

What does a healthy relationship look like?



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Goal today: How to look at friendships and relationships and determine if they are good ones or bad ones



- Your dating relationships
- Your friendships
- Look at others and their relationships



Goal today: Simply thinking about those individuals in your inner circle and stopping to think if those relationships are working for you in a good way or a bad way.



- Healthy
- Unhealthy
- Potentially dangerous



Goal today: How to recognize abuse in a relationship and touch on violence



- Involving you
- Seeing it in others



You are not really expected at your age to be an expert on relationships!



As a teen you have not lived long enough to have had that many relationships to compare

Question: How many bodies have you lived in besides your own?

HB 121- effective May 2007



**Mandated we start
talking about dating
violence in schools**

**So this won't be the
last time this subject
gets brought up**

Dating Violence

- Is defined as the intentional use of physical, sexual, verbal, or emotional abuse by a person to harm, threaten, intimidate, or control another person in a dating relationship.
- Dating violence is a pattern of **coercive** behavior that one partner exerts over the other for the purpose of establishing or maintaining power and control.

**Six million females in the U.S. are hurt
every year by their
boyfriends or husbands**

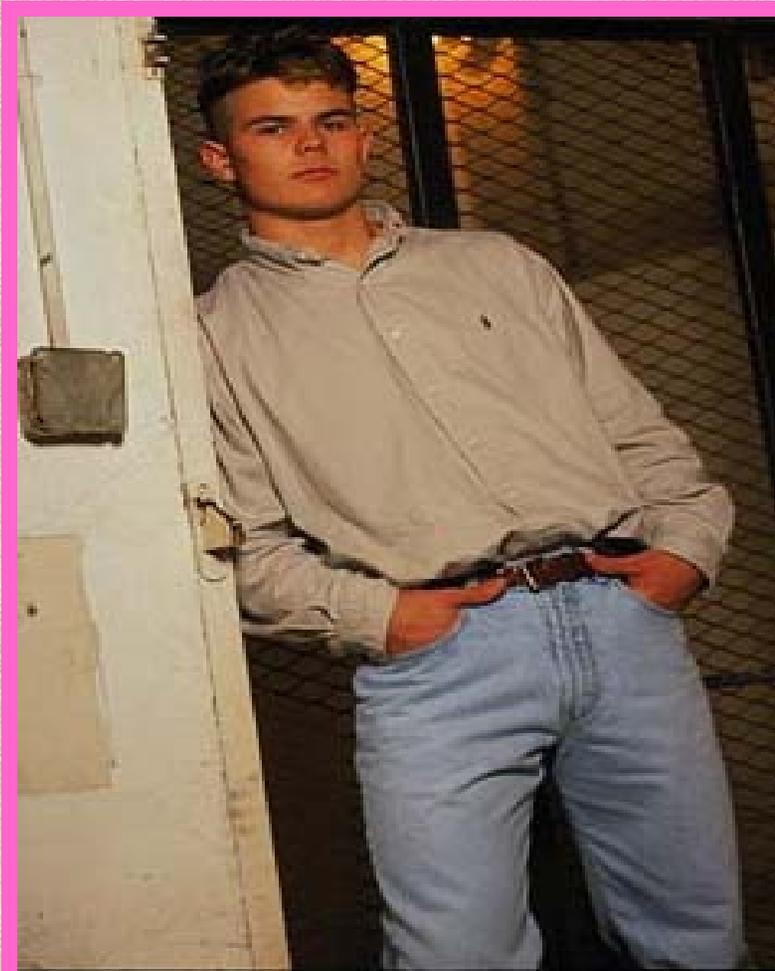


That's someone they think they care about

**Four Thousand
females are killed
each year at the
hands of their
boyfriend or husband**

Six million beaten!

Violence- It's hard to pick out the bad guy!



Right at 80% of the time when a girl is physically hurt, it is by someone she knows.

Stranger danger is a little outdated

A close-up photograph of a classic car's exterior, focusing on the chrome trim and door handle. The car is dark-colored, and the chrome elements are highly reflective. The text is overlaid on the image in a white, serif font.

Violence claims more lives each year than automobile accidents.

**One out of
two females
will
experience
some form of
dating
violence in
their lives.**



**1 out of 3
females will
be **sexually**
attacked in
their lifetime**



Violence



Screaming, things thrown, door slamming, everyone walking on egg shells just to keep peace

- Some of you go home every day to a place in which people being out of control is so normal you don't even think about it anymore.
- Even if you are not attacked personally, it is never ok.

New risk



- Phones with internet capacity and if loaded with GPS capabilities, the person you are talking to can see your exact location and even bring up directions to get to you!

Not to exclude males



- It is never ok for a girl to hit, kick, or slap you!
- While guys don't generally get raped in an alley, they certainly are victims of abuse and violence!

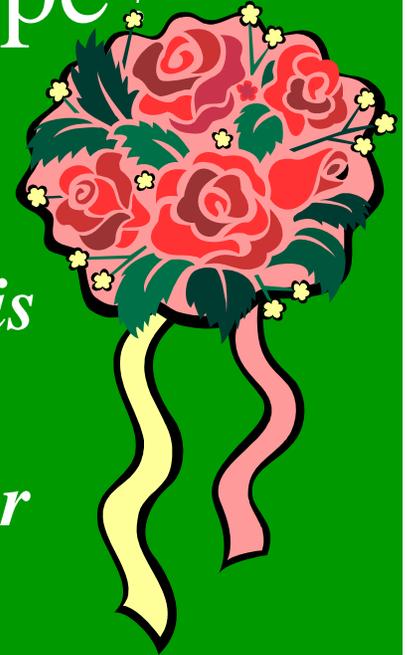
One can be charged with sexual assault for just touching someone and nothing more

Date Rape Drugs

- Serious crime
- Two years for possession
- 20 years for use
- The unconscious can neither consent to nor decline a person's actions

Why are girls more vulnerable to date rape than to stranger rape?

- 1) *Trusts her attacker*
- 2) *Does not realize immediately what is happening*
- 3) *May feel reluctant to take action for fear of harming or embarrassing someone she knows*
- 4) *May be intoxicated*
- 5) *May feel people will be less likely to believe her innocence*



Know your rights

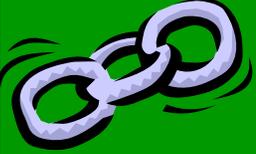
- You have the right to change your mind about being intimate at any time
- You have the right to change your mind even if
 - He paid for the evening
 - You were previously flirtatious
 - You have been intimate with him before



Let's leave violence and look at relationships now

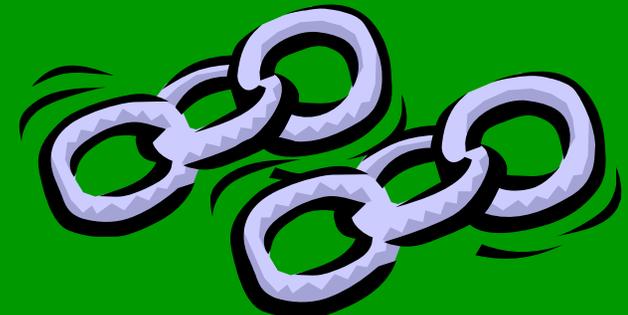
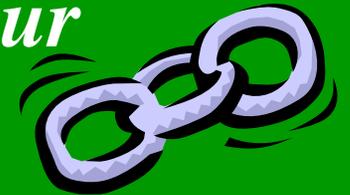
- Same sex friends
- Opposite sex friends
- Dating relationships





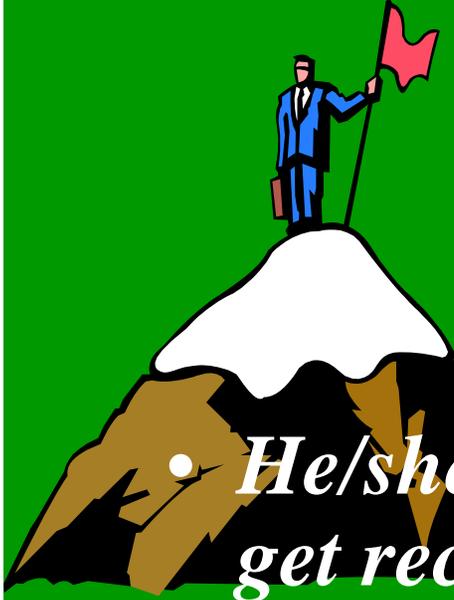
Relationship **Red flags**

- *You are discouraged from talking with friends*
- *This person resents your time with your family*
- *He/she always insists on going everywhere with you*
- *You have to have “permission” in order to get to go somewhere*



(second page of the handout)

Red flags: continued



- *He/she has a problem when you do well or get recognized*
- *He/she reacts negatively to people in positions of authority*
- *He believes that the guy is the ruler of the relationship*





Red flags: continued



- *He/she makes you feel guilty*
- *He/she calls you names*
- *He/she loses his/her temper a lot*
- *He/she hits things*
- *You have seen this person become violent in a situation with someone else*
- *He/she changes for the bad when they drink or do drugs*





Red flags: continued



- *This person is jealous of your time, your job, or people you work with*
- *He/she plays mind games with you*
- *This person believes that forcing themselves on you is his/her right, whether or not you agree to it*
- *He/she comes from a home in which this person's actions is normal*
- *He/she tells you they can't live without you*



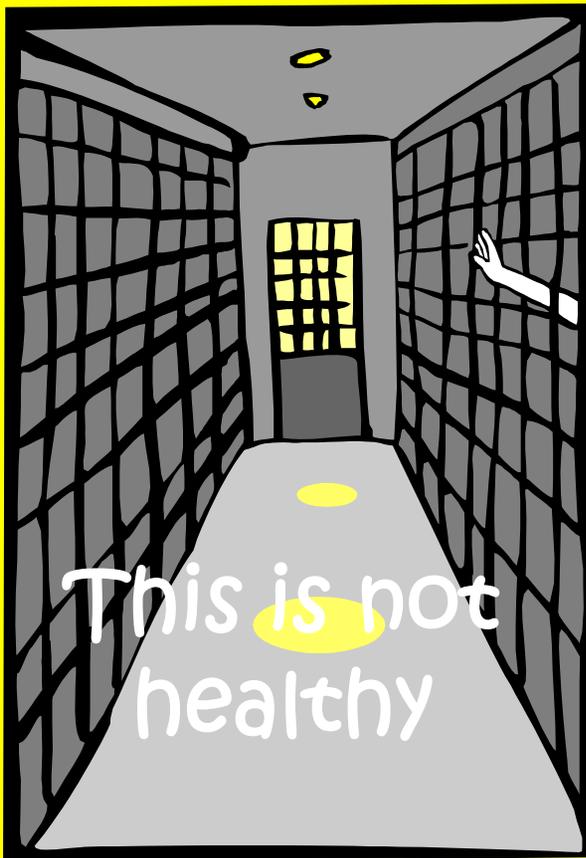
What are the *characteristics* of
an unhealthy
friendship/relationship?



*He /she shows a
jealous or
possessive attitude
towards you*

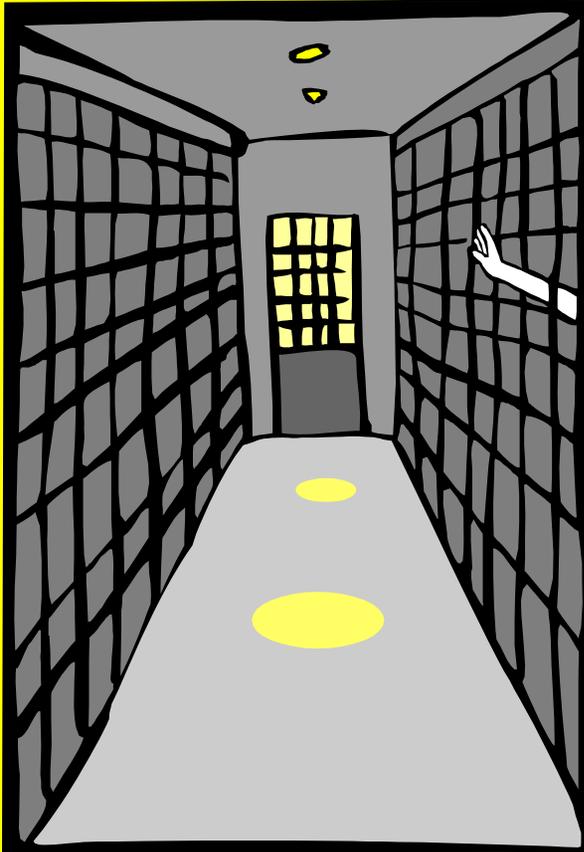
(First page of your handout)

Jealousy is never a good thing!!



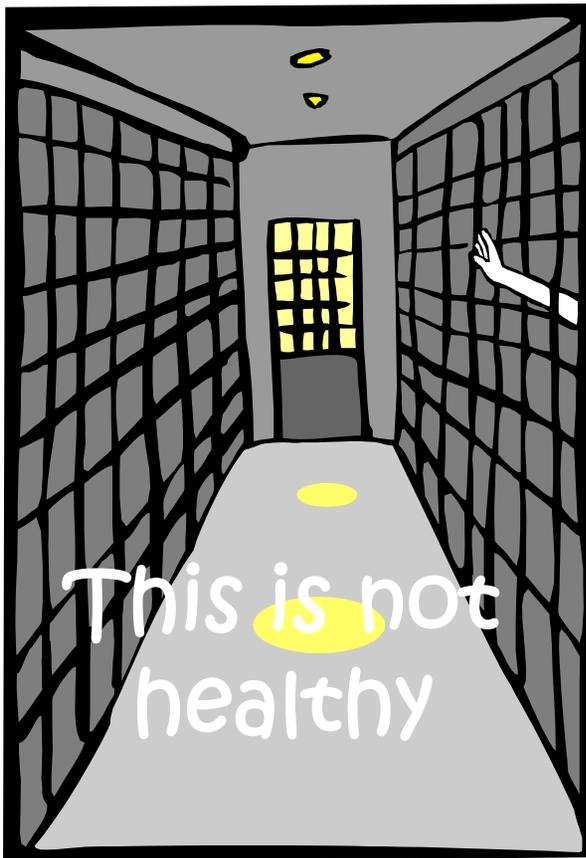
- It takes next to nothing to make this person mad
- Is jealous of even your same sex friends
- Maybe even be jealous of your family

Jealousy goes both ways



- Attempts to keep you only to themselves
- May not even want you to talk to anyone else
- May get upset even at the way others look at you
- May even want you to look less attractive so that others will not look at you

Jealousy is not healthy



- This person may want you to be available to him/her at all times
- Makes decisions about how to spend your money, what to wear, or who to hang out with.
- You may find yourself constantly having to cancel plans you have made

A relationship with jealousy is like
being in a leash



- This person almost acts like he/she “owns” you!
- You are on a short leash
- Constantly getting the third degree

This is not healthy.



This is not healthy:

- keep your cell on and you better answer it if I call
- Call me the minute you get home
- Let me see your phone so I can see who you have been talking to
- You don't have to answer the phone every time your parents call; you'll have to leave someday
- We don't need anyone but just us



Jealousy

- Does anyone really own you?
- Jealousy is sort of flattering in the beginning, but after awhile something about it gets old, right?
- Healthy relationships have no restrictions.



Sometimes even time spent with your own friends is not allowed.



- Rather they actually say it out right or not, you know time spent with someone else is going to get the other person mad at you.
- Sometimes it's just not worth the hassle so over time you just quit spending time with anyone else.

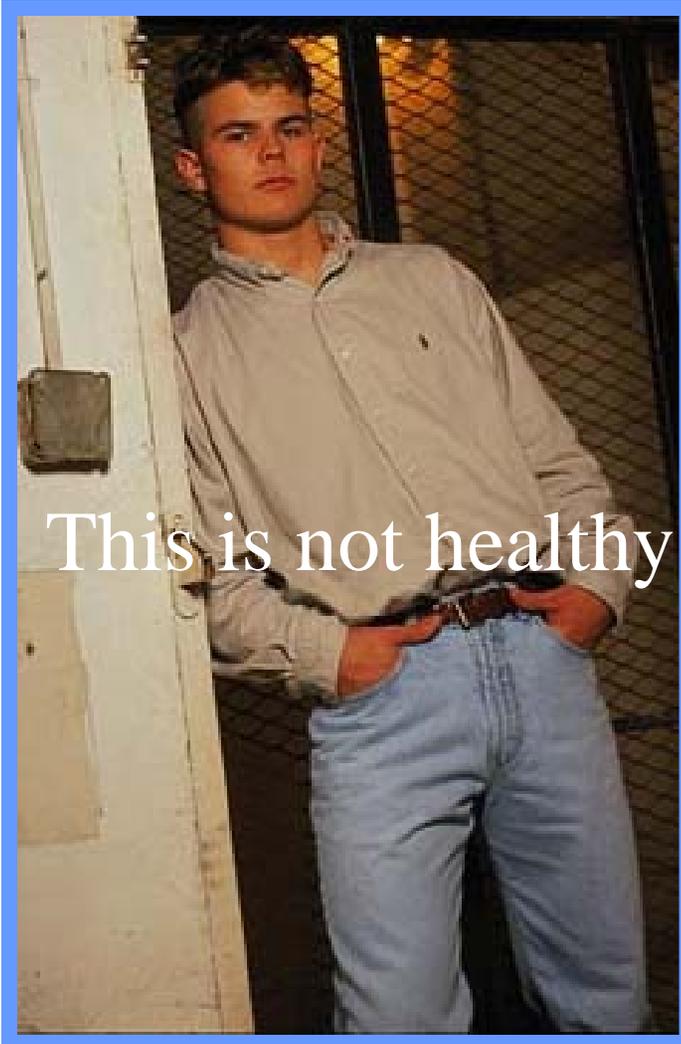


Does this sound familiar?



- I just don't like your friends!
- I don't like the way you act when you are with your friends!
- You can go with your little friends, and I'll just go with mine, but you might not like how that turns out!

Characteristics of an unhealthy relationship/friendship



This is not healthy

- He or she makes all the decisions
- Gives out lots of orders
- This person would easily be described as “the boss” in the relationship or friendship
- Your day seems to be determined by their mood

Another *characteristic* of an
unhealthy
relationship/friendship



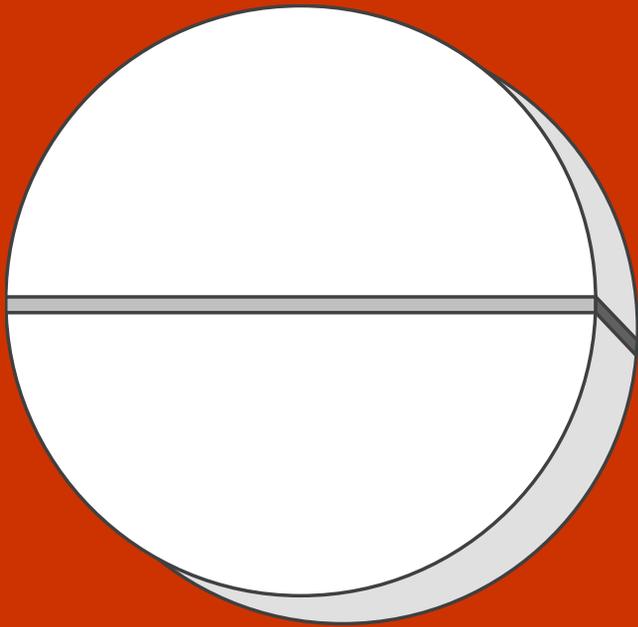
The talk of or
the presence
of a weapon

Owens a weapon



- **He/she talks about it**
- **He/she keeps the weapon with them or in the car or truck**
- **Regardless of the circumstance, for some reason you have been made aware that he/she has a weapon and can use it**

Characteristics of an unhealthy relationship/friendship



- Uses or abuses drugs
- Drinks heavily
- Think they have to be drunk to have a good time
- Want you to join them even if it is against your wishes

People who have been drinking



They talk more
They talk louder
They get mad
faster
They are
unpredictable

Characteristics of an unhealthy relationship/friendship

- He or she blames *you* when they mistreat you



This is not
healthy

Does this sound familiar?



- You made me get mad at you!
- If you would not _____ I wouldn't get mad!
- You just had to go out and ruin the evening!
- I would not have hit you, but you pushed me too far!

Another *characteristic* of an unhealthy relationship/friendship



- He or she has a history of bad relationships
- It was always the other person's fault that they had problems

“I don't know why I keep getting these strange girlfriends?”



Good guy verses the bad guy

Characteristics of an unhealthy relationship/friendship

- This person is going to win every argument, no matter the cost
- Usually not until one has been pushed to tears, does the argument stop



He or she always
gets the last word

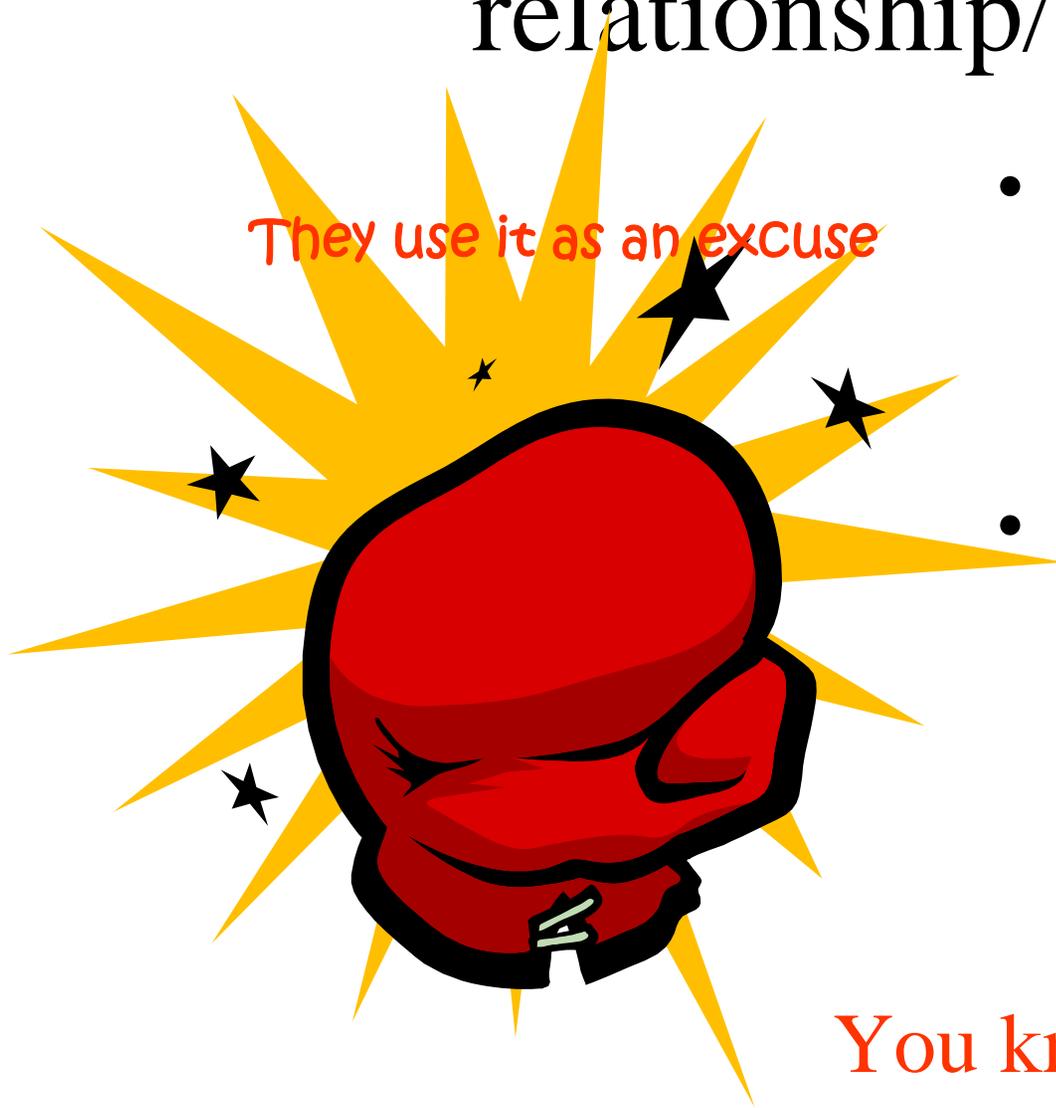
A close-up photograph of a classic car's exterior, focusing on the chrome door handle and trim. The handle is a curved, polished metal rod with a circular detail in the middle. The background is a dark, textured surface, possibly the car's body panel. The lighting is dramatic, highlighting the metallic sheen of the chrome.

They must win at
all cost

- Sometimes,... worse case scenario, the argument is over when the person is dead

Characteristics of an unhealthy relationship/friendship

They use it as an excuse



- He or she usually expresses that they can not control their temper or anger
- This person slaps or shoves initially in a playful manner, but it happens too often and just does not seem right

You know this is not healthy!

Characteristics of a unhealthy relationship/friendship



- There is a constant cycle of fighting and making up
- Threats, anger, followed by vows of love and pleas for your forgiveness
- Threatens to kill themselves if you leave them

Some thrive on this

The fight/make up cycle



- He or she always promises they will change.
- They will never do “it” again.

Characteristics of an unhealthy relationship/friendship



- He or she constantly puts you down

“You won the beauty pageant, but there were only four girls in it.”

“You won the race, but the guy behind you almost won!”

“Yes, you got an “A”, but so did half the class!”

Do these sound familiar?

- You are pretty, but you don't need to know it!
- You are not the only good-looking girl at school!
- You should just be glad you have somebody, as much as you weigh.
- I'm glad you got class favorite, but lets not get the total big head about it.
- I'm glad you made the team,.. it's always **all** about you!
- Yes, that "three" at the buzzer of the game was exciting, but you missed a million free throws!

Characteristics of a unhealthy relationship/friendship



- He or she is closed minded
- Their way is the “only” way
- Their way is the “law”
- He/she humiliates or belittles your opinions

No girlfriend of mine is going to dress like that!

You will stay at home Friday and wait for my Call!

Characteristics of an unhealthy relationship/friendship



- This person treats you like property rather than a person of value
- Makes you feel that this person's needs come before yours
- Lashes out or blames you for their bad day
- Constantly making you choose between them and others

Characteristics of an unhealthy relationship/friendship



- Your family and friends have tried to warn you about this person or have told you they are worried about your safety
- This person blows disagreements out of proportion
- You find yourself afraid to voice your opinion

Characteristics of an unhealthy relationship/friendship

- He or she pressures you to do things regarding your body that you do not want to do
- Pushes you when you are not ready
- Does not listen when you say no
- Spreads sexual rumors about you
- Calls you names of a sexual nature
- Talks about, or makes fun of your body
- Maybe talks about or shows you pictures that are not appropriate



Pressure questions- have you heard them?

- **We can do what we want to do, everyone does!**
- **If you can't be nice to me then I certainly can find someone who can be.**
- **Are you some kind of "goody two-shoes" or what?**
- **What in the world is wrong with you?**
- **There are girls in this school who would like to be in your place; maybe you don't really want to be with me**
- **I thought we were going to have a great evening, but I guess not!**

Characteristics of an unhealthy relationship/friendship

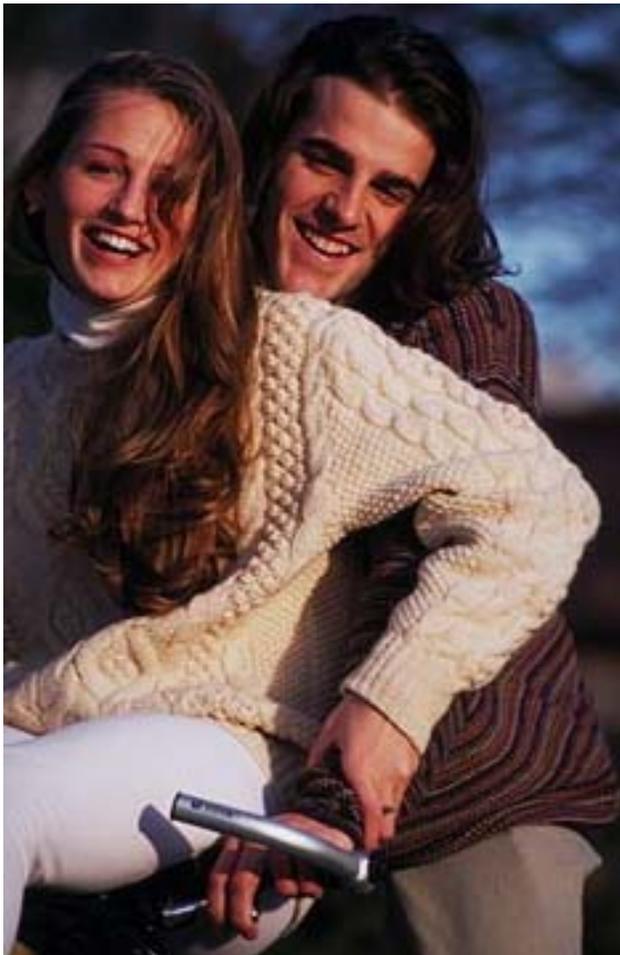


- The other person is moving way too fast in the relationship
- Maybe even talking about getting married someday



This goes both ways

Way too serious, way too fast



- Talking about the future right from the start,...as if you have become his/her instant property
- Acting like you are more of a couple than you see it.



Sexual Violence

Is more than date rape

Can be done verbally

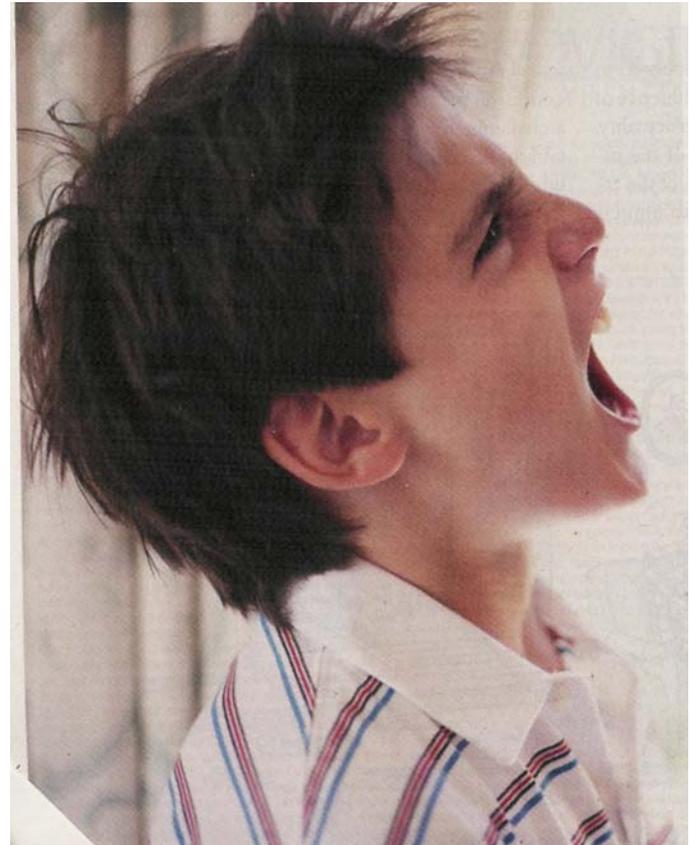
1 in 2 Texas teens
report having
experienced dating
violence personally

43% of teen dating
violence is reported to
have occurred on
school property



Where does bullying fit in all of this?

- Much of what we have described is bullying
- Someone gets bullied every 7 seconds in schools
- There are several types of bullying; physical, verbal, exclusion (singling out others), sexual, cyber, racial, etc



Where does bullying fit in all of this?

- **Physical:** If someone is hitting, biting, kicking, punching, pinching, pulling your hair, tripping you
- **Verbal:** If someone is relentlessly teasing you, calling you names, spreading rumors about you, leaving you out of group activities
- **Sexual:** If someone touches you inappropriately, snaps your bra strap, stares at your body, or makes sexual comments – that's sexual bullying.
- **Racial:** racial slurs against you, making fun of your customs, the color of your skin, your accent, or the food you eat, if they spray symbols and graffiti on your house, if they tease you about your country



Bullying is like abuse

- It is done by one more powerful or with more social support over someone with less power or social support
- Often the person bullying blames the person they are bullying as it being the victim's fault
- Sometimes even the person being bullied blames themselves for being bullied
- In most situations, like abuse, the person being bullied can not stop the bullying on their own



Breaking the 'code of silence'



- Some students would rather be bullied than to be the one that snitched.

Breaking the 'Code of Silence'





We know more of you
know of this going on
than do the parents
and teachers at school

It won't go away on
it's own!!!!!!

Hope you realize the
connection between
being an abuser and
being a bully

Intimacy and the Law

- It is, and always has been, against the law to be intimate with a minor
- What is the definition of being intimate?
- Even if it is agreeable to both the girl and the boy, that does not change the law



Intimacy and the Law

- If intimacy is defined as touching a person for the purpose of gratifying them, then could you get into trouble for just touching a person and not doing anything more than that?



Intimacy and the Law

- She/he can change their minds the next day, or Monday morning
- If convicted, you may become a registered sex offender for the rest of your life



Clarifying the Law

- < 14 years of age, charged with intimacy with a child
- 14-17 still against the law
- If there is a greater than 3 years difference in age, the older one may be charged

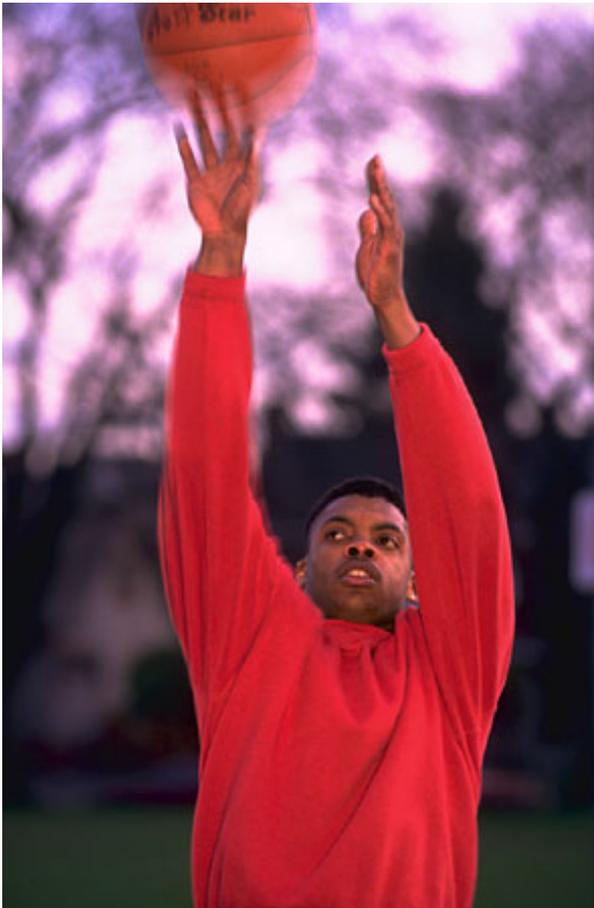


Identifying the potential for being in an unhealthy relationship/friendship



- Lets look at a few questions that might be good to ask about your friend or boyfriend/girlfriend

Good questions to ask



- What is his attitude about his mother?
- What is his attitude about his sister?

This tells
you volumes
about his
attitude
about you!

(third page in your handout)

Good questions to ask!



- Does he or she only want to do things *they* want to do with your free time together?

You want to go somewhere out, but all he wants to do is stay at your house and never go anywhere

Good questions to ask yourself



Do you constantly get cross-examined about your time

Where were you?

When did you get home?

Why did you not call me the minute you got home?

It should not have taken you that long to just drive home!

Good questions to ask yourself



- Do you find yourself avoiding an argument with him/her?
- They have such a short fuse?

He hates you spending time with your friends, so you just avoid telling him you were with them just because you know it's going to end up in a fight.

Good Question to ask

- Do you feel he/she is monitoring your cell phone calls, mail, or e-mail?



Good questions to ask yourself



- Does he/she throw things, or quick to anger?
- Is he/she physical to the point you are uncomfortable, like grabbing your arm too tight?

Good questions to ask yourself?



- Does he she destroy sentimental items?

It may be of absolutely no value except to you!

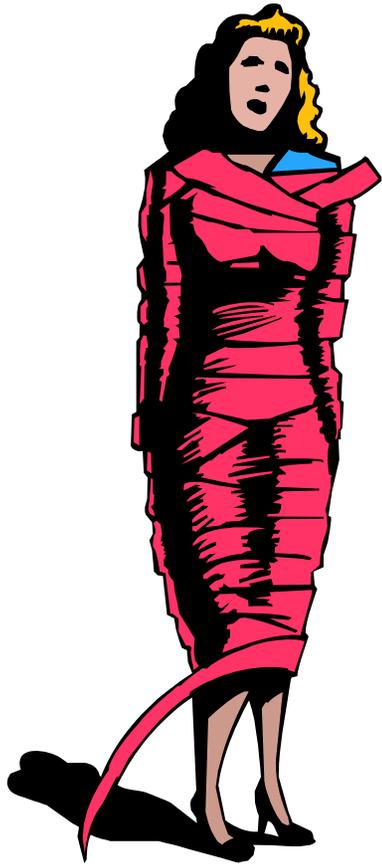
Good questions to ask



- Does he/she abuse your pet?
- Or threaten to hurt your pet?

“What if one day you looked out there and your cat suddenly disappeared?”

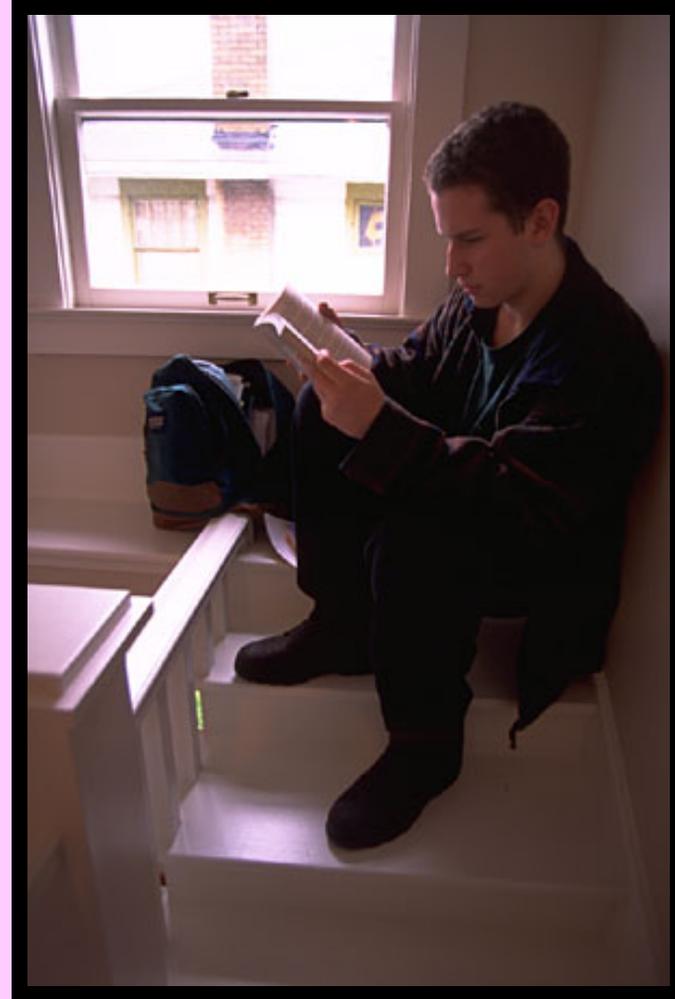
Good questions to ask



- Does he/she threaten you if you leave the friendship or relationship?
- I'm going to tell everyone everything if you break up with me!
- No one will date you when I get through talking!

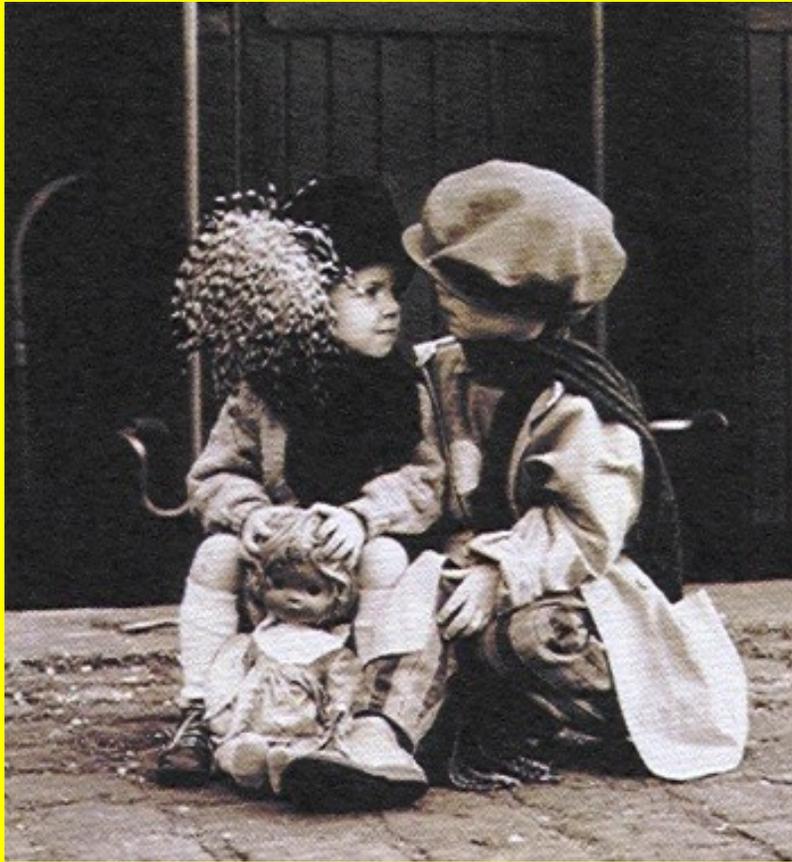
Good questions to ask yourself

- When he/she talks about past boyfriends or girlfriends, is it the same old story?
- Is there a pattern of scary behavior?
- Has he/she ever had a normal relationship?



If you find yourself defending this person a lot, stop, look, and listen to your inner voice.

If your parents don't like this person, there is almost always something they see that you don't.



Wrap-up

- No relationship is perfect
- Relationships are either healthy or unhealthy
- As teens, you haven't had that many relationships to judge what is "Normal"



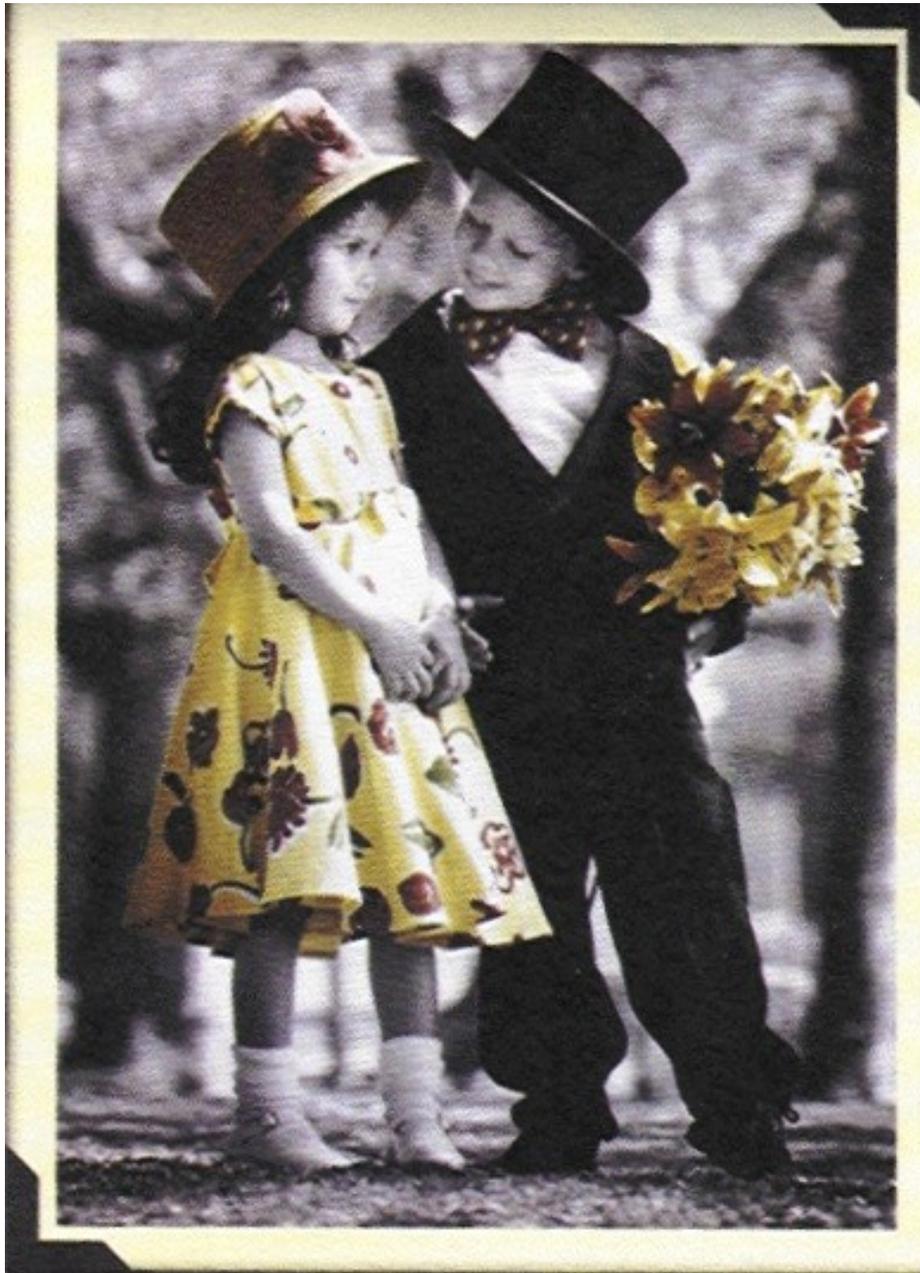
**Life used to be
So simple**

And

**Being innocent
Was a
Good
Thing**

Now

You have to be smart!



**We have talked
about what
healthy
relationships
look like!**

**We have talked
about
What abuse
Looks like!**

**Violence in a
Relationship is
never okay!**

Questions????????

Thanks for having
me!!!!

Thank You