

Safe Dates

Safe Dates

- ▶ What is Dating?
- ▶ The term “dating” includes informal activities such as going shopping, going or watching a movie with a group of friends, listening to music at someone's house, or doing an activity like swimming, amusement parks, etc.

Characterisitcs

- ▶ What qualities or characteristics are important to you in a dating relationship?
 - ▶ Funny, confident, weird and whacky, artsy, rich, adventurous, etc.
- ▶ Think about people in your life that have helped you feel good about yourself.
 - ▶ Now how did these people make you feel this way? How did they treat you?

Caring People and Caring Relationships



Entry One

List people in your life who have helped you feel good about yourself. These people may be family members or friends. They may have been in your life for a short time or for a long time. They may be part of your life right now, or they may not be part of your life anymore. You can list names or the person's relationship to you (such as father, mother, or history teacher).

Entry Two

You have written down the names of some people who have helped you feel good about yourself. Now think about what these people did to help you feel this way. Describe some of the ways they treated you.

Safe Dates

- ▶ How do you want to be treated by a dating partner?

- ▶ How do you want to treat a dating partner?

Defining dating abuse

- ▶ Harmful behaviors are abusive when...
 - ▶ They're used to *manipulate*
 - ▶ They're used to *gain control*
 - ▶ They're used to *gain power over* someone
 - ▶ They make you *feel bad* about yourself or other people that you're close to (friends, family, and so on)
 - ▶ They make you *afraid* of your dating partner

* Emotional, sexual, and physical dating abuse are ALL serious.*

Why does this happen?

- ▶ Some people have a desire to control or manipulate their partners thoughts, feelings and the way they act.
- ▶ They believe its “normal”
- ▶ Insecure
- ▶ They have learned they can get what they want through abusing
- ▶ They don't know other (nonviolent) ways to respond to anger, frustration, or conflict
- ▶ They could have underdeveloped communication skills, which causes anger, resentment, and frustration
- ▶ They are using alcohol or other illicit drugs

Defining dating Abuse

► Characteristics of harmful dating relationships

Physical Harm

- Hitting
- Scratching
- Pushing and shoving
- Threatening
- Punching
- Choking
- Spitting
- Shaking
- Forcing
- Biting
- Pulling hair
- Using a weapon
- Throwing things
- Damaging personal property
- Forcing unwanted sexual actions
- Acting in a intimidating way

Emotional Harm

- Calling names
- Criticizing opinions
- Ignoring feelings
- Isolating you from others
- Behaving jealously
- Telling lies
- Cheating
- Making you feel guilty
- Spreading rumors (oversharing)
- Using sexually derogatory names
- Putting down your family members
- Driving recklessly to scare
- Threatening to hurt oneself
- Threatening to hurt you

Facts about Dating Abuse

In the United States, about 12 percent of high school students report having been physically victimized by a dating partner in the previous year. In some areas of the country, this is as high as 40 percent.

About one in four high school students report having been psychologically abused by a dating partner in the previous year.

Gay male and female adolescents are victims of physical and psychological dating abuse about as often as heterosexual adolescents.

Dating abuse is beginning as early as the sixth grade.

Adults who use violence with their dating partners often begin doing so during adolescence, with the first episode typically occurring by age fifteen.

Young women between the ages of fourteen and seventeen represent 38 percent of those victimized by date rape.

Many research studies show that, by far, the majority of adolescents believe that being abusive to dates is wrong and should not be done.

Red flags



Warning signs of abuse

- Being physically hurt
- Feeling afraid of their partner (jumpy)
- Feeling isolated
- Losing your friends
- Changing your behavior
- Feeling embarrassed, put down, ashamed, or guilty
- Being threatened
- Feeling manipulated or controlled
- Being afraid to express your emotions
- Feeling nervous or sick when your partner is irritated, frustrated or angry
- Not being allowed to or being afraid to make decisions for yourself
- Feeling as if your partner gets too personal or touches you in an unwanted way
- Not having your thoughts or wishes for personal space respected.

Getting help!

- ▶ It can be incredibly hard to leave an abusive relationship.
- ▶ People stay for all kinds of reasons
 - ▶ Because they're in love
 - ▶ They think the bad parts will go away
 - ▶ They feel responsible for the abuse
 - ▶ They blame themselves
 - ▶ They want this person.

Getting help!

