

10 ways for teens to improve their chances for a great romance

Resource List

Exploring Values

www.virtuesproject.com - card decks of values

www.advocatesforyouth.org - activities for value clarification

Identifying Strengths

www.viacharacter.org or www.authentic happiness.org - VIA strength inventory

Identify Relationship Values

<http://couragetobloom.com/ttkcards-2>

www.dibbleinstitute.org

Self Esteem Builder Bracelets

<http://couragetobloom.com/products/self-esteem-builder-2>

Distorted Thinking Building and Busting Cards

<http://couragetobloom.com/distorted-thinking>

Statistics on Violence in Dating

One in three girls in the US is a victim of physical, emotional or verbal abuse from a dating partner.

Davis, Antoinette, MPH. 2008. Interpersonal and Physical Dating Violence among Teens. The National Council on Crime and Delinquency Focus. Available at http://www.nccd-crc.org/nccd/pubs/2008_focus_teen_dating_violence.pdf.

One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

Grunbaum JA, Kann L, Kinchen S, et al. 2004. *Youth Risk Behavior Surveillance—United States, 2003. Morbidity and Mortality Weekly Report. 53(SS02); 1-96.* Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5302a1.htm>.

One quarter of high school girls have been victims of physical or sexual abuse or date rape.

Schoen, C. et al., *The Commonwealth Fund Survey for the Health of Adolescent Girls, November 1997.*