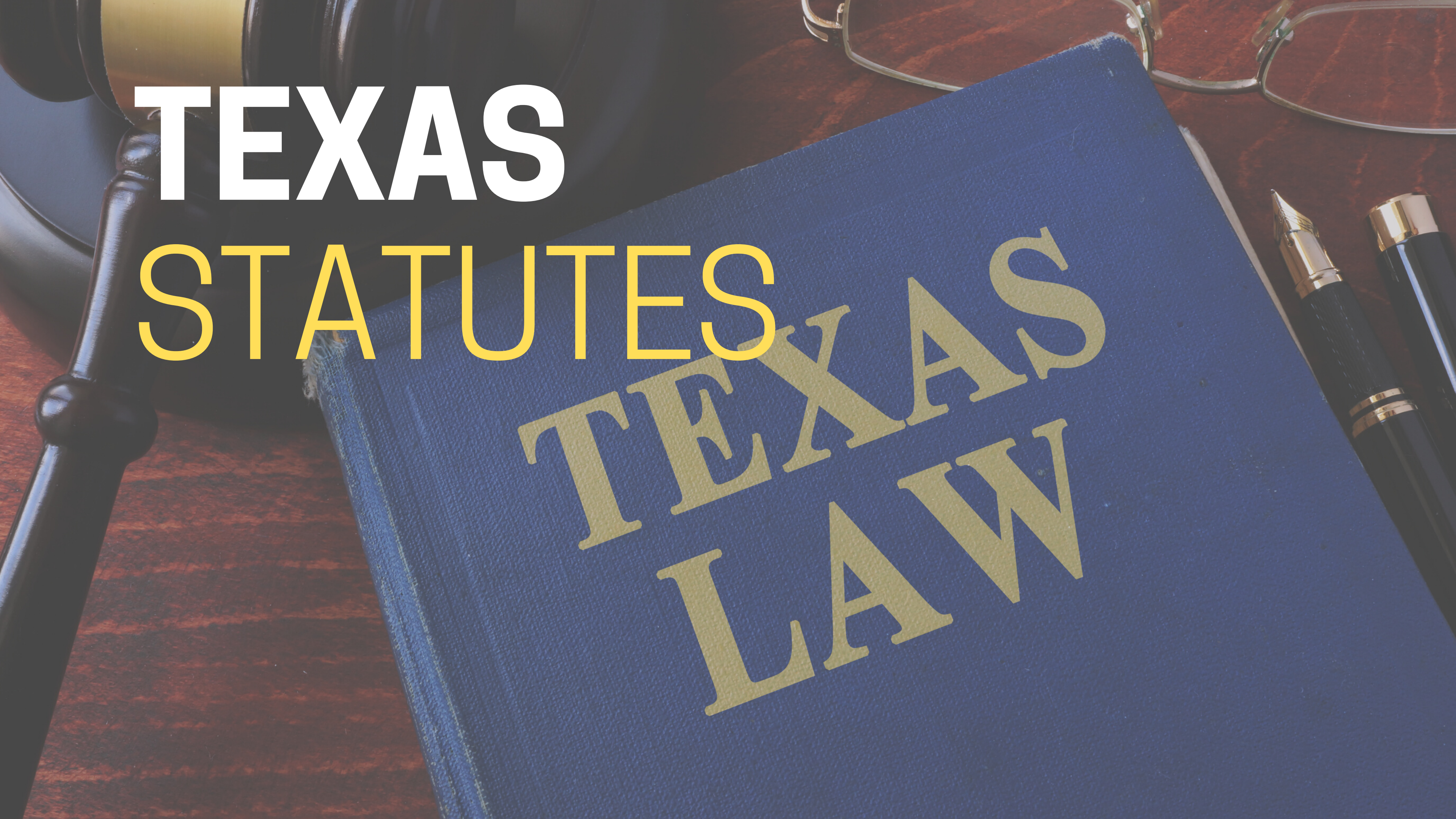
**95 percent** of all teens are now online with an average of ten hours and forty-five minutes spent online daily

An orange circle with a white border and a white shadow, containing the text "89%".

89%

**89 percent** of adolescents have at least one device in their bedrooms - most of which are used around bedtime - doubling their chances of getting insufficient sleep





**TEXAS**

**STATUTES**

**TEXAS  
LAW**



# Texas Penal Code

43.26112 - It is a crime for a minor to “intentionally or knowingly” send another minor an obscene photo/video or a photo/video of a minor engaging in sexual conduct, if they know it was a minor.

21.1913 - Class C misdemeanor is committed by a person if they knowingly transmit electronic visual material that depicts any person engaging in sexual conduct or with the person’s intimate parts exposes that is not sent at the request of or with the express consent of the recipient

33.0716 states that if a person “uses the name or persona of another person” without that person’s consent and with the intent to harm, threaten, defraud, or intimidate the person, then he or she has committed a felony offense.



It is **illegal** for a minor to electronically send images of an individual under the age of 18, even if the images are of **the person** who sent them or is **the recipient**.



# SOCIAL MEDIA





# 13 years and older



Snapchat



Instagram



Facebook  
Messenger



Facebook



Twitter



YouTube



TikTok

# 13 years and older



Twitch



Discord



Reddit



Pinterest



Tumblr



IMVU



Omegle



**16 years and older**



Periscope



Whatsapp



**18 years and older**



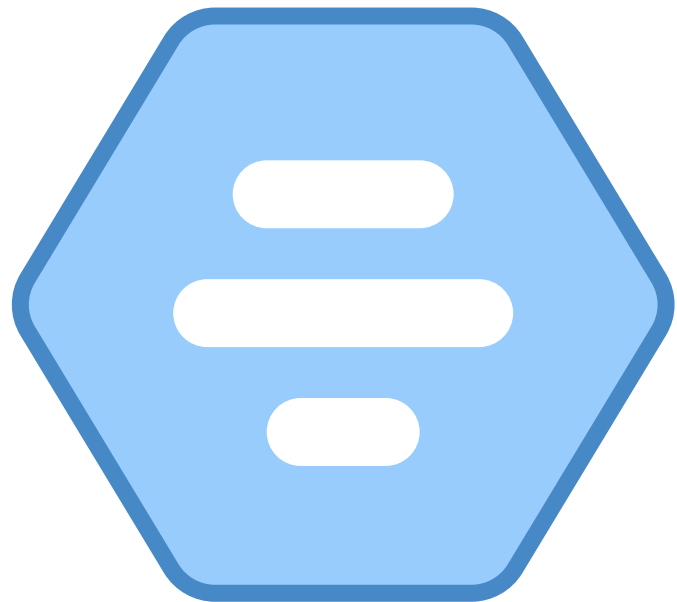
WeChat



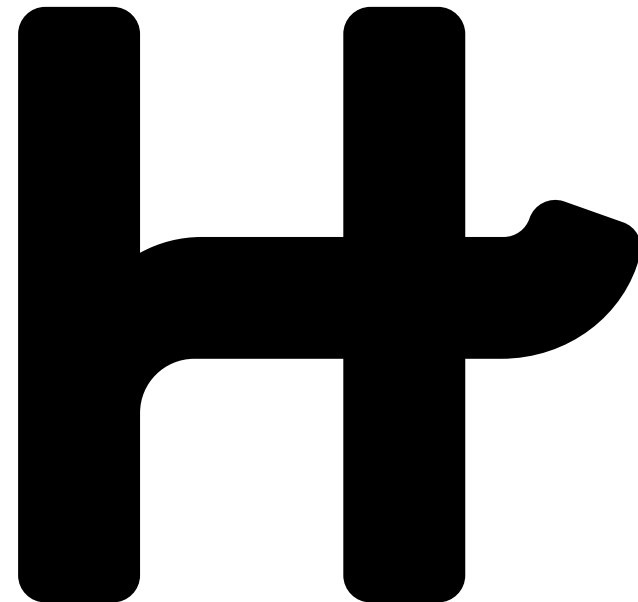
Kik



Tinder



Bumble



Hinge



Grindr



YouTube



# Vault Apps





# 10 Most Violent Video Games

- Until Dawn
- Mortal Kombat Series
- Grand Theft Auto Series
- Red Dead Redemption 2
- God of War



- DOOM
- Resident Evil Series
- Call of Duty Series
- GORN
- Hellblade

# RATINGS



## EARLY CHILDHOOD

Content is intended for young children.



## EVERYONE 10+

Content is generally suitable for ages 10 and up. May contain more cartoon, fantasy or mild violence, mild language and/or minimal suggestive themes.



## MATURE

Content is generally suitable for persons ages 17 and up. May contain intense violence, blood and gore, sexual content and/or strong language.



## RATING PENDING

Not yet assigned a final ESRB rating. Appears only in advertising, marketing and promotional materials and related to a game that is expected to carry an ESRB rating, and should be replaced by a game's rating once it has been assigned.



## EVERYONE

Content is generally suitable for all ages. May contain minimal cartoon, fantasy or mild violence and/or infrequent use of mild language.



## TEEN

Content is generally suitable for ages 13 and up. May contain violence, suggestive themes, crude humor, minimal blood, simulated gambling, and/or infrequent use of strong language.



## ADULTS ONLY

Content suitable for adults 18 years and up. May include prolonged scenes of intense violence, graphic sexual content and/or gambling with real currency.





# ONLINE SAFETY



# How Can I Keep My Child Safe?

- Have a central charging station for all portable household digital devices
- Stay educated
- Know their passwords
- Check their profiles and browser history
- Utilize parental controls
- Put tape or a sticky over the laptop or tablet camera when not in use
- Remind your children of the permanence of anything posted online or sent electronically





# How Can I Keep My Child Safe?

- Google yourself and your family
- Keep screens visible
- Designate a common area during use
- Designate "online time"
- Review games and websites
- Utilize the location feature when appropriate
- Use technology and the internet together



# Resources

Keeping Children Safe Online - Department of Justice  
<https://www.justice.gov>

Raising Digitally Responsible Youth: A Parent's Guide  
<https://saferschoolstogether.com>

Sunshine - Don't Confuse Love & Abuse - Day One Video  
[www.youtube.com](http://www.youtube.com)

RESPOND, Inc.  
[www.respondinc.org](http://www.respondinc.org)

National Dating Abuse Helpline  
24/7 hotline: 1-866-331-9474  
Text: text "loveis" to 22522

[www.loveisrespect.org](http://www.loveisrespect.org)  
(online chat available)

That's Not Cool  
<https://thatsnotcool.com/>

National Domestic Violence Hotline  
24/7 hotline: 1-800-799-SAFE  
[www.ndvh.org](http://www.ndvh.org)

