

TEEN TALK ABOUT

# Respect *and* Love



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# signs of domestic violence

**Abuse:** to insult, hurt, injure, rape, and/or molest another person. Such behavior may include, but are not limited to physical abuse, emotional abuse, financial abuse, spiritual abuse and/or verbal abuse.

**Physical Abuse:** when a batterer uses her/his body or other object to cause harm or injury to establish and maintain power and control over a victim. Examples include, but are not limited to hitting, biting, pushing, scratching, slapping, strangling, beating, using a weapon against another person, punching, throwing, burning, poisoning, stabbing, and shooting.

**Emotional/Psychological Abuse:** when a batterer uses emotions, self-esteem and/or a person's mental state to establish and maintain power and control over a victim. Victims feel bad about her/himself, calling the victim names, playing mind games, making the victim think s/he is crazy, making the victim feel guilty and/or humiliating the victim.



**Financial/Economic Abuse:** when a batterer uses finances to establish and maintain power and control over a victim. Example included but not limited to controlling a partner's finances, taking the victim's money without permission, giving the victim an allowance, prohibiting/limiting a victim's access to bank accounts or credit card, denying the victim the right to bank accounts or credit card, denying the victim the right to work and/or sabotaging a victim's credit.

**Spiritual/Religious Abuse:** when a batterer uses spirituality or religion to establish and maintain power and control over a victim. Example include but are not limited to controlling the partner's ability to practice her/his own religion or attend services, forcing the partner to convert or practice another religion against her/his will and/or using the spiritual or environment, leader and/or congregation to influence a victim's behavior.

**Verbal Abuse:** when the batterer uses words to establish and maintain power and control over a victim. Example include but not limited to the use of language to manipulate, control ridicule, insult, humiliate, belittle, vilify and/or show disrespect and disdain to another.



# teen dating

1 in 5 students between the ages of 11 and 14 years old have admitted being in an emotional abusive relationship.

In fact, girls age 16 to 24 experience the highest per capita rate of intimate partner violence. Teen dating violence is prevalent, and teens may also be exposed to domestic violence in their home.



# gaslighting

(verb) when someone intentionally twists your perception of reality for their own gain.

- you constantly question yourself
- you've lost confidence
- you are unhappy for no reason
- you think you're not good enough
- you can't stop apologizing
- you have stopped trusting in your own judgement because you're made to feel as though you're "too sensitive" or "misguided"
- you're afraid of speaking up or expressing how you feel, so you stay silent
- you always second-guessing your ability to remember details of situations leaving you psychologically powerless



# Fill in the blanks

1. Tasha reported \_\_\_\_\_ to the police?
2. 1 in 5 students become a \_\_\_\_\_ of domestic violence?
3. Information for everyone is at the National Domestic Violence \_\_\_\_\_ website?
4. Selena \_\_\_\_\_ her boyfriend?
5. Victim's should always have a \_\_\_\_\_?
6. Victoria \_\_\_\_\_ her girlfriend?
7. Make a \_\_\_\_\_ daily?
8. Tre \_\_\_\_\_ his girlfriend from friends and family?



victim                      hotline                      isolated  
abused    domestic violence    friend  
pushed                      safety plan

# multiple choice

1. What is some type of domestic violence?

- a) sexual abuse
- b) physical abuse
- c) economic abuse
- d) all of the above

2. What are the signs of domestic violence?

- a) yelling
- b) pushing
- c) talking down to you
- d) all of the above

3. Who can experience domestic violence in a relationship?

- a) men
- b) women
- c) lgbtq+
- d) all of the above

4. What month is domestic violence recognized?

- a) January
- b) October
- c) June
- d) July



5. Is cyberbullying a part of domestic violence?

- a) true
- b) false

# red flags

- Notice any outward injuries or frequent absence from school or work. If a person is being physically abused, it is highly unlikely that they will come out and say this. There may be shame, self-blame, or fear that cause them to stay silent.
- Making you **miss** work, school, an interview, test, or competition by starting a fight, having **meltdown**, or getting sick, breaking up with you or **hiding** your keys, wallet, textbook, or phone, **stealing** your belongings, **undermining** your plans, dreams, and self-esteem while pretending it's because they "love you."
- **Telling** you how to wear your hair, when to speak or what to think, showing up **uninvited** at your home/school/job, **checking** your cell phone, emails, timing/**following** you, sexually coercing you.
- Excessive charm, **lying** to cover up insecurity, needing to win over your friends, and family immediately, **over the top** gestures that seems too much too soon, **bombarding** you with numerous texts and emails in a short time, behaving obsessively, insisting that get serious **immediately**.



## cont. red flags

- Making you feel **guilty** and responsible for their aggressive or **destructive** behavior, blaming the world or you for their **problems**, always saying *"this is your fault" or "you made me do this."*
- Behaving **irrationally** when you interaction with other people, becoming **angry** when you speak with the opposite sex, persistently **accusing** you of flirting/cheating, resenting your time with friends and family, **demanding** to know private details of your life.
- Calling you overweight, **ugly, stupid** or crazy, ridiculing your beliefs, ambitions or friends, telling you he or she is the only one who really cares about you, **brainwashing** you to feel worthless.
- **Overreacting** to small problem, frequently losing control, violent **outburst**, having severe mood swings, **threatening** to hurt you, or loved ones, picking fights having a history of violent behavior and making you feel **afraid**.



# my strengths and qualities

what I value the most

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what are your strengths

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what is your weakness

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what is your purpose

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# what is a safety plan?

A safety plan is a practical guide that helps lowers your risk of being hurt by your abusive partner. Everyone deserves a relationship that is healthy, safe, and supportive. If you are in a relationship that is hurting you, it is important for you to know that abuse is not your fault.

**Staying safe at school:** I could talk to the following people at school if I need to rearrange my schedule to avoid my abusive partner, or if I need help staying safe at school.

- school counselor
- coach
- teacher
- school security

**Staying safe at home:** If I live with my abusive partner, I will have a bag ready with important items in case I need to leave quickly.



- cell phone/charger
- identification/ driver license
- birth certificate/ social security card
- medication
- keys
- money

Who do you trust? Memorize safe friend's phone numbers. If you are on foot, go to the nearest safe place and call the police.

**Leave a never return! Your Life matters!!**

# You are Enough

*You alone are enough.  
You have nothing to prove to anybody.  
-Maya Angelou*



# answer key

Fill in the blanks:

1. domestic violence
2. victim
3. hotline
4. abused
5. safety plan
6. pushed
7. friend
8. isolated

Multiple choice:

1. D all of the above
2. D all of the above
3. D all of the above
4. B October
5. A True





National Domestic Violence Hotline  
800-799-7233



@qualitydayfoundation

@beadthepurpose



@asistaslove

If you have any questions, please don't hesitate to email us at [info@qualitydayfoundation.com](mailto:info@qualitydayfoundation.com)



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