What’s in a Name?
Defining Dating Violence For Teens
Through Healthy Relationship Education
Webinar Information

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CHARLIE AND HELEN DIBBLE
What the Dibble Institute believes ...
Presenters:

Katherine Hillgren
Empowering Families Coordinator
Ozarks Family Resource Center
Great Circle

Dixie Zittlow
Director of Outreach
The Dibble Institute
October is National Domestic Violence Awareness month
What’s in a Name?

• **Domestic Violence** - violent or aggressive behavior within a home, typically involving the violent abuse or a spouse or partner.

• **Dating Violence** – is defined as the physical, sexual, or psychological/emotional violence within a dating relationship, as well as stalking. It can occur in person or electronically and may occur between a current or former dating partner.

• **Intimate Partner Violence** - The term "intimate partner violence" describes physical, sexual, or psychological harm by a current or former partner or spouse.
The Similarities... ?
Who experiences DV/IPV?

“Ordinary People” by John Legend
The impact of domestic violence on teens...
More specifically ...

• **One in three** adolescents is U.S. is a victim of physical, sexual, emotional or verbal abuse

• **One in 10** high school students have been purposely hit, slapped or physically hurt by a boyfriend or girlfriend

• **One quarter** of high school girls have been victims of physical or sexual abuse

• **Approximately 70%** of college students say they have been sexually coerced.
The impact of domestic violence on children...
How does relationship education reduce the risk and foster protective factors?
Dangerous Love

Katherine Hillgren
The Middle College Collaboration

• The Middle College is an alternative high school for juniors and seniors, located on the campus of Ozarks Technical Community College.

• Children’s Trust Fund Grant
The Middle College Collaboration

• Our goals:
  – 1. To educate students about healthy relationships.
  – 2. To educate students on how to recognize and identify warning signs of abusive language and behavior.
  – 3. To educate students on how to get help with a dangerous relationship and educate them about community resources.
  – 4. To educate students about healthy pregnancy and parenting tools.
  – 5. To educate students on the impact that parents relationship have on children, both positively and negatively.
Educational Tools

• 1. Love Notes by The Dibble Institute
• 2. Guest Speakers and Simulation Activity
• 3. Student Project
Love Notes: Dangerous Love

- Red Flag/White Flag Game
- Types of violence
- Resources
- Music Video
- Harm to Children
- Workbook
- How to help a friend
Teens often do not recognize abusive language and behavior...why?

Some reasons may include:

- Preconceived ideas about domestic violence or abuse.
- Low self-confidence – don’t know how to speak up.
- Abuse is normal in their home - don’t know what healthy is.
- Minimizing – “they are just being jealous because they love me”
- They may be the one who is displaying abusive behavior.

These are some of the reasons why it is SO IMPORTANT for us to teach healthy relationship education to youth!!!
Types of Abuse

• **Physical Abuse** – any intentional and unwanted contact with you or something close to your body.

• **Verbal/Emotional Abuse** - non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation, isolation.

• **Sexual Abuse** - any action that pressures or coerces someone to do something sexually they don't want to do.

• **Digital Abuse** - is the use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner.

• **Financial Abuse** - telling you what you can and cannot buy or requiring you to share control of your bank accounts.

• **Stalking** - when a person repeatedly watches, follows or harasses you, making you feel afraid or unsafe.

• [WWW.LOVEISRESPECT.ORG](http://WWW.LOVEISRESPECT.ORG) – A fantastic website for both teens and adults to learn about healthy relationship, warning signs of abuse, types of abuse and resources to get help.
Early Warning Signs in Dating

- Makes fun of what you say and believe
- Calls you names, criticizes, and insults
- Texts or IM’s constantly
- Ignores you when you talk
- Always has to win an argument
- Is jealous
- Tries to keep you from friends or activities you like
- Pressures you to do something
Healthy Relationship Alternatives

These are some of the healthy relationship skills taught to students through the Love Notes Curriculum:

• 5:1 – Daily Appreciations
• How to take a healthy Time Out
• Speaker-Listener Technique
• I Statements – Effective ways to complain
• Problem-Solving Model
• Know your relationship expectations and how to communicate them.
• Baggage – What are you bringing into a relationship?
Community Collaboration

- Pregnancy Care Center
- Harmony House (Local Domestic Violence Shelter)
  - Risky Relationships Simulation Activity

Why Collaborate?
- Repeat information from multiple sources
- Make contact with a community resource
- Take advantage of existing, successful programs
Are there any suggestions for other possible community collaborations?

Ex: Police Department
Student Project: Dangerous Love Brochure

- Purpose of the assignment:
  1. We are able to see what sort of information the students have learned.
  2. Research shows that an excellent way to learn information is by teaching it to another.
  3. This activity serves as a real world extension activity.
Assignment Directions

In this assignment, you will be creating your own 6-panel brochure about recognizing the signs, affects, and getting help for violent relationships.

Should include, but not limited to:

• Signs of abuse
• Types of violence/abuse; how are they different
• Affects/Impact on Children
• What type of skills can help
• Where to get help for you or a friend
• 3-5 pictures; a front cover with picture and title; name, school and class on back
Dangerous Love Brochure

- Here is an example of a Dangerous Love Brochure created by a student. The name has been blacked out.
Questions?
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Questions? Contact:

Dixie at Dixie@DibbleInstitute.org
Cathy at Cathy@DibbleInstitute.org
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November WEBINAR

Dibble Goes Digital:
Our Most Popular Teaching Tools are Online.

Wednesday, November 12, 2014 4:00-5:00 PM EST