



Bellefontaine City Schools

in partnership with
Marysville Exempted School District

Grade 7-12 Dating Violence & Sexual Violence Prevention Module



Innovate Collaborate Inspire



NOTICE

This module was designed to meet the requirements of Ohio Senate Bill 288.

Given the highly sensitive nature of this topic, this module was designed for use at school and home. It will take approximately 30-40 minutes to complete the module and includes developmentally appropriate information, infographics, and videos. You may stop the module and opt-out at anytime.

The content was adapted from resources, materials, information and content from The Foundation United, the Centers for Disease Control, the Sexual Violence Awareness Prevention and Response team at Arizona State University, the Healthy Relationships Initiative, the Cedarville University Title IX Office, Break the Cycle, the Marysville Division of Police, The Prevention Connection, and best practices in cyber safety, preventing dating violence, and preventing sexual violence.



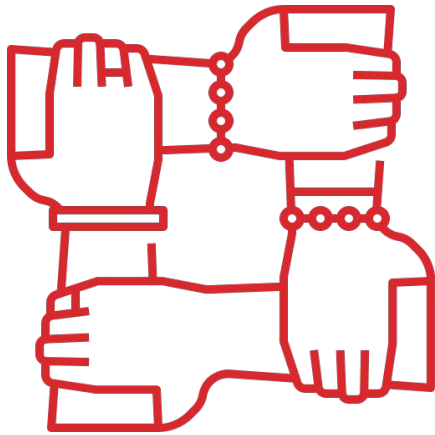
CONTENT BLOCKS

**BEING
EMPOWERED**

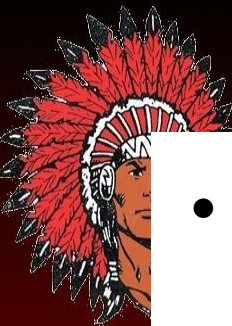
**HEALTHY
RELATIONSHIPS**

**WARNING
SIGNS**

**CYBER
SAFETY**



**BEING
EMPOWERED**



IMPORTANT TERMS

- Remember, these terms are important to know so that you can recognize and understand what's right and wrong, and so you can speak up if you ever feel uncomfortable or see someone else in a difficult situation.
 - **Empowerment** - means equipping oneself with the knowledge and skills needed to make positive choices, communicate effectively, and foster respectful and supportive connections with others. It is about promoting personal agency and creating a culture of mutual respect and understanding.
 - **Intuition** - is your gut feeling, that sense you get about something without really thinking about it. When it comes to personal safety, trusting your intuition means paying attention to those feelings that something might be wrong or uncomfortable.
 - **Consent** - is giving a clear "yes." In relationships or any activity, it means that everyone involved is agreeing to it willingly and without any pressure. Importantly, it's something that can be withdrawn at any time, even if you initially said "yes."



TACTICS THAT ABUSERS USE

- **Manipulation:** when someone tricks or influences you in a sneaky way to get you to do something you wouldn't want to do. Abusers might use sweet words or false promises. Trust your feelings and talk to a trusted adult if you feel manipulated.
- **Brute Force:** using physical strength or aggression to make someone do something. Abusers may use pushiness or even harm. It's never okay, and if it happens, tell a trusted adult immediately.
- **Exploitation:** taking unfair advantage of someone, making them do things they're uncomfortable with. True friends respect your feelings and boundaries.
- **Befriending:** when someone tries hard to be your friend but plans to take advantage of you later. Be cautious and talk to a trusted adult if something feels off.
- **Threats:** involve scaring someone into doing what the abuser wants, like hurting you or spreading rumors. Remember, threats are never okay. Reach out for help to a teacher, school counselor, or trusted adult.
- **Sextortion:** using private pictures or videos to force someone into doing things they're uncomfortable with, like giving money. If threatened, talk to a trusted adult immediately.
- **Trafficking:** illegal trading but it involves people. It involves the use of force or deception to transport individuals illegally.
- **If you are concerned that you may be experiencing any of these tactics, talk to a trusted adult immediately!**



RISK FACTORS THAT ABUSERS SEEK

- It's important to note that these risk factors do not justify or excuse abusive behavior. Everyone deserves to be treated with respect and dignity.
- Abusers seek out:
 - ◆ **Low Self-Esteem** - Abusers may target individuals with low self-esteem, exploiting feelings of inadequacy for control.
 - ◆ **Emotional Dependency/Insecurity** - Abusers seek those who are emotionally dependent, making it easier to establish control.
 - ◆ **Isolation** - Abusers isolate victims from support systems, making it harder to seek help or recognize abuse.
 - ◆ **Substance Use or Dependency** - Substance use impairs judgment, making individuals more vulnerable to manipulation.
 - ◆ **Suicidality or Mental Health Issues** - Abusers may exploit mental health struggles or suicidality for control.



PROTECTIVE FACTORS

→ By promoting these protective factors, young people can better equip themselves to navigate relationships, make informed decisions, and contribute to creating a safer school community.

INTERNET SAFETY

Being cautious online, avoiding sharing personal information, and recognizing potential risks on social media platforms contribute to overall safety.

SCHOOL CONNECTEDNESS

Feeling connected to the school community, participating in activities, and having a sense of belonging can provide you with a supportive environment.

TRUSTED ADULTS

Establishing relationships with trusted adults, such as parents, teachers, counselors, or school staff, creates a network of support and guidance.

HEALTHY BOUNDARIES

Understanding and asserting personal boundaries helps young people recognize and resist inappropriate behaviors.



RECAP: BEING EMPOWERED

- **Empowerment and Safety:** Equip yourself with knowledge, trust your instincts, and communicate openly to foster respectful connections.
- **Abusers' Tactics:** Recognize manipulation, brute force, exploitation, befriending, threats, sextortion, and trafficking. Report to trusted adults.
- **Risk Factors:** Be aware of vulnerabilities like low self-esteem, emotional dependency, isolation, substance use, and mental health struggles.
- If you or someone you know experiences something that you do not feel is right, **always tell a trusted adult.**



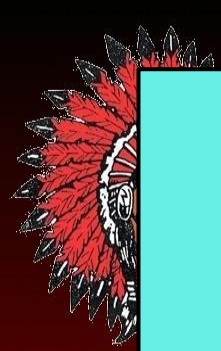


HEALTHY RELATIONSHIPS



HEALTHY RELATIONSHIPS

- Healthy relationships are when individuals safely feel and express respect for themselves and others. Remember, a healthy relationship feels positive, makes you happy, and allows you to be the best version of yourself.
- ◆ **Trust** - In a healthy relationship, there's trust and honesty. This means you and your partner believe in each other and feel safe sharing honest thoughts and feelings.
 - ◆ **Respect for Boundaries** - Everyone has personal boundaries, like needing space or time alone. In a healthy relationship, both partners respect each other's boundaries.
 - ◆ **Individuality** - It's important to be your own person with your own interests and friends. A healthy relationship lets you be yourself and supports your individuality.
 - ◆ **Communication** - Good communication is key. Talking and listening, sharing thoughts and feelings openly without fear of judgment is healthy.
 - ◆ **Equality** - In a healthy relationship, both partners are equal. Neither partner has more power than the other.
 - ◆ **Having Fun** - Healthy relationships are enjoyable! You have fun together, share laughter, and create positive memories.





SHARED DECISION MAKING

- In a healthy relationship, shared decision making means that **both partners actively contribute** to choices that affect the relationship.
- Working **together**, considering each other's **opinions**, and **finding solutions** that work for both individuals is healthy.





RED FLAGS IN A RELATIONSHIP

- It's crucial to remember that everyone deserves a safe and respectful relationship. If you notice concerning behaviors, seek support from trusted friends, family, or professionals.
- ◆ **Controlling Behavior:** Attempts to control your actions, choices, or interactions with others.
 - ◆ **Jealousy:** Displays extreme jealousy or possessiveness.
 - ◆ **Isolation:** Tries to isolate you from friends and family.
 - ◆ **Manipulation:** Uses manipulation tactics to get their way.
 - ◆ **Quick to Anger:** Has a quick temper and resorts to anger easily.
 - ◆ **Disrespect:** Disrespects you, your opinions, or your boundaries.
 - ◆ **Lack of Accountability:** Refuses to take responsibility for their actions.
 - ◆ **Gaslighting:** Invalidates your feelings or experiences, making you doubt yourself.
 - ◆ **Pattern of Harmful Behavior:** Displays a consistent pattern of harmful or abusive behavior.

RECAP: HEALTHY RELATIONSHIPS

- In healthy relationships, **positivity, respect, trust, support for individuality, equality, and shared decision-making** collectively contribute to overall relationship well-being.
- Recognizing red flags in relationships, such as controlling behavior, extreme jealousy, isolation, manipulation, quick anger, disrespect, lack of accountability, gaslighting, invalidation of feelings, and a consistent pattern of harmful behavior, is essential for maintaining a **safe and respectful relationship**.
- Recognizing concerning behaviors is crucial in maintaining a **safe and respectful relationship**.
- Seeking support from **trusted friends, family, or professionals** is a vital step in addressing potential issues.





WARNING SIGNS



CHARACTERISTICS OF AN UNHEALTHY RELATIONSHIP

- What are the characteristics of an unhealthy relationship?
 - Putting you down in front of others.
 - Isolation from your social group or family.
 - One person seems to be controlling the other.
 - Controlling what you do - such as decisions about your future or what you read/watch.
 - Checking your social media or other personal accounts without your permission.
 - Forcing you to do something that you don't want to do.
 - Threatening to hurt themselves if their dating partner breaks up with him/her.



Unhealthy relationships

All relationships are different, but unhealthy relationships may leave you and your partner feeling:



Smaller or
less than



As if one's goals
aren't being
supported



Disrespected
or dismissed

Relationships can be difficult, but you are not alone.

COMMON SIGNS OF AN UNHEALTHY RELATIONSHIP



PHYSICAL

One person's arm is always firmly around the other person

SOCIAL

One person monopolizes the other person's time

CYBER

One person is repeatedly calling, texting, e-mailing, messaging online, etc, when communication is unwanted.



Healthy Relationships Week

HEALTHY TEEN RELATIONSHIPS: RECOGNIZING RED FLAGS



HEALTHY RELATIONSHIPS WEEK

WWW.HEALTHYRELATIONSHIPSWEEK.ORG





RISK FACTORS FOR TEEN DATING VIOLENCE

- Belief that dating violence is acceptable
- Symptoms of anxiety and/or depression
- Aggression toward peers or other aggressive behaviors
- Drug or alcohol use
- Early sexual activity and multiple sex partners
- Conflicts with a partner
- Exposure to violence in the home





KNOW THE SIGNS

→ What are signs that someone we know may be experiencing dating violence?

- ◆ Problems at school
- ◆ Consistent school attendance problems
- ◆ A noticeable drop in grades
- ◆ A sudden request for class schedule changes
- ◆ A noticeable weight change
- ◆ Changes in behavior
- ◆ Passive or quieter than usual
- ◆ Drop in self-confidence
- ◆ Regular bruising or other injuries
- ◆ Alcohol or drug use





What should you do if you are concerned that you or a friend may be in an unhealthy relationship?

Tell a **trusted person!**

SAFE PEOPLE

- What are the qualities of a safe person?

- Honest or truthful
- They respect your personal space
- Someone that makes you feel safe
- Their words match their actions
- Listen without judgment
- They take care of others
- Know the importance of other people's safety and wellbeing
- **Safe people** include:
 - Your parent(s) or caregiver(s), a teacher, your school counselor, the school resource officer, your sports coach, the school psychologist, the school principal, and a trusted friend





RECAP: WARNING SIGNS

- **Know the signs of an unhealthy relationship:** this can include one person's arm is always firmly around the other person, one person monopolizes the other person's time, and one person is repeatedly calling, texting, e-mailing, messaging online, etc., when communication is unwanted.
- **Know the characteristics of an unhealthy relationship** - putting you down in front of others, isolating you from your friendship group or family, and even controlling what you do.
- **Know the risk factors for dating violence** - aggression toward peers or other aggressive behaviors, drug or alcohol use, early sexual activity and multiple sex partners, conflicts with a partner, and even exposure to violence in the home.
- **Know what to do if you are concerned for yourself or a friend** - tell a trusted person! Trusted people are: honest and truthful, make you feel safe, their words match their actions, and listen without judgment.



CYBER SAFETY



IMPORTANT CYBER SAFETY CONCEPTS

- **Online sextortion:** extortion involving someone obtaining your pictures (nudes) or videos of a sexual or intimate nature and then using them to blackmail you to either:
 - Send them increasingly compromising or degrading images or;
 - Send them money. They threaten to expose your images to family or your friends. Young men are often victims of sextortion.
- **Catfishing:** used in dating apps or anonymous social media accounts, when someone is fishing for a victim with too-good-to-be-true fake profiles as the bait.
 - The Fisher is looking to create a sense of connection and relationship with the victim to get your money or get your images and videos (see sextortion above).



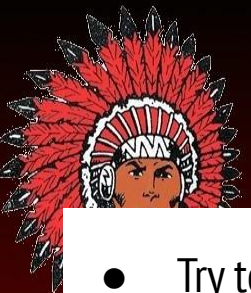


SEXUAL SCAMS

→ Clues that a situation could be a sexual scam:

- ◆ They ask for your personal information and/or personal questions (e.g. Have you ever had a boyfriend or girlfriend?)
- ◆ The situation (or this person) seems too good to be true.
- ◆ They are tapping into your emotions and seeking to meet your needs.
- ◆ They give vague responses about themselves and background.
- ◆ They tell inconsistent or grandiose stories.
- ◆ They claim to be from the United States but are currently living, working, or traveling abroad.
- ◆ They ask for risqué pictures or nude photos.

BEFORE YOU ACCEPT A REQUEST OR CLICK SEND

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- Try to see who someone is before you accept a friend request from them - don't feel pressured by someone you do not know to accept a friend request.
 - Are they friends with people that you are friends with?
 - Do they live in your area, town, or city?
 - Ask yourself: Will accepting the request help me to feel desired or loved?
 - Do you feel like you have to send something in order to keep the relationship?
 - Double-check your privacy settings - make sure that unknown people cannot see any information that you do not want them to see.
 - Everyday, people pretend to be someone else and it can be difficult to figure out if they are telling the truth.



RECAP: CYBER SAFETY

→ **Know the clues that you may be a target of a sexual scam:**

- ◆ They ask for your personal information and/or personal questions (e.g. Have you ever had a boyfriend or girlfriend?)
- ◆ The situation (or this person) seems too good to be true.
- ◆ They are tapping into your emotions and seeking to meet your needs.
- ◆ They give vague responses about themselves and background.

→ **Think before you accept a friend request or hit send:**

- ◆ Remember that sometimes people pretend to be someone they are not and it's hard to know if they are telling the truth about who they are.
- ◆ Do you have friends in common?
- ◆ Are you from the same town or area?
- ◆ Do you believe it will help you to feel loved or desired?



**Bringing it
All Together**

BRINGING IT ALL TOGETHER

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1. **Empower yourself** - equip yourself with knowledge, trust your instincts, communicate openly, know the tactics of abusers, and know the risk factors for abuse.
 2. Know the qualities of **a healthy relationship** (positivity, respect, trust, individuality, shared decision-making) and the **red flags** (controlling behavior, extreme jealousy, isolation, manipulation, disrespect).
 3. **Know the warning signs and characteristics of an unhealthy relationship** - putting you down in front of others, one person monopolizing the other's time, repeatedly calling, texting, messaging, and emailing, and controlling what you do.
 4. Know what to do if you are concerned for yourself or friend - **tell a trusted person!**
 - a. If you tell a trusted person, but nothing happens, tell another trusted person - keep telling until something happens!
 5. Know the clues that you may be **a target of a sexual scam** and **think before you accept a friend request or hit send**.
 6. If you are not sure where to report concerns, you can always contact the **National Teen Dating Abuse Hotline** by calling **1-866-331-9474**, texting **LOVEIS to 22522** or by visiting **loveisrespect.org**.
 7. If you need to report abuse or neglect, you can contact **855-O-H-CHILD (855-642-4453)** for Ohio's anonymous reporting system.



THANK YOU