



# What's in a Name?

Defining Dating Violence For Teens  
Through Healthy Relationship Education

**October is  
Domestic  
Violence  
Awareness  
Month**



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**The Dibble Institute**

Relationship Skills for Teens and Young Adults

# CHARLIE AND HELEN DIBBLE







**The Dibble Institute**

Relationship Skills for Teens and Young Adults

# 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 of 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 in 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



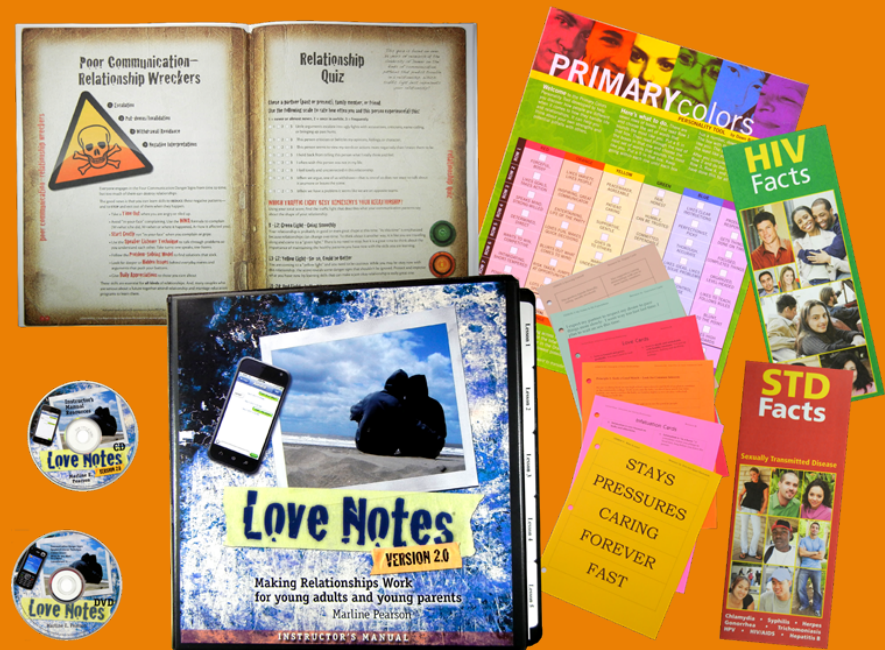
# The Middle College Collaboration

- 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?

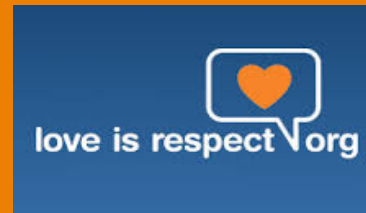
Some reasons may include:

- 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**
  - 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.

## Be Safe!

[Redacted Name]

## Dangerous Love

9/25/14

## Stand Your Ground!

### Types of Violence

There are two major types of violence among teens and adults according to researchers.


- "Argument that gets physical": when arguments get physical and result in shoving, slapping and hitting. A lot of people could think this is no big deal, but any of this can easily escalate to punching and other violent acts of harm. Males especially have to learn how to manage their anger because they have a 25% more upper body strength. Women also need to learn how to manage their anger.
- "Intimate Terrorism": this may start with small acts of aggression, but then it can escalate and can result in bodily harm or even death. It is done almost exclusively by males and is accompanied by escalating emotional abuse. The emotional abuse gets so bad that the victim becomes literally brainwashed. The abuser tears down the victim's self-esteem to the point where the victim starts to believe they are worthless. The abuser usually tries to cut the victim off and isolate them from their friends and family. This is a process in which the abuser totally controls the victim.

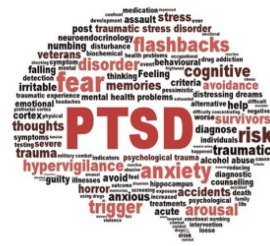
### What can help in a violent relationship?

- Tell someone that you trust about what's going on.
- Good communication skills.
- Try to explain to the person what they are doing and how it is affecting you.
- Form a Safety Plan
- Seek advice from support groups, hotlines, friends and family, church, or even doctors.

### Where can I get help?

- Harmony House:  
417-837-7700 or 417-869-SAFE
- You can also seek help from support groups, relationship hotlines, the police, family/friends, or just anyone you are willing to talk to and anyone who you think would help.





### Signs

Here are some Warning Signs of an abusive person or relationship.

- Jealousy
- Controlling behavior
- Quick involvement
- Unpredicted mood swings
- Alcohol and/or drug use
- Isolates you from friends or family
- Uses force during an argument
- Shows hypersensitivity
- Believes in rigid sex roles
- Blames others for his problems
- Cruel to animals
- Threatens with violence

### Impact on Children

If a child grows up in an abusive home, they can later on in life think it is okay to do the abusing or they will accept abuse from someone else.

They can grow to have social, anxiety, or depression problems.

# Questions?



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