

Relationships, Abuse, Violence, & Safety

Healthy Relationship Characteristics

- Fun
- Respect boundaries
- Honesty, trust
- Openness
- Helpfulness
- Good communication
- Forgiveness
- Commitment
- Flexibility
- Common Values
- Feeling safe
- Respecting differences
- Having independence & privacy
- Supportiveness
- Encouraging
- Sharing decision-making power
- Able to be oneself

Unhealthy Relationship Characteristics

- Controlling
- possessive
- Hostility
- Intimidation
- Violence
- Lies
- Disrespectful
- Jealousy
- Put downs
- selfish
- Distrust - checking your phone or social media
- Cheating
- Manipulation
- No choices
- Isolating you from family and friends
- stalking

Abuse Info and Facts

**ALL abuse is motivated by a person's desire for control.
There is NEVER an excuse for abuse!
NO ONE deserves to be abused!**

- Teens are at highest risk of intimate partner abuse.
- Females 16-24 are the most vulnerable to intimate partner abuse.
- 1 in 5 female high school student reports physical or sexual dating violence.
- Teens in same-sex dating are just as likely to report dating violence.
- Unhealthy relationships can start early and last a lifetime.

TEEN DATING BILL OF RIGHTS

I have the right...

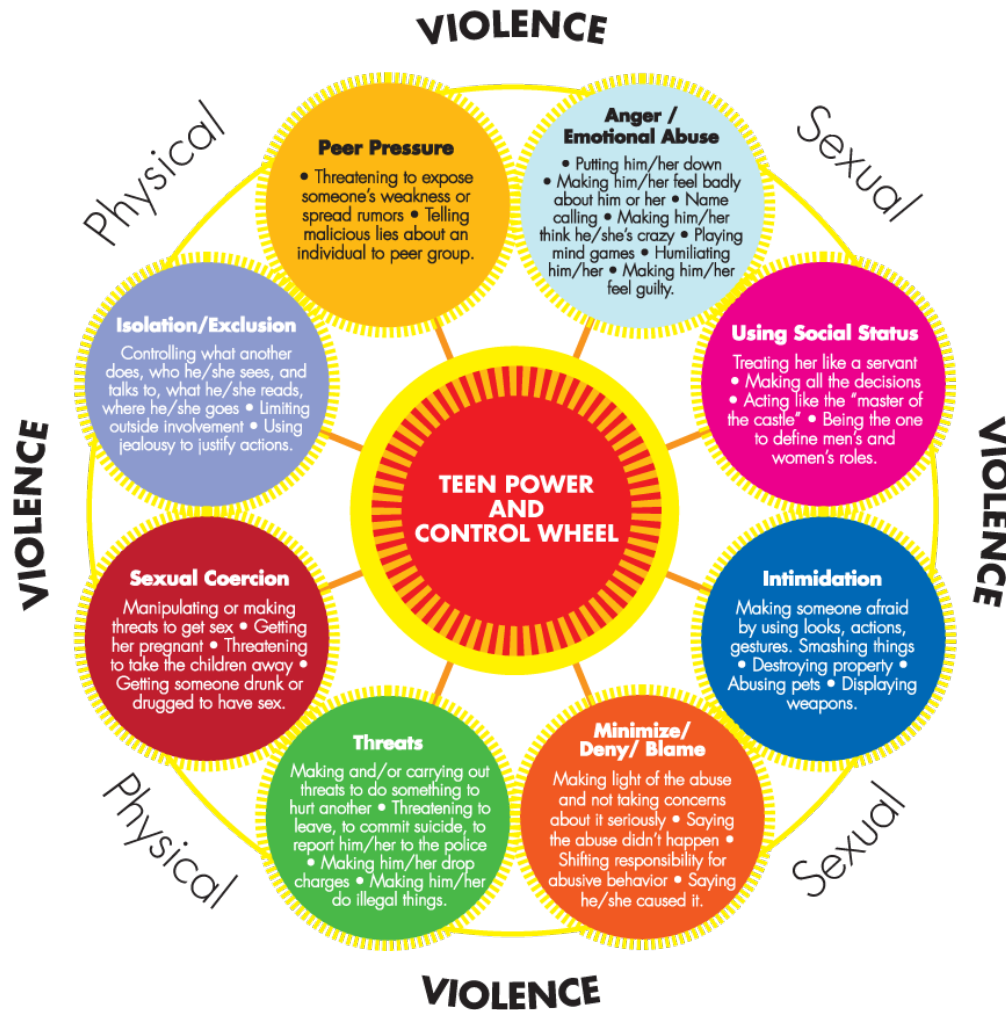
- ...not to be abused – physically, emotionally, or sexually.
- ...to be treated with respect.
- ...to say no and be heard.
- ...to express my own opinions.
- ...to private time and my own space.
- ...to have friends of my own.
- ...to hear about my strengths and assets.
- ...to ask others for help if I need it.
- ...to live a violence-free life.
- ...to change my mind, to fall out of love, and live with no threats.
- ...to accept a gift without having to give anything in return.
- ...to pursue my own special interests – and not be criticized for pursuing them.
- ...to have my needs considered as much as my partner's.

JoinOneLove #thatsnotlove videos (each is only 15 seconds long)

Click the links below or go to youtube and search joinonelove along with one of the words below

- [Disrespect](#)
- [Intensity](#)
- [Obsession](#)
- [Control](#)
- [Isolation](#)
- [Threat](#)
- [Put Downs](#)
- [Guilt](#)





WHAT MAKES IT HARD TO LEAVE AN ABUSIVE RELATIONSHIP

- Threats to hurt you, your loved ones, or themselves
- They control the money
- Unsure of how to leave
- Embarrassment
- Belief that the abuse is their fault
- Unaware the relationship is abusive
- Depression

Sexual Crime Definitions

- **Rape:** forcing someone to have sexual intercourse (also oral and anal sex) against their will.
- **Sexual Assault:** forcing someone to have sexual contact...touching, kissing, flashing.
- **Sexual Harassment:** doing or saying anything sexual that makes someone else feel uncomfortable...name-calling, sexual jokes or gestures, unwanted (sexual) communication.
- **Sex Trafficking:** using force, fraud, or coercion to sexually exploit someone.
- **Statutory Rape:** an act of sexual intercourse with a minor.

Statutory Rape

an act of sexual intercourse with a minor (in California a minor is age 17 and younger)

- Remember you can not legally consent to sex until you are 18 years old, even if you want to. For example, it is illegal for two 16 year-olds to have sex.
- Two-thirds of births to teenage girls nationwide are fathered by adult men age 19 or older.
- Rape law is gender neutral (both males and females can be suspects or victims)
- Statutory rape can be charged as a misdemeanor or felony, depending on the differences in ages.

Report rape, assault, harassment, trafficking!

- **Tell your teacher, counselor, parent, administrator, or local police**
- **National Sexual Assault Hotline: 1(800)656-HOPE (4673) or online.rain.org**

Rape Information

- Rapists desire to humiliate, control and overpower someone else.
 - Most rapes are committed by a person known to the victim (acquaintance rape)
 - Rape victims include people of all ages and appearances
 - Most rapes occur in the home or the car
 - Men are raped, usually by heterosexual (straight) men.
 - Most rape victims do not report rape, unfortunately.
- Yes means Yes!
 - Silence **DOES NOT** mean yes
 - Impaired people **CAN NOT** give consent
 - Minors **CAN NOT** give consent

Safety

INTERNET

- Don't give out personal info. Keep privacy settings on.
- Don't arrange to meet anyone you've met online.
- Don't believe everything you read or see.
- Remember once you post online you can't take it back.
- Do not send or receive nude pictures!

OUT AND ABOUT

- Don't talk to, open the door to, or get in the car of strangers (you don't need to help them find their lost dog)
- Go with friends or groups to places
- Trust your instincts
- Don't take drinks from strangers
- Be aware of your surrounding (get off the phone while you walk)
- If attacked...fight back, scream, draw attention.