



DATING BINGO

Directions

1. Read each box below.
2. Circle the five traits that are most important to you in a dating partner.
3. Find five different people in the room who have circled one of the same traits.
4. Have them sign in that box.
5. The first person to get all five boxes signed by a different person shouts "BINGO."



I like someone who is...

| | | | | |
|----------------------|--------------------------|--------------------------|-------------------------------|--------------------------|
| funny _____ | unique _____ | older than I am _____ | popular _____ | weird and wacky _____ |
| independent _____ | adventurous _____ | honest _____ | nice to other people _____ | confident _____ |
| romantic _____ | smart _____ | rich _____ | a movie fanatic _____ | outgoing _____ |
| athletic _____ | a good listener _____ | supportive _____ | passionate _____ | artsy _____ |



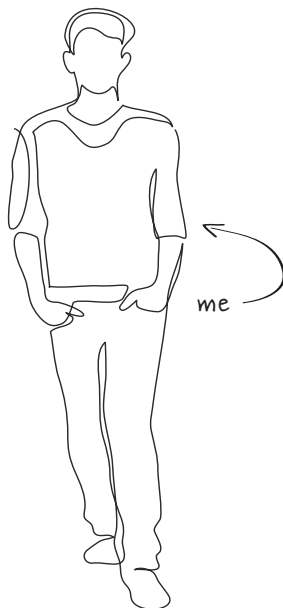
HOW I WANT TO BE TREATED BY A DATING PARTNER

Directions

Below is a figure and a list of ways dating partners may treat each other. The figure represents **YOU**. On the two solid lines above the figure, write the two **MOST IMPORTANT** ways you want to be treated by a dating partner. On the five dotted lines below the figure, list five additional actions by a dating partner that are important to you. Feel free to write in ideas that aren't on the list.

I want to be treated like this by my partner.

- ☐ respected
- ☐ nurtured
- ☐ trusted
- ☐ supported
- ☐ taken care of
- ☐ treated equally
- ☐ encouraged
- ☐ protected
- ☐ listened to
- ☐ impressed
- ☐ understood



- ☐ amused or made to laugh
- ☐ valued
- ☐ romanced
- ☐ excited
- ☐ loved
- ☐ appreciated
- ☐ committed to
- ☐ treated honestly
- ☐ cared for
- ☐ needed
- ☐ challenged



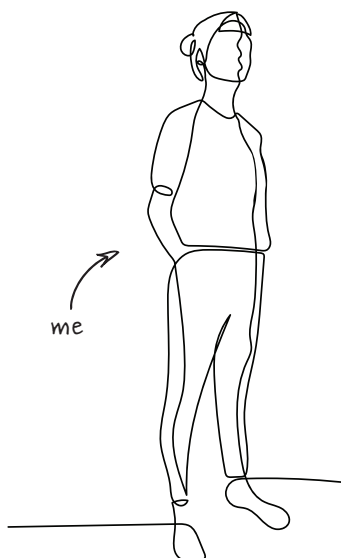
HOW I WANT TO TREAT A DATING PARTNER

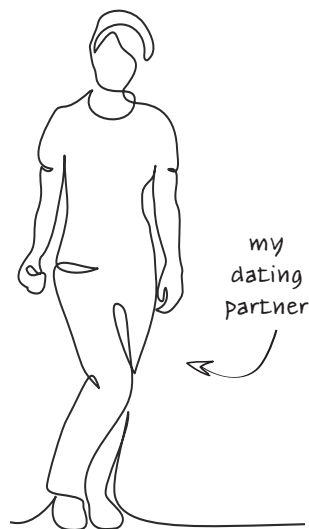
Directions

Below are two figures and a list of ways dating partners may treat each other. The figure on the left represents **YOU**. The figure on the right represents **YOUR DATING PARTNER**. There are five lines that run from you to your dating partner. On these lines, write down the ways you want to treat a dating partner. Feel free to add characteristics that aren't on the list below.

I want to treat my dating partner in a way that helps them feel _____.

- | | | |
|--|---|--------------------------------------|
| <input type="checkbox"/> loved | <input type="checkbox"/> respected | <input type="checkbox"/> admired |
| <input type="checkbox"/> excited | <input type="checkbox"/> supported | <input type="checkbox"/> challenged |
| <input type="checkbox"/> like we are equal | <input type="checkbox"/> abused | <input type="checkbox"/> encouraged |
| <input type="checkbox"/> listened to | <input type="checkbox"/> protected | <input type="checkbox"/> valued |
| <input type="checkbox"/> nurtured | <input type="checkbox"/> like they can trust me | <input type="checkbox"/> romanced |
| <input type="checkbox"/> understood | | <input type="checkbox"/> appreciated |







Setting Boundaries for Your Relationship

*Below are questions regarding emotional, physical, digital, and conflict resolution **boundaries**. While you might not have a specific answer for each of these right now, consider each category and what would make you most comfortable in a dating relationship.*

Is my partner supportive of me and my decisions for myself?

Is my partner consistent in their actions and behaviors?

Does my partner demonstrate trust by doing what they say?

Are we both able to comfortably spend time apart from one another?

Is it okay for me to follow or friend other people in my life?

What are expectations for communication through texting or social media?

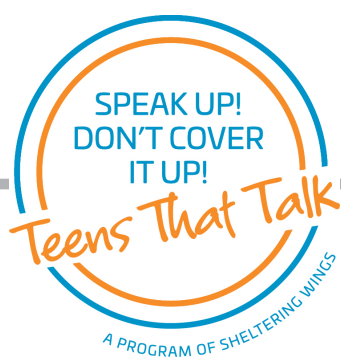
Is it okay to use each other's devices, if so when?

Is my partner entering my personal space with or without permission?

Will we agree to be honest with each other even when it isn't easy?

Examples of personal boundaries you might set in a relationship:

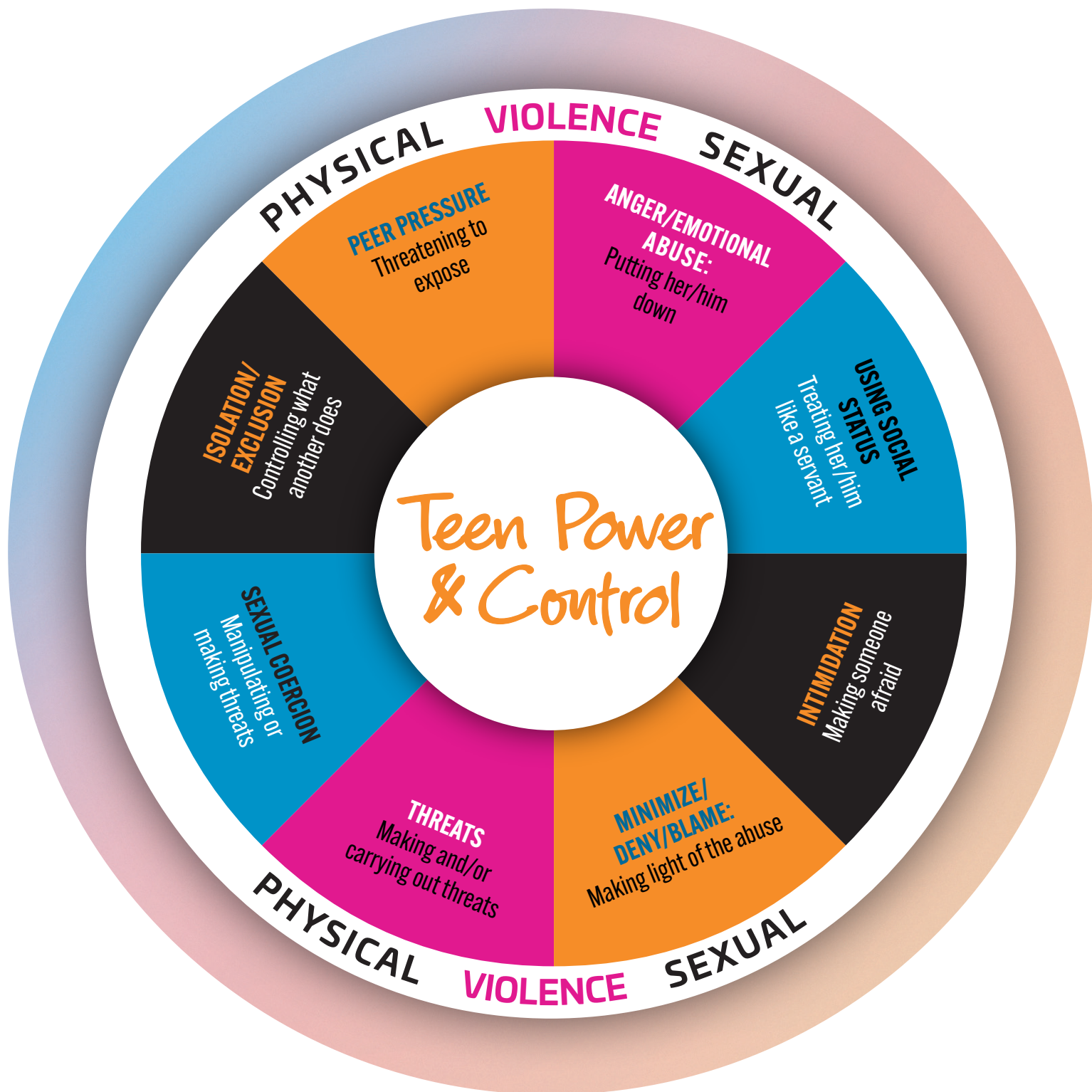
- *I'm cool with following each other on social media, but not with sharing passwords.*
- *I need quiet time for myself every day.*
- *I'm comfortable kissing and holding hands, but not in public.*
- *I want to spend time with my friends/family on weekends, not just my significant other.*
- *I'm okay with regularly texting, but I don't want to text multiple times in an hour.*
- *I'm comfortable with some touching, but I'm not ready to have sex.*



DATING ABUSE FACTS

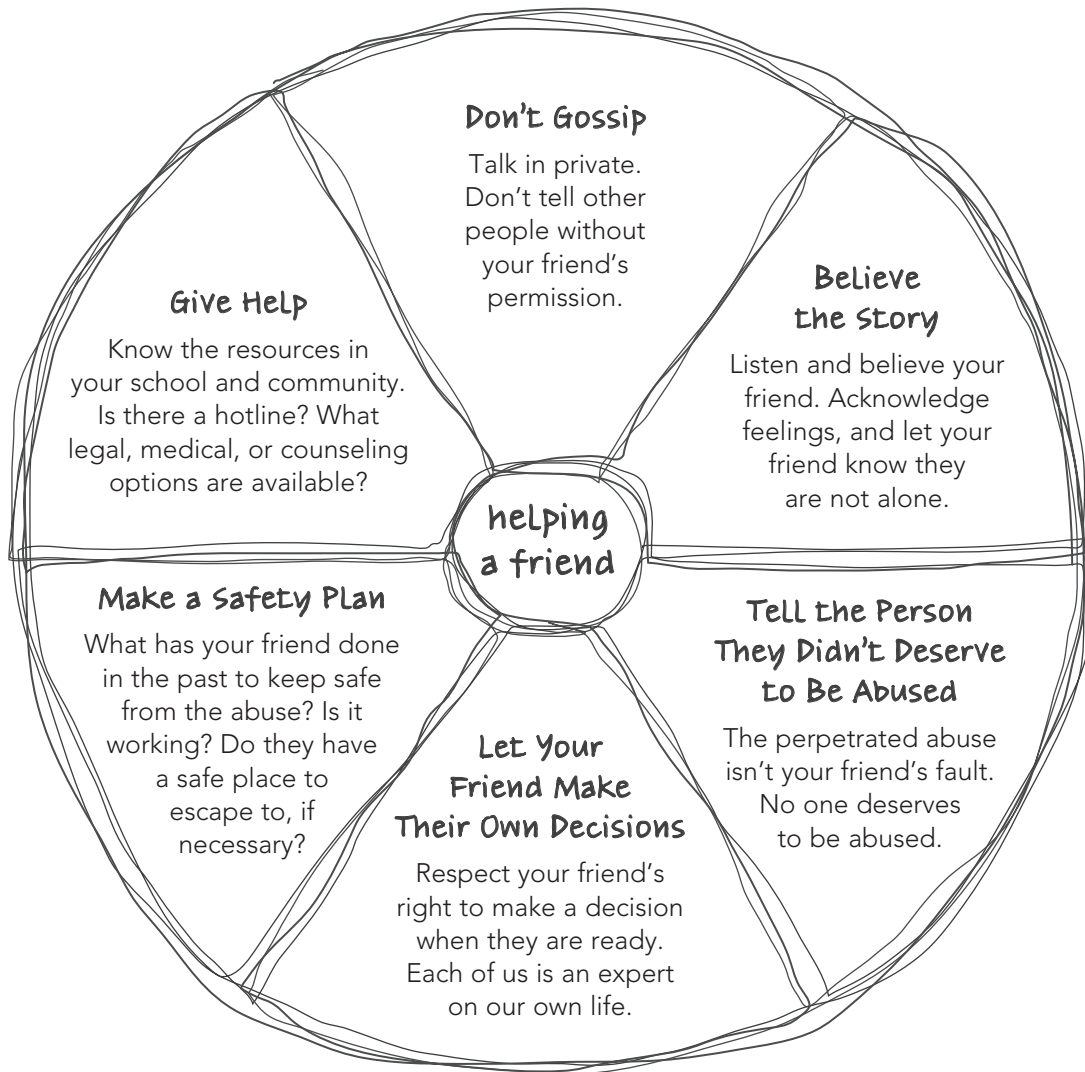
- In the United States, 51 percent of dating girls and 43 percent of dating boys have been victims of **DATING ABUSE** (emotional, physical, or sexual).
 - 47 percent of the girls and 35 percent of the boys experienced emotional dating abuse.
 - 18.5 percent of the girls and 19.4 percent of the boys experienced physical dating abuse.
 - 13.6 percent of the girls and 8.3 percent of the boys experienced sexual dating abuse.
- According to research by the CDC, US teens who are in **LGBTQ RELATIONSHIPS** are at equal or greater risk for experiencing dating abuse compared to those who are in heterosexual relationships.
- Controlling and monitoring a date through **TECHNOLOGY** is the most common type of digital dating abuse; from 65 to 75 percent of teens report being controlled and monitored.
- Girls ages twelve to seventeen are at the highest risk for sexual assault and rape; about 35 percent of the attackers are dating partners. Most others are friends or acquaintances.
- Dating abuse can begin 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 between ages twelve and eighteen.
- Many research studies show that, by far, the majority of adolescents believe that being **ABUSIVE** to dates is wrong and should not be done.







FRIENDS WHEEL



Used with permission from Women & Children's Horizons of Kenosha, Wisconsin.



DATING ABUSE: WHO CAN HELP YOU?

People at Our School:

People in Our Community:

Other Resources:

All of the following **NATIONAL HELPLINES** are available twenty-four hours a day, seven days a week, and 365 days a year—you can reach out anytime you need help:

✱ **Love Is Respect**

866-331-9474

Text LOVEIS to 22522 or 866-331-9474

<https://www.LovelsRespect.org>

✱ **Rape, Abuse, and Incest**

National Network (RAINN):

800-656-HOPE (4673)

<https://hotline.rainn.org>

✱ **National Domestic Violence Hotline**

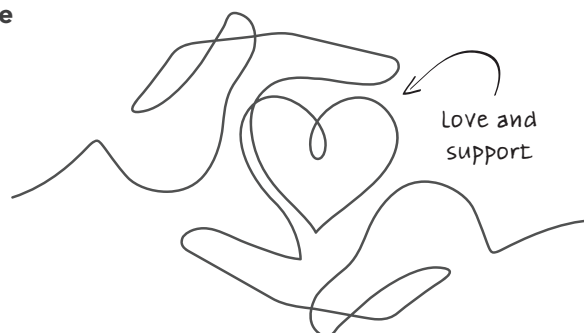
800-799-SAFE (7233)

<http://TheHotline.org>

✱ **Childhelp National Child Abuse Hotline**

800-422-4453

<http://ChildHelp.org>



Looking for more information or want to get involved?

10 signs of a Healthy Relationship

No relationship is perfect, but these signs mean you're going in the right direction.



10 signs of an Unhealthy Relationship

It is important not to ignore the signs if you recognize any of these behaviors.



Interested in volunteering at Sheltering Wings? Learn more here.

We are looking for help with gardening, office administration, childcare and more.



Interested in joining the Youth Council? Teens That Talk is a group of students working to raise awareness in their schools, communities and social circles about Teen Dating Violence, through education, fundraisers, social media campaigns and volunteering.



Follow Teens That Talk on Instagram @teensthattalk