



# Healthy Relationships Presentation







"A healthy relationship will  
never require you to  
sacrifice your friends, your  
dreams, or your dignity."

**Dinkar Kalotra**

# Agenda

**All relationships exist on a spectrum from healthy to unhealthy to abusive, and it's important to know what to look for—both good and bad — to make sure you're building a healthy relationship.**

- 1 Different types of abuse**
- 2 Child Abuse**
- 3 Family Violence**
- 4 Dating/Relationship Violence**

# Types of Abuse

## Physical Abuse

This occurs when a partner is pinched, hit, shoved, slapped, punched, or kicked.

## Psychological/Emotional

This means threatening a person or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or in the case of intimate relationships keeping him/her away from friends and family.

## Sexual

This is forcing a person to engage in a sex act when he or she does not or cannot consent. This can be physical or nonphysical, like threatening to spread rumors if someone refuses to have sex.

## Neglect

What is considered neglect of a child in Texas?

Placing the child in, or failing to remove a child from, a situation that: A reasonable person would realize requires judgment or actions beyond the child's level of maturity, physical condition, or mental abilities. Results in bodily injury or a substantial risk of immediate harm to the child.



# child abuse and neglect

noun

1. Any act or series of acts of commission or omission by a parent, caregiver, or another person in custodial role that results in harm, potential for harm, or threat of harm to a child.
2. A preventable act.



VetoViolence®





# **What is NOT child abuse**

**"Reasonable actions taken by parents or guardians intended to discipline a child or protect his or her safety"**

**This includes but is not limited to:**

- Removal of student's personal property, i.e. gaming system, cell phone, car**
- Hurt feelings is not necessarily a sign of emotional abuse**
- Failure to purchase desired items**



# How do I report suspected child abuse?

## Tell a trusted adult

Discuss your suspicions with a trusted adult. If you suspect abuse or believe that you have been abused, your teachers, counselors, administrators are all trained in how to report abuse.

## Report to the child abuse hotline

- By Phone: 1-800-252-5400
- Online: [Texas Abuse Hotline](https://txabusehotline.org) – txabusehotline.org

## Report to law enforcement

You can report this straight to the SROs on Campus, or you can call 911 if you believe someone is in immediate danger.



# **Family Violence**

**Violence can often occur within families that isn't specifically adult to child. Sometimes there is also sibling abuse, spousal abuse, or elder abuse.**

**According to Texas Law : it is an act by a member of a family or household against another member of the family or household that is intended to result in physical harm, bodily injury, assault, or sexual assault or that is a threat that reasonably places the member in fear of imminent physical harm, bodily injury, assault, or sexual assault, but does not include defensive measures to protect oneself**



# How to identify Abuse



## Changes in Behavior

- Afraid or nervous around certain family members
- Fear, anxiety, depression, withdrawal, not wanting to go home or go to a certain person's house
- Changes in sleep patterns such as frequent nightmares, difficulty falling or staying asleep
- Changes in school/sports performance and attendance; deteriorating grades
- Unusual eating habits that lead to extreme weight gain or weight loss
- Loss of self-confidence, self-esteem



## Physical Signs

- Unexplained bruising, marks or injuries on any part of the body
- Trouble walking, sitting, running, or doing normal activities



## Nature of the Relationship

- A child acts out abuse in play
- Violence or roughness between siblings is increasing over time



## Overly Sexualized Behaviour

- Use of explicit sexual language that is age inappropriate
- Sudden interest in sexual pictures, movies, media
- Sexual drawings or language
- Acting in a sexually explicit way towards adults
- Asking about or making statements about sexual abuse

# How do I report suspected family violence?

## Tell a trusted adult

Discuss your suspicions with a trusted adult. If you suspect abuse or believe that you have been abused, your teachers, counselors, administrators are all trained in how to report abuse.

## Report to the National Domestic Violence Hotline

- By Phone: 1-800-799-SAFE
- Online: [thehotline.org](https://thehotline.org)
- By text: Text START to 88788

## Report to law enforcement

You can report this straight to the SROs on Campus, or you can call 911 if you believe someone is in immediate danger.



# Dating Violence

**Dating violence” means an act, other than a defensive measure to protect oneself, by an actor that:**

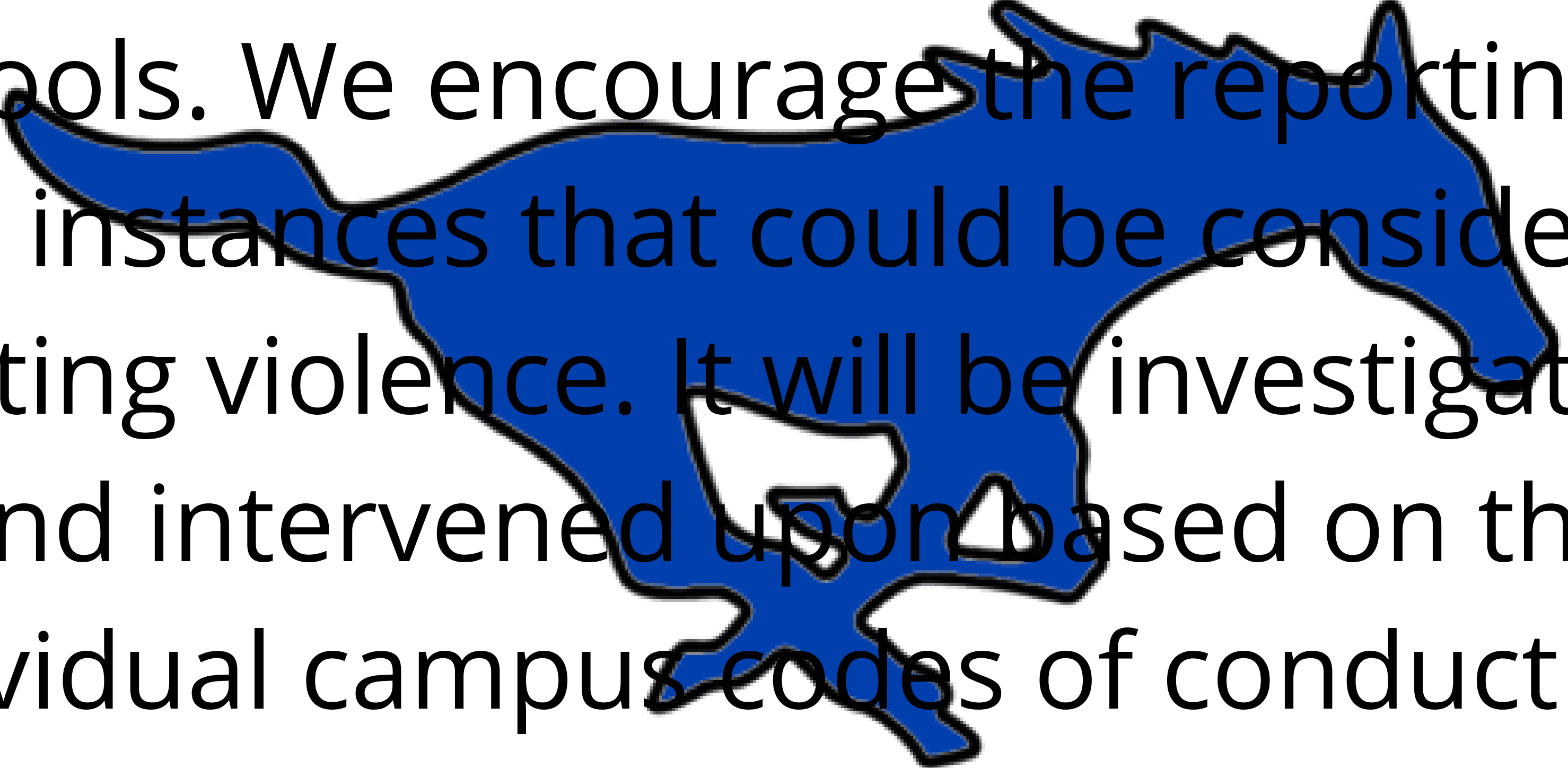
**(1) is committed against a victim or applicant for a protective order:**

**(A) with whom the actor has or has had a dating relationship; or**

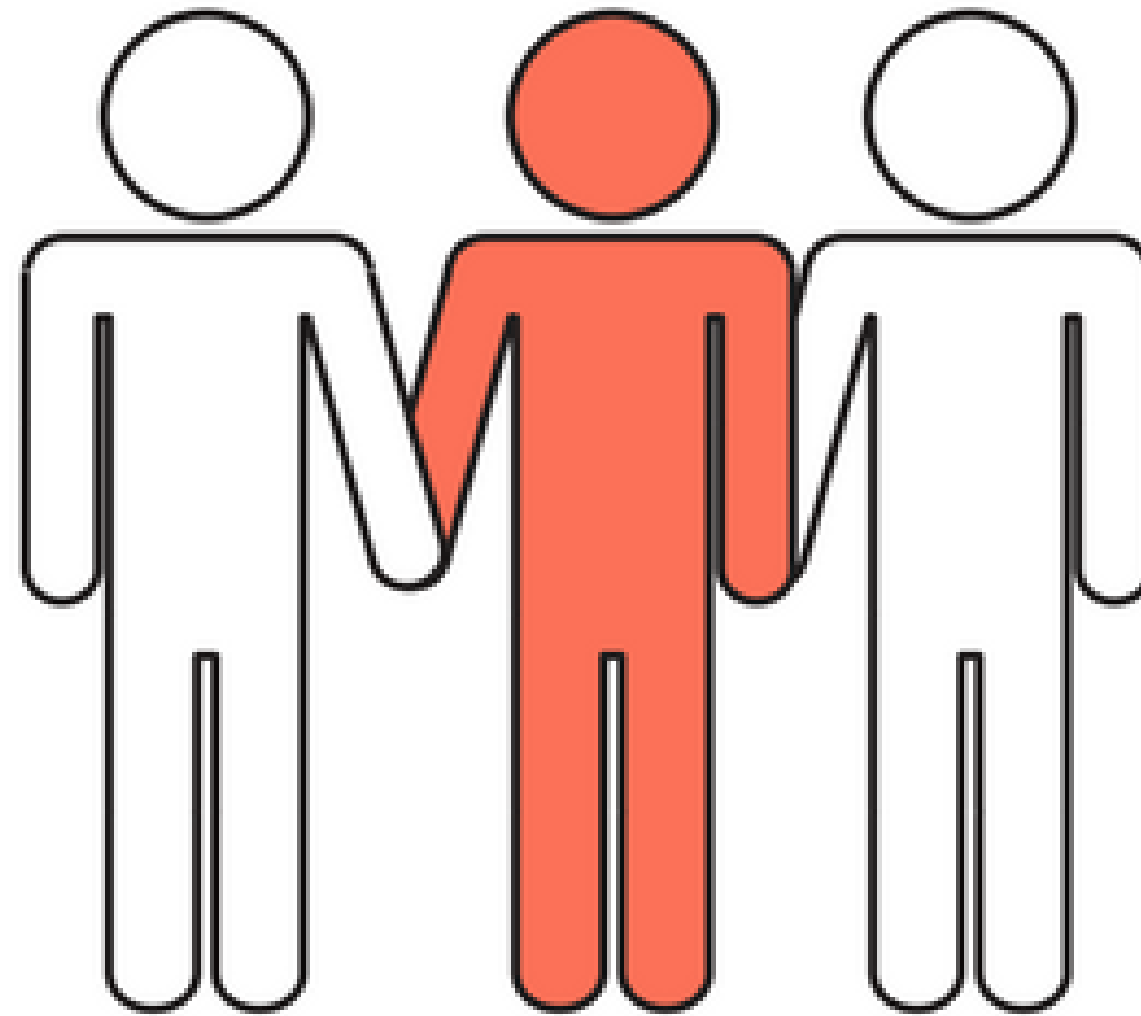
**(2) is intended to result in physical harm, bodily injury, assault, or sexual assault or that is a threat that reasonably places the victim or applicant in fear of imminent physical harm, bodily injury, assault, or sexual assault.**

**(b) For purposes of this title, “dating relationship” means a relationship between individuals who have or have had a continuing relationship of a romantic or intimate nature.**

Dating violence is not tolerated in FISD schools. We encourage the reporting of any instances that could be considered dating violence. It will be investigated and intervened upon based on the individual campus codes of conduct and Texas Law.

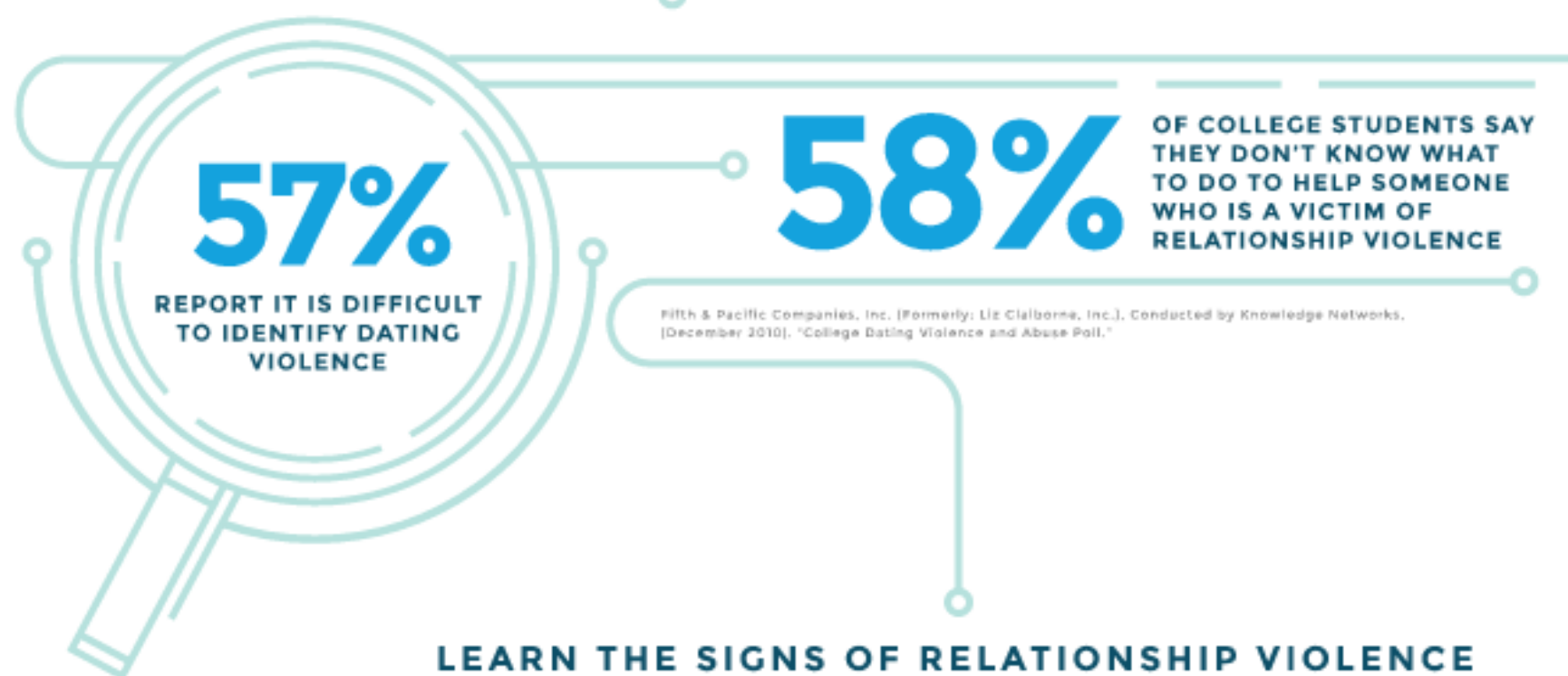
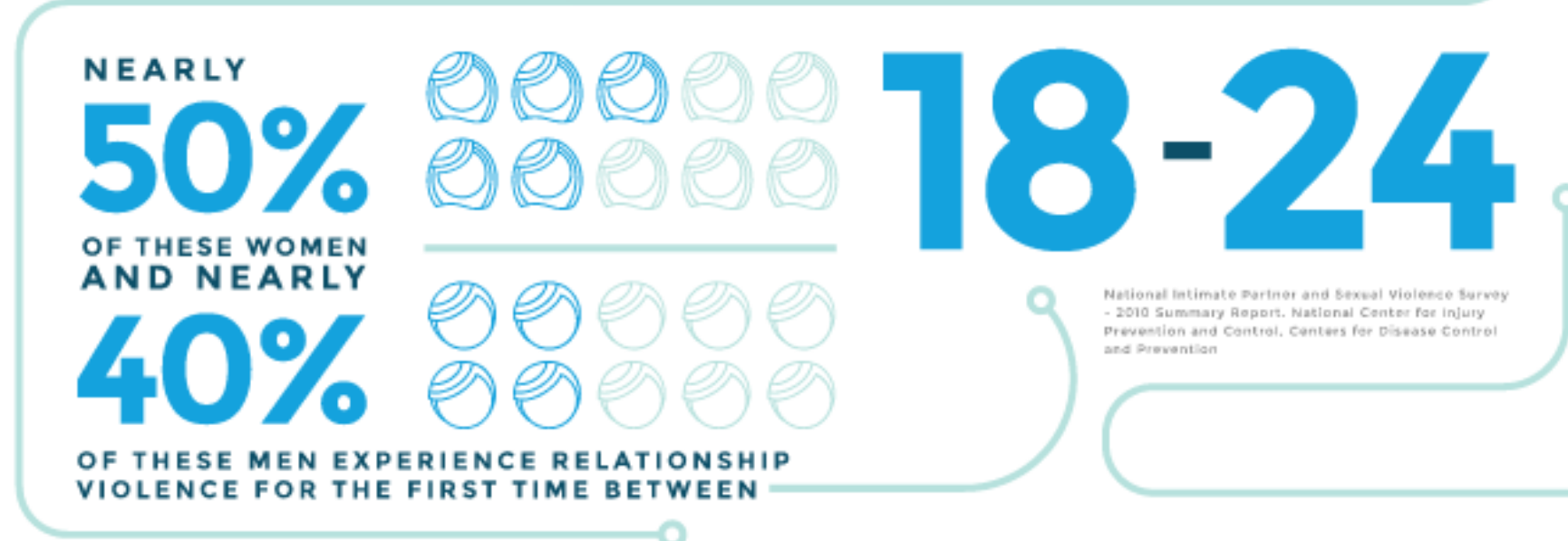
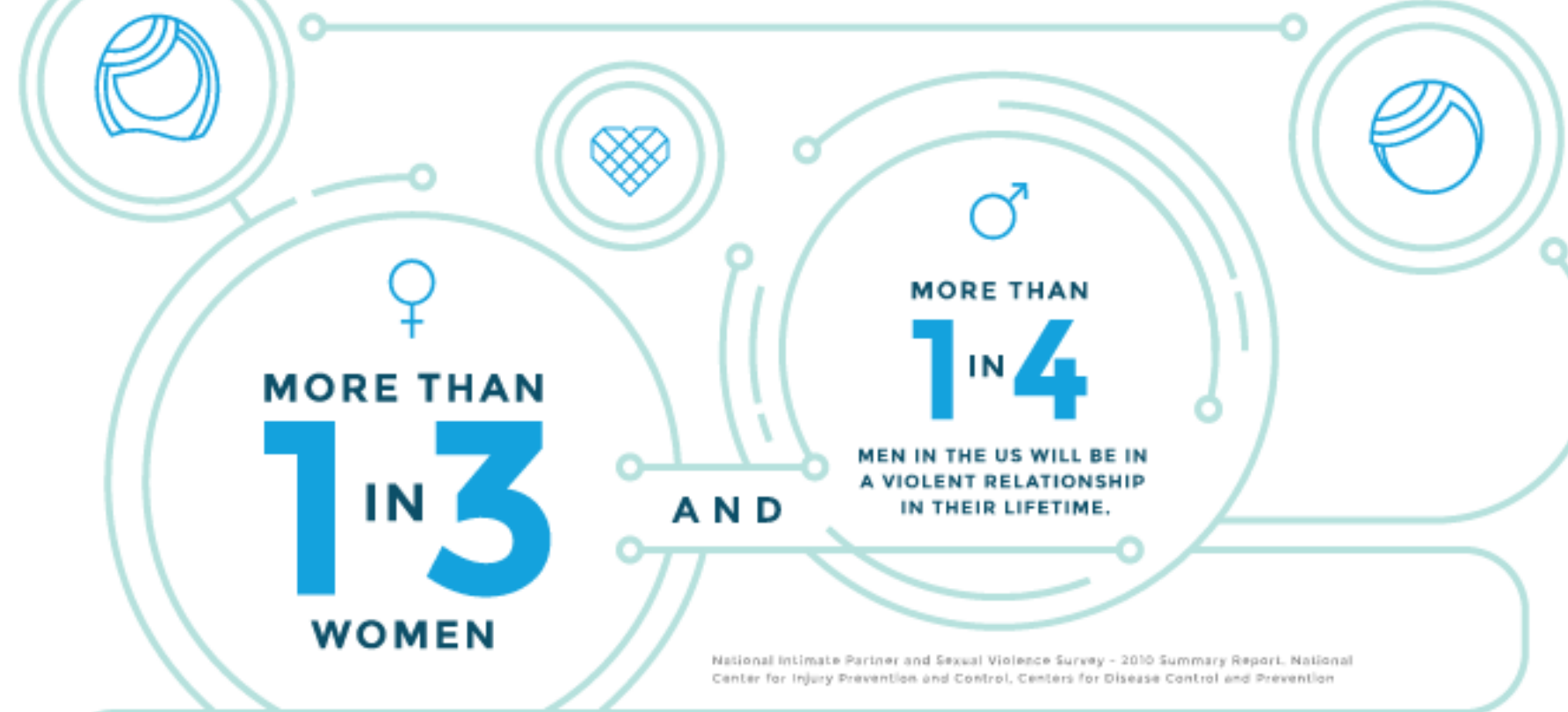






**1 IN 3 HIGH SCHOOL STUDENTS**

**EXPERIENCE EITHER PHYSICAL OR SEXUAL VIOLENCE,  
OR BOTH, BY SOMEONE THEY ARE DATING.**







# Healthy Relationships

**LOVING**

**KIND**

**SUPPORT EACH OTHER'S DREAMS**

**SET HEALTHY  
BOUNDARIES**

**COMPASSIONATE**

**SUPPORT EACH OTHER'S FRIENDSHIPS**



# Unhealthy Relationships

*ISOLATING*

*JEALOUSY*

MAKING THREAT

LOVE  
BOMBING

***GUILT  
TRIPPING***

**BLAMING**

**MAKING  
THREATS**

***intimidation***

*CONTROLLING*

*MANIPULATING*

# PRESSURING

SOMEONE DOES NOT



MEAN YOU HAVE

# CONSENT




# **Age of consent in Texas**

- All person's under the age of 17 are considered children in the eyes of law, meaning sexual relations are against the law.
- It is against Texas Law for anyone under the age of 17 to enter into a physical relationship with anyone who is 3 or more years younger.

# Sexual Harrassment

Sexual Harrassment is defined as : sexual physical or verbal act that “has the purpose or effect of creating an intimidating, hostile or offensive working environment.”

This can include sending nude or suggestive pictures of someone for revenge after a breakup. \*\*Protect yourself do not take or send nude photos or request nude photos.

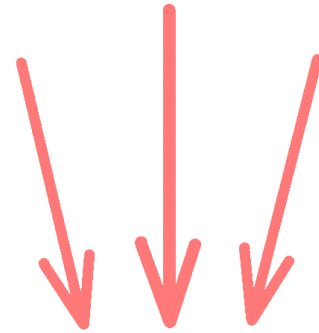


Possession and/or distribution of nude photos is against the law. Even if it is a photo of yourself and you under the age of 18.

# What do I do if I feel like I am sexually harrassed?

#1 directly inform the harasser that the conduct is unwelcome and must stop

#2 If conduct persists report to teacher, administrator, or supervisor (if at a place of employment). It will be addressed in accordance with the Code of Conduct if occurring at school.



FISD has a zero tolerance policy in regards to sexual harrassment



# Sexual Assault

- Intercourse and penetration without consent
- Sexual abuse of an individual who cannot give their consent due to a disability or diminished mental capacity
- Intercourse, penetration, or sexual contact with a minor (The law defines a minor as any person under age 17.)
- Forcible and violent intercourse, penetration, or sexual contact, regardless of whether consent is given
- Coercive sexual acts

# Reporting a Sexual Assault

- Report to a trusted adult and Law Enforcement
- If possible make a note of the location, descriptors of the person.
- If it is you, report as soon as possible.
- Don't Shower, Get Help

FPD is trained to help avoid retraumatization and involves the Child Advocacy Center to make things the most comfortable for survivors. There are also many supports available through the PD.

# Remember!

"Consent is often used in the context of physical or sexual activity with a partner, but it has **more to do with the decision-making behind your actions** than the actions themselves."



# Protective Measures

- Safety Planning
- Enforcement of filed Protective Orders
- School Based Stay Away Agreements
- Campus Counseling Support
- Mental Health Counseling Referrals
- Victim Services Resources through the PD

# Resources

<https://www.bayareaturningpoint.org/>

<https://www.cdc.gov/violenceprevention/childabuseandneglect/index.html>

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

<https://www.loveisrespect.org/>

Teaching Sexual Health Alberta Health Services

You are  
Important