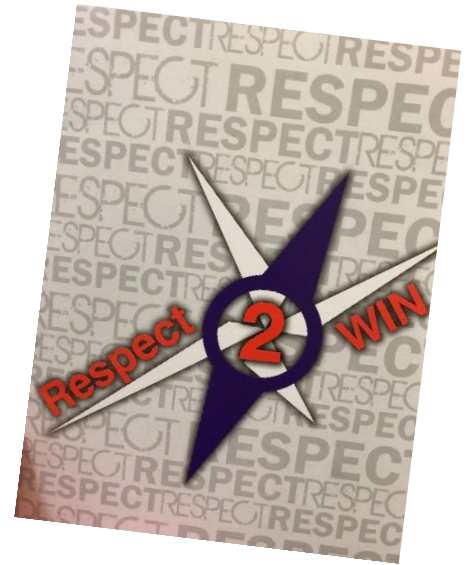


Teen Dating Violence Prevention Program Objectives

Session One – Define the Relationship

1. Introduce the work of WIN.
2. Consider the challenges of relationships today.
3. Understand the difference between “talking” to a potential dating partner and being in a dating relationship.
4. Understand a process for choosing healthy dating relationships instead of sliding into potentially unhealthy dating relationships.
5. Understand the risks of becoming physically affectionate too soon with a potential dating partner.
6. Examine the benefits of pacing a relationship more slowly.
7. Identify negative communication patterns and contrast them with healthy communication patterns.



Session Two – Red Flags

1. Identify characteristics of a healthy dating relationship.
2. Identify characteristics of unhealthy dating relationships.
3. Understand that “red flag” behavior in a dating relationship is a warning sign that the relationship might be abusive.
4. Help participants understand the impact of technology and social media on relationships and how it can be used to control a partner or disguise an unhealthy relationship.
5. To give participants the tools they need to intervene if they see unhealthy behavior exhibited by a friend or in a friend's relationship.
6. Understand the role brain chemistry and hormones play in decisions about dating relationships.

Session Three – Types of Violence

1. Identify and understand the different types of violence which can occur in a dating relationship.
2. Understand the risks involved in sexting.
3. Identify tips for internet safety.
4. Understand what consent for sexual activity means.
5. Analyze the impact of emotional abuse.
6. Identify the reason for ending a dating relationship with someone as soon as “red flag” behavior is detected.
7. Understand the proper attitude toward types of violence that can occur in dating relationships.

Session Four – Breakups

1. Understand healthy principles for breaking up with a dating partner with respect.
2. Identify helpful techniques to recover from a breakup.
3. Understand the danger of breaking up with a “red flag” dating partner.
4. Identify helpful techniques to remain safe when breaking up with a “red flag” dating partner.
5. Identify a strategy for remaining as safe as possible when the choice is made not to break up with a “red flag” dating partner right away.

Session Five – Setting Goals

1. Identify the consequences of involvement in unhealthy dating relationships.
2. Identify the benefits of involvement in healthy dating relationships.
3. Set goals for choosing healthy dating partners and healthy dating relationships.
4. Understand one’s rights in a dating relationship.



WIN provides Refuge, Empowerment and Restoration to families affected by domestic violence in Hunt, Rains and Rockwall Counties.

T: 972-772-3000 W: WINTEXAS.ORG

“Together We Are Making a Difference”