

Carrying

Responsibility

Breaking the Cycle Trust

of teen dating
abuse



Love

Tampa Bay
Times
NIE
newspaper in education
tampabay.com/nie



verizon foundation



This publication was funded through the generosity of the Verizon Foundation.

The Verizon Foundation uses its technology, financial resources and partnerships to address critical social issues. As the philanthropic arm of Verizon, the foundation has awarded nearly \$411 million since 2005 to more than 16,000 nonprofit organizations. Learn more about the Verizon Foundation at verizonfoundation.org.



HopeLine® from Verizon puts the nation's most reliable network to work in the community by turning no-

longer-used cellphones into support for domestic violence victims and survivors. Wireless phones and technology can serve as a vital link to emergency or support services in a time of crisis or as a reliable, safe connection to employers, family and friends as survivors rebuild their lives. Since HopeLine's launch in 2001, Verizon Wireless has collected more than 9 million phones and awarded more than \$14.2 million in grants to domestic violence organizations across the country. Learn more about HopeLine at verizonwireless.com/hopeline.



EVENTS CALENDAR

- Sept. 16 – Oct. 27**
ABC Action News Taking Action Against Domestic Violence campaign

- Oct. 1**
ABC Action News Special presentation of "The Yellow Dress"

- Oct. 1 – Oct. 31**
National Domestic Violence Awareness Month

- Oct. 16**
ABC Action News Phone Bank on Teen Dating Violence – 5–6 p.m.
ABC Action News Taking Action Against Domestic Violence
Primetime Special – 7 p.m.
ABC Action News Live Web Chat – 7–8 p.m.

- Feb. 1 – Feb 28**
National Teen Dating Violence Awareness Month

Nationwide, one in every four women will face domestic violence in her lifetime, and the statistics are even more alarming when it comes to teenagers. One in every three teenagers reports being victims of dating violence.

The results were announced this past July during the 2013 national conference of the American Psychological Association. The study, "Growing Up With the Media," surveyed more than 1,000 people, ages 14 – 20 years old and was conducted by John Hopkins Bloomberg School of Public Health in partnership with the U.S. Centers for Disease Control. In contrast to the data with adults, this research study found that teen boys and girls were just as likely to be victims of dating abuse. Approximately 41 percent of girls reported being victims vs. 37 percent of boys.

Roughly the same number of teen boys and girls admitted to perpetrating dating violence on a partner, and one in four teens surveyed reported being both victims and perpetrators of violence at some point in their dating relationships. The rates didn't vary with race, ethnicity and socioeconomic levels.

ABC Action News is proud to partner with the Tampa Bay Times Newspaper in Education for a second year in a row to address the issue of teen dating violence with this special edition of Breaking the Cycle.

An online version is available for free download on the following websites: abcactionnews.com/dv and tampabay.com/nie. Schools across the state of Florida are required to include violence prevention and awareness information in their curriculum. Breaking the Cycle is an educational tool that can be utilized and shared by students, parents and teachers across the Tampa Bay area. For additional prevention and intervention curriculum, see the resources tab of www.abcactionnews.com/dv and click on the Florida Coalition Against Domestic "Prevention Tool Kit."

Florida Domestic Violence Hotline
800-500-1119
TTY: 800-621-4202
fcadv.org

National Dating Abuse Helpline
866-331-9474
loveisrespect.org

By Lisette Campos, director of community affairs, WFTS-Ch.-28

Dating violence: a serious issue

Dating violence is a serious problem in the United States. Often, teen dating violence goes unreported for many reasons, including a teen's fear of further abuse and embarrassment.

- One in four adolescents reports verbal, physical, emotional or sexual abuse from a dating partner each year.
- About 10 percent of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.
- By the time they are in high school, 54 percent of students report dating violence among their peers.

According to the CDC, dating violence has substantial negative effects on the mental and physical health of young people, as well as on their school performance.

Violence in an adolescent relationship sets the stage for problems in future relationships.

Sources: Florida Coalition Against Domestic Violence and the Centers for Disease Control and Prevention



our partners

CASA of St. Petersburg
727-895-4912
casa-stpete.org

The Haven of RCS
727-442-4128
rcspinellas.org
Opt4.wordpress.com

Sunrise of Pasco County, Inc.
352-521-3358
sunrisepasco.org
knowyourpeace.org/index.php

The Salvation Army of Pasco County
727-815-8539
salvationarmywestpasco.org

WFTS-TV ABC Action News
813-354-2828
abcactionnews.com/
abcactionnews.com/dv



Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a normal part of a relationship. But these behaviors can set the stage

for more serious violence such as physical assault and rape.

In a nationwide CDC survey, 9.4 percent of high school students reported being hit, slapped or physically hurt on purpose by their boyfriend or girlfriend in the 12 months prior to the survey. About one in five women and nearly one in seven men who ever experienced rape, physical violence and/or stalking by an intimate partner first experienced some form of partner violence between 11 and 17 years of age.

Victims of teen dating violence are more likely to do poorly in school and report binge drinking, suicide attempts and physical fighting. Victims also may carry the patterns of violence into future relationships.

Sources: The Centers for Disease Control and Prevention, and the National Center for Injury Prevention and Control, Division of Violence Prevention

Taking action

Oftentimes adolescents in abusive relationships feel alone and isolated. You can help. Talking to a friend dealing with relationship violence can make an enormous difference to her or him. He or she is probably feeling very isolated and alone. Let your friend know that he or she can trust you to listen and not be judgmental.

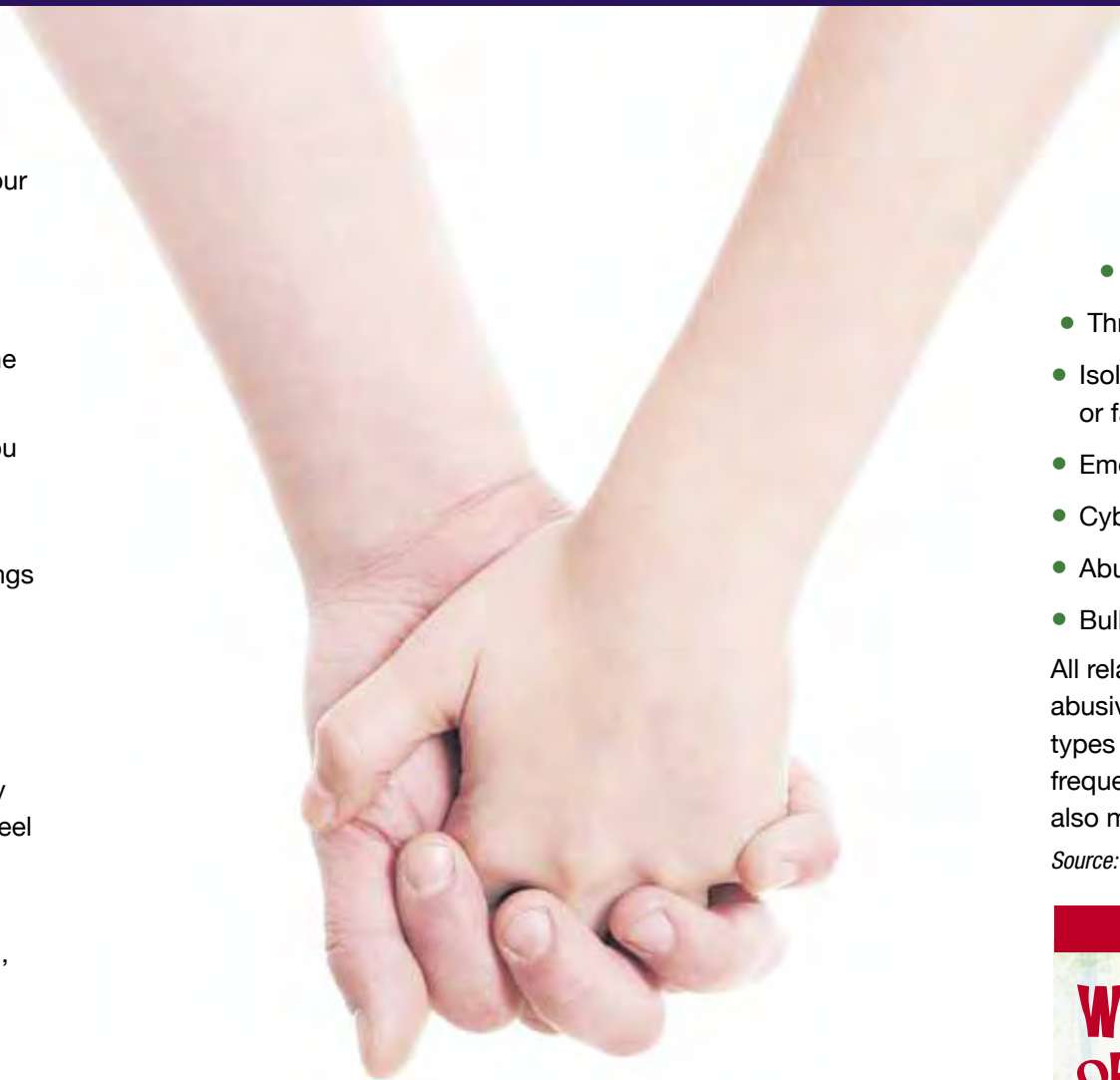
Learning with the Times Sensationalism and violence

Violence is a serious issue. There often are articles in the newspaper about teen violence. Look for two or three articles on teen violence (domestic violence, bullying, gang) in the *Tampa Bay Times*. Write down the main points of the articles. Write a one-page essay discussing the issues presented in the articles. Be sure to use specific examples from the articles to support your ideas. Share what you have learned with your classmates. Discuss with your classmates how these abusive situations could have been prevented.



Dating relationships

Relationships exist on a spectrum. In other words, relationships can range from healthy to unhealthy to abusive, and everywhere in between. People are not the same, and how they interact with others, particularly in an intimate relationship, will vary. It can be difficult to determine where your relationship falls, especially if you haven't dated a lot.



Signs of a healthy relationship:

- Your partner respects you and your individuality.
- You are both open and honest.
- Your partner supports you and your choices even when he or she disagrees with you.
- Your partner understands that you need to study or hang out with friends or family.
- You can communicate your feelings without being afraid of negative consequences.
- Both of you feel safe being open and honest.
- A good partner is not excessively jealous and does not make you feel guilty when you spend time with family and friends.
- A good partner compliments you, encourages you to achieve your goals and does not resent your accomplishments.

Abusers may use different tactics to have power or control over their partner, including:

- Intimidation
- Threats
- Isolating a person from friends or family
- Emotional and verbal abuse
- Cyber stalking
- Abuse via social networking
- Bullying

All relationships are unique. Not all abusive relationships involve the same types of unhealthy behaviors, and the frequency and severity of the abuse also may be different.

Source: Florida Coalition Against Domestic Violence

Myth: Men cannot be victims of domestic violence.

Fact: Recent studies show that while 85 percent of domestic violence victims are women, 15 percent are men. Thirty percent of women killed are killed by an intimate partner; 4 percent of men are killed by an intimate partner. Men are victimized in much the same way women are. Physical size and strength is not a prerequisite for being a batterer — women can batter, too. Both men and women also can be victims of domestic violence in same-sex relationships.

Signs of an unhealthy relationship:

- Your partner is inconsiderate, disrespectful or distrustful.
- Your partner doesn't communicate his or her feelings.
- Your partner tries to emotionally or financially control you.
- Your partner keeps you from getting a job, gets you fired or prevents you from participating in after school activities and clubs.
- Your partner humiliates you on Facebook or in front of your friends.

- Your partner makes threats to out you to your family.
- Your partner forces you to do things you would not normally do.

Source: loveisrespect.org

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fcadv.org

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loveisrespect.org

Warning Signs of Abuse

Does your partner

- Check your cell phone or email without permission?
- Constantly put you down or call you names?
- Display extreme jealousy or insecurity?
- Have an explosive temper?
- Isolate you from family or friends?
- Make false accusations?
- Display erratic mood swings?
- Physically hurt you in any way?
- Display possessiveness?
- Tell you what to do?

Source: loveisrespect.org

WARNING SIGNS

OF AN ABUSIVE PERSON

- Is extremely jealous
- Isolates his or her partner from support systems – friends, family or outside activities
- Attempts to control what his or her partner wears and does
- Is abusive toward other people
- Blames others for his or her own misbehavior or failures
- Abuses drugs or alcohol
- Is overly sensitive when not getting his or her way or if others disagree with his or her opinion
- Has ever been cruel to animals or children
- Has ever threatened violence
- Calls partner or parents names, puts others down or curses at others
- Uses threatening body language, punches walls or breaks objects



Source: Wellness Reproductions and Publishing, Inc. and Sunrise of Pasco County

Think about it!

So, is your relationship unhealthy? Drawing the line between unhealthy and abusive can be difficult. If you think your relationship is going in

the wrong direction, you should follow your gut feeling. Remember, there are many types of abuse, and while you may think some types are normal, they are not. Even though teen relationships may be different from adult ones, young people do experience the same types of physical, sexual, verbal and emotional abuse that adults do. If there is violence happening in your relationship, you need to take it seriously.

If you think you are in an abusive relationship, you're probably feeling confused about what to do. You may fear what your partner will do if you leave or how your friends and family will react when you tell them. You also may think that the police and other adults won't take you seriously. These are all understandable reasons to feel nervous about leaving your partner, but staying in the abusive relationship isn't your only option.

Source: loveisrespect.org

Taking action

If you are in an abusive relationship, seek help. Talk to a trusted adult: a counselor, coach, teacher or relative. Or, you can call the National Teen Dating Abuse Helpline at 866-331-9474 or the National Domestic Violence Hotline at 800-799-SAFE.



Dating abuse statistics

..... from loveisrespect.org

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- One in 10 high school students has been purposely hit, slapped or physically hurt by a boyfriend or girlfriend.
- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence — almost triple the national average.
- Violent behavior typically begins between the ages of 12 and 18.
- Eighty-one percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.
- A teen's confusion about the law and his or her desire for confidentiality are two of the most significant barriers stopping young victims of abuse from seeking help.



Learning with the *Times*

Being courageous

Dating violence is a form of bullying. Bullying is not just part of growing up. Abuse by another person leads to pain, shame and possible serious injury. It takes courage to stand up to a bully, especially if you are dating that person. There are many articles in the news about negative behavior, but the newspaper is also filled with courageous actions. We hear a lot about police officers, firefighters and soldiers doing brave things. But many other people demonstrate courage every day. Look in the *Tampa Bay Times* for a story about courage. Summarize the story and explain why you think the people involved are being courageous. Be sure to show specific examples that you can share with your class.

Violence is a choice

"Violence is anything that denies human integrity and leads to hopelessness and helplessness."

– Dr. Martin Luther King, Jr.



At the individual level, violence exists when one person with power attempts to exert power or control over another person that may not have as much power.

Violence may include physical, verbal or emotional abuse. This may lead to the survivor(s) of the violence feeling hopeless or helpless. However, violence is never the survivor's fault. Violence is a choice.

LEGAL DEFINITION OF DOMESTIC VIOLENCE, FLORIDA STATE STATUTE 741.28

Any assault, aggravated assault, battery, aggravated battery, sexual assault, sexual battery, stalking, aggravated stalking, kidnapping, false imprisonment or any criminal offense resulting in physical injury or death of one family or household member by another who is or was residing in the same single dwelling unit.

True or False?

1. One in 10 adolescents reports verbal, physical, emotional or sexual abuse from a dating partner each year.

Answer: False. One in four adolescents reports verbal, physical, emotional or sexual abuse from a dating partner each year. Dating violence is a prevalent issue that affects a large number of teens regardless of socioeconomic, race, ethnicity or other factors.

2. Among 11-to 14-year olds in relationships, 62 percent say they know friends who have been verbally abused (called stupid, worthless, ugly) by a boyfriend or girlfriend.

Answer: True. Abusive relationships often involve more than physical violence. Verbal abuse also may be a part of abusive relationships. Verbal abuse can be as harmful as physical abuse and can leave lasting scars.

3. Each year, women experience about 2 million intimate partner related physical assaults and rapes. Men are the survivors of about 750,000 intimate partner related physical assaults.

Myth: Using alcohol or drugs is a cause of dating violence.

Fact: Alcohol or other drugs are usually an excuse used to justify the abuser's use of violence. The cause of dating violence is the abuser making the choice to engage in this behavior. Substance abuse and dating violence are two different issues that need to be addressed separately.

Source: Michigan Domestic Violence Prevention & Treatment Board

Answer: False. Each year, women experience about 4.8 million intimate partner-related physical assaults and rapes. Men are the survivors of about 2.9 million intimate partner-related physical assaults.

Source: Statistics are provided by the Centers for Disease Control and Prevention and the "Tween and Teen Dating Violence and Abuse Study" conducted by Liz Claiborne Inc.

Taking action

Are you concerned that your friend is being abusive in his or her relationship? It can be helpful to talk to an adult, either with your friend or by yourself if he or she doesn't admit the problem or refuses to go with you. Make a list of local resources that you can share with your friend, so he or she can seek help.



Dating violence is a type of intimate-partner violence. Dating violence can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a normal part of a relationship. But these behaviors can lead to more serious violence. Dating violence is a serious problem in the United States. Many teens do not report it because they are afraid to tell friends and family.

Falling into a trap

People who have never been abused often wonder why a person would stay in an abusive relationship. There are many reasons why both men and women stay in abusive relationships.

- Fear
- Believing abuse is normal
- Lack of money
- Fear of being outed
- Embarrassment
- Social or peer pressure
- Low self-esteem
- Cultural or religious reasons
- Love
- Distrust of adults or law enforcement



Question relationships with partners who...

- Make you nervous about how they may respond or react in certain situations
- Have a history of trouble with the law or getting into fights
- Blame you for how they treat you or for anything bad that happens
- Put down people, including your family and friends, or call them names
- Try to isolate you and control who you see, where you go, how you dress or how you act
- Expect you or force you to be sexual when you don't want to be or when you have already said no
- Are physically rough with you (push, shove, pull, yank, squeeze, restrain)
- Take your money or take advantage of you financially in other ways
- Accuse you of flirting or "coming on" to others or accuse you of cheating on them
- Don't listen to you or show interest in your opinions or feelings, or insist things always have to be their way
- Tell you to shut up or tell you you're dumb, stupid, fat or call you some other name.

Source: Florida Coalition Against Domestic Violence

Being a good friend

Oftentimes, people stay in abusive relationships hoping that their abuser will change. Think about it — if a person you love tells you he or she will change, you want to believe that person. Your friend may only want the violence to stop, not for the relationship to end entirely.

If you have a friend in an unhealthy relationship, support him or her by understanding why he or she may choose to not leave immediately. If you have friends or family members who are in unhealthy or abusive relationships, the most important thing you can do is be supportive and listen to them.

Understand that leaving an unhealthy or abusive relationship is never easy. Try to let your friend know that he or she has options.

Source: loveisrespect.org

Do you have a friend in an abusive relationship?

- Remain supportive.

- Give your friend the hotline numbers: 800-500-1119 or 866-331-9474.
- Do not blame the victim for the abuse. Let your friend know that it is not his or her fault. No one deserves to be abused.
- Gather information about warning signs and relationship violence, as well as a list of services to help.
- Let your friend know he or she is not alone. One in four women and one in 10 men are victims of relationship violence.
- Encourage your friend to tell a parent or teacher.
- Encourage your friend to focus on his or her safety while in the relationship or leaving it.
- Understand that the abuser may become suspicious of your help, so it's important to create a safe system of communication.
- Be patient and realize that fear, power and control in a relationship make it difficult to leave.

Source: The Spring of Tampa Bay

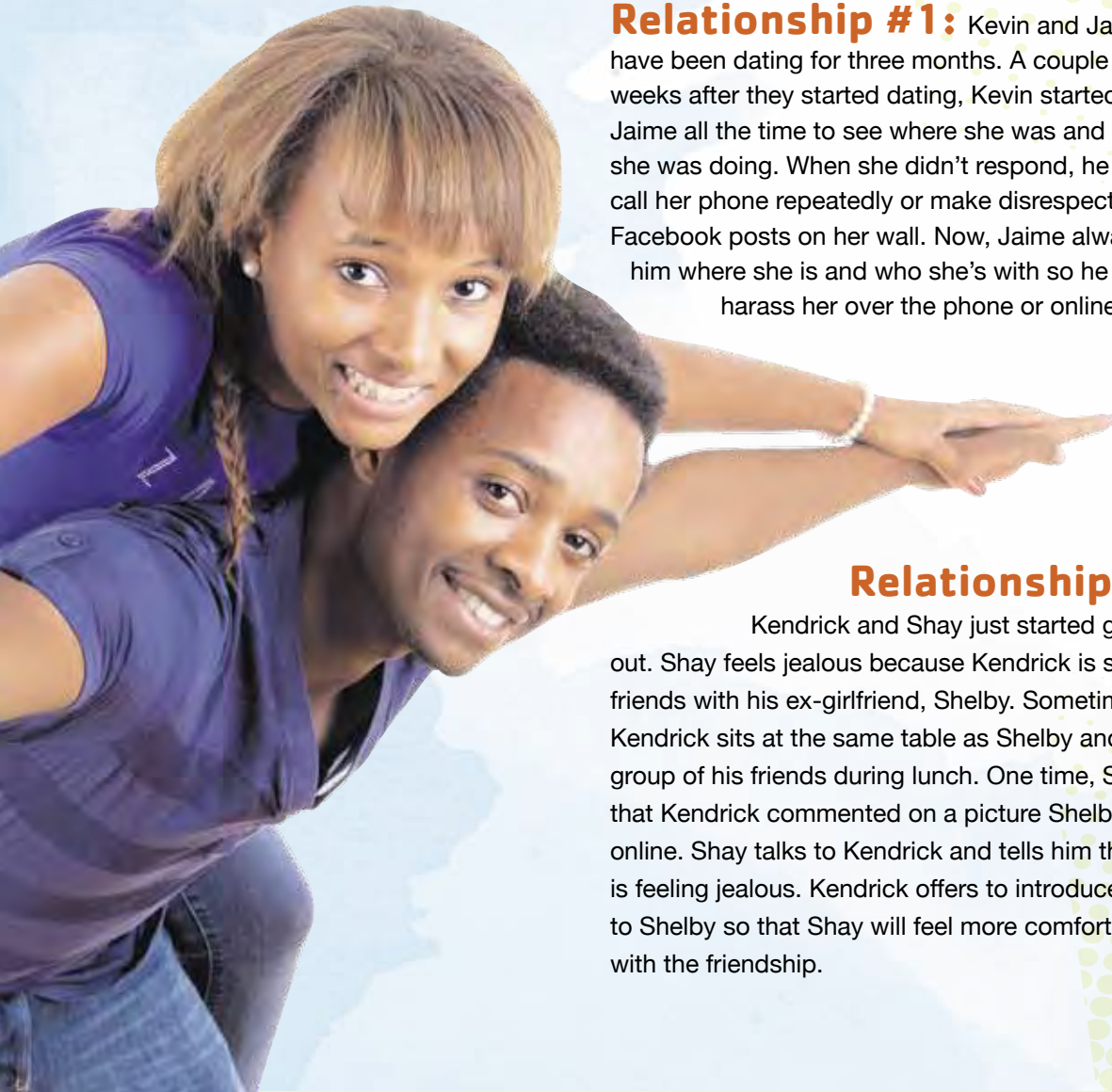


Learning with the *Times* Bystander phenomenon

A bystander is a person who sees a dangerous or unsafe situation. Many times that person stands back and does not call for help or stop the situation because of fear, intimidation or a feeling of helplessness. Research shows that educating and engaging bystanders is an effective way to help prevent the widespread problem of sexual violence and abuse within communities. Does silence hurt? Think about events in history that may have been prevented or had their impact lessened if people had spoken up and did not close their doors against violence or bullying. Research this issue in your local library or school media center. Look for articles in the *Tampa Bay Times* depicting incidents or crimes that could have been prevented if someone stood up to help. Write a report focusing on this issue, and share the information with your class.

“All violence, all that is dreary and repels, is not power, but the absence of power.”

— Ralph Waldo Emerson, author, philosopher



Activity

Read through these scenarios by yourself and decide where they fit on the Power and Control wheel on the next page.

Write down your thoughts. With a small group of students, discuss your thoughts about the scenarios and the wheels.

Write a brief paragraph for each scenario and present your thoughts to the rest of the class.

Relationship #1: Kevin and Jaime have been dating for three months. A couple of weeks after they started dating, Kevin started texting Jaime all the time to see where she was and what she was doing. When she didn't respond, he would call her phone repeatedly or make disrespectful Facebook posts on her wall. Now, Jaime always tells him where she is and who she's with so he won't harass her over the phone or online.

Relationship #2:

Kendrick and Shay just started going out. Shay feels jealous because Kendrick is still friends with his ex-girlfriend, Shelby. Sometimes Kendrick sits at the same table as Shelby and a group of his friends during lunch. One time, Shay saw that Kendrick commented on a picture Shelby posted online. Shay talks to Kendrick and tells him that she is feeling jealous. Kendrick offers to introduce Shay to Shelby so that Shay will feel more comfortable with the friendship.

Relationship #3: Maria and Dante have been dating for six months and are in love. They spend almost all of their time together. Dante used to play ball with his friends once a week. But since he started dating Maria, he sees his friends less. Whenever he tries to make plans with them, Maria gets upset and tells him how much she loves him and misses him when he hangs out with his friends. She says they have more fun when it's just the two of them and if he loves her, he'll cancel the plans. Dante feels guilty, so he continues to cancel on his friends. He misses them, but he's worried that he'll make Maria upset again if he tries to hang out with them.

Relationship #4: Chris and Jessica started talking a couple of weeks ago. Jessica is really into Chris because he's cute and popular. Jessica has never been a part of the popular group at school, but now that she's with Chris everyone knows who she is and wants to talk to her. Last night, she and Chris got into a fight because she was talking to Ryan, a long-time friend, in the hallway at school. Chris told Jessica it was wrong and disrespectful to talk to other guys. Chris said if Jessica doesn't end her friendship with Ryan, he will break up with her and none of his popular friends will talk to her anymore. Jessica feels trapped. Either way, she'll lose someone.

Relationship #5: Lavonya and Josh are at a party together. They've been dating for a few months, but they haven't done anything physical yet. Josh keeps pressuring Lavonya to do stuff, but she doesn't want to. Tonight, Josh has been drinking. He is pressuring Lavonya even more than usual and grabs her wrists. He says if she loves him, she'll give it up. Lavonya is scared.

Relationship #6: Alexa and Jason are going out. Jason's friend sends Jason a picture of Alexa and another guy at the mall. Alexa said she was with her sister. Jason tries to text Alexa once, but she doesn't respond. Later, when Alexa calls Jason, he speaks to her calmly and asks her what happened. Alexa says the guy was her cousin. Jason feels relieved and is glad they talked.

Source: Sunrise of Pasco County



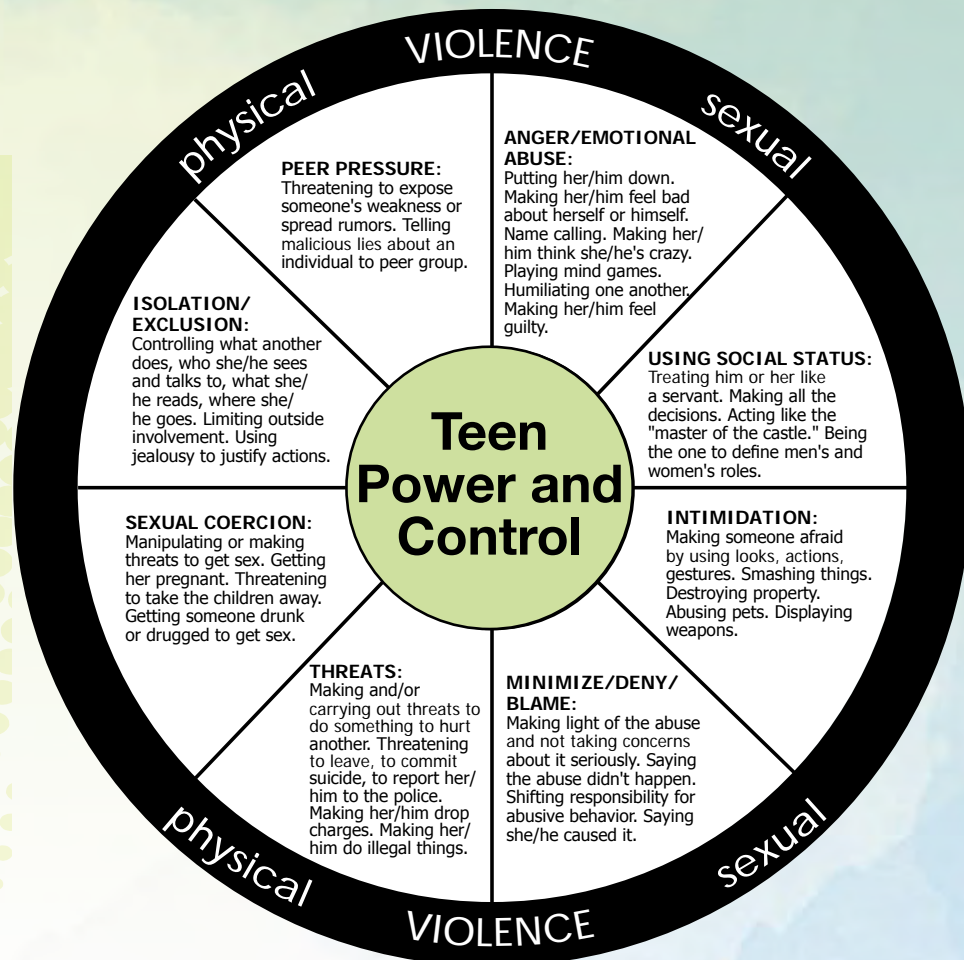
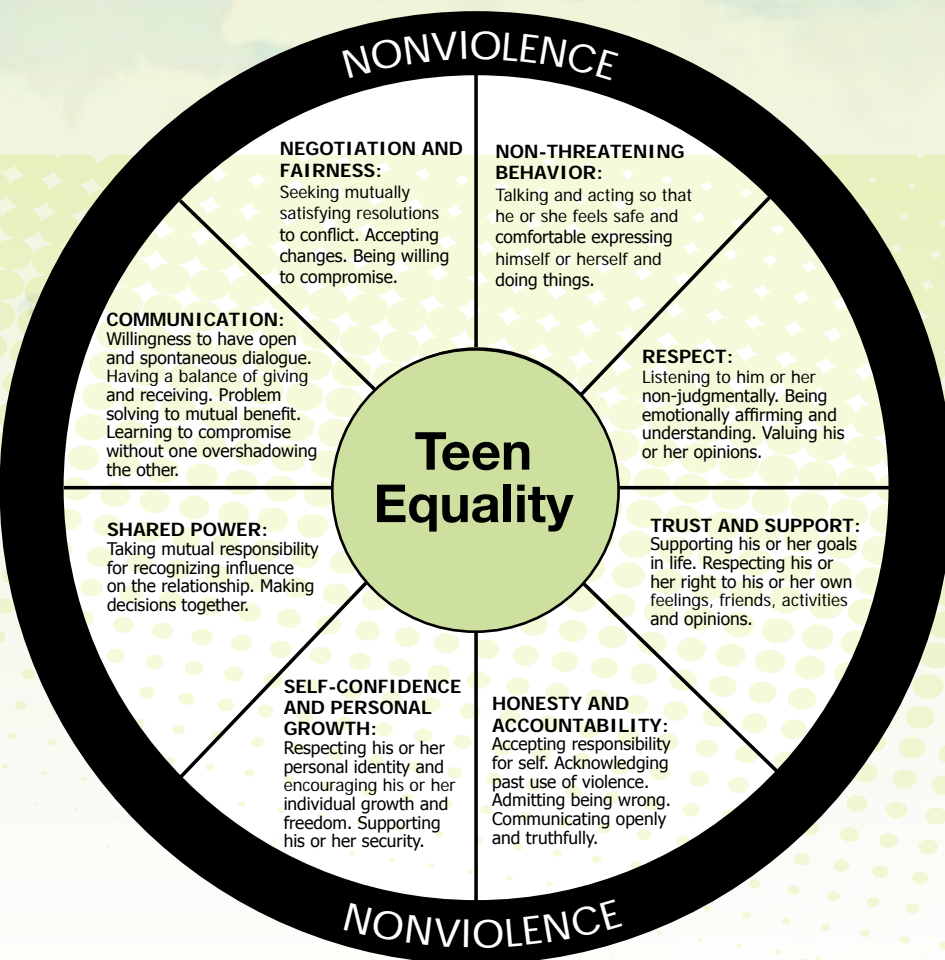
Learning with the Times

Individual vs. societal violence

At the individual level, violence exists when one person with power attempts to exert power or control over another person who may not have as much power. Violence may include physical, verbal or emotional abuse. Violence at the societal level is when a group of people with power attempt to exert their power or control over a group of people who may not have as much power. This may lead to the survivors of the violence feeling hopeless or helpless. It is important to note that violence is never the survivor's fault. Violence is a choice. Look for an example of individual violence and an example of societal violence in the *Tampa Bay Times*. Compare the acts in these articles. Create a Venn diagram using specific examples from the articles to show the differences and similarities. Share what you have learned with your class.

Equality Wheel for Teens

Teen Power and Control Wheel



Teen equality

There is a lot of pressure in school to be with someone and to be in love. This pressure makes it very hard to break up even when there is physical, emotional, verbal or sexual abuse. It may be hard to recognize that a relationship is abusive and some may settle for situations that could be harmful or even deadly.

The Teen Equality Wheel includes:

- Communication
- Respect
- Trust and support
- Non-threatening behavior
- Self-confidence and personal growth
- Honesty and accountability
- Shared power
- Negotiation and fairness

These are traits of a healthy and safe relationship.

Source: Know More and the Marjaree Mason Center

Power and Control

Power is defined as possession or control, authority or influence over others; the ability to act and to produce an effect; a source of energy.

This Power and Control wheel represents a snapshot of what a violent teen dating relationship looks like. It portrays the most common tactics teen abusers use against their dating partners.

You will notice that the center of the wheel is "Power and Control." This is at the very heart of this wheel because power and control are the reasons abusers choose to use violence and other harmful tactics against their dating partners.

In order to get that power and control, most teen abusers start out very slyly using the various tactics, shown between the spokes on this wheel, but usually increase their use of them over time. These include anger/emotional abuse, using social status, intimidation, minimize/deny/blame, threats, sexual coercion, isolation/exclusion and peer pressure.

Sources: Michigan Domestic Violence Prevention & Treatment Board and Florida Coalition Against Domestic Violence



What is stalking?

Do you have a feeling you are being watched? Are you being harassed or followed? Do you feel afraid because every time you turn around the same person is there? A stalker can be someone you know, a past boyfriend or girlfriend or even a stranger. While the actual legal definition varies from one state to another, here are some examples of what stalkers may do:

- Show up at your home, school or place of work unannounced or uninvited.
- Send you unwanted text messages, letters, emails and voice-mails.
- Leave unwanted items, gifts or flowers.
- Constantly call you and hang up.
- Use social networking sites (Facebook, Twitter, Foursquare) and technology to track you.
- Spread rumors about you via the internet or word of mouth.
- Make unwanted phone calls to you.
- Wait at places you hang out.
- Damage your home, car or other property.

If you're being stalked, you may be feeling stressed, vulnerable or anxious. You also may have trouble sleeping and concentrating at school. Keep in mind that you are not alone. Every year in the United States, 3.4 million people are stalked, and people between the ages of 18 and 24 experience the highest rates.

Source: loveisrespect.org



Emotional and verbal abuse

Myth: Dating violence happens mostly to teenagers who provoke it.

Fact: Abusers make decisions about when they will abuse, how frequently they'll abuse, what the severity will be and where the abuse will take place. This decision-making process has nothing to do with the teen victim's demeanor or behavior.

Source: Michigan Domestic Violence Prevention & Treatment Board

Emotional and verbal abuse includes non-physical behaviors such as threats, insults, constant monitoring or "checking in," excessive texting, humiliation, intimidation, isolation or stalking.

Are you a victim of verbal or emotional abuse? Does another person ...

- call you names and put you down?
- yell and scream at you?
- intentionally embarrass you in public?
- prevent you from seeing or talking with friends and family?
- tell you what to do and wear?
- use online communities or cell phones to control, intimidate or humiliate you?
- stalk you?

- blame your actions for his or her abusive or unhealthy behavior?
- threaten to commit suicide to keep you from breaking up with him or her?
- threaten to harm you, your pet or people you care about?
- make you feel guilty or immature when you don't consent to sexual activity?
- threaten to expose your secrets such as your sexual orientation or immigration status?
- start rumors about you?

Source: loveisrespect.org

Types of abuse:

~ Emotional abuse

~ Verbal abuse

~ Stalking

~ Financial abuse

~ Physical abuse

~ Sexual abuse

~ Cyber abuse

Taking action

If you think you are being stalked, talk to a trusted adult. Be sure to save emails, text messages, voice-mails, letters, photos and Facebook posts to share with law enforcement. If you are in immediate danger, call 911.

Abuse via technology

Cyber dating abuse is the use of technologies, such as texting and social networking, to bully, harass, stalk or intimidate a partner. In a healthy relationship, all communication is respectful whether in person, online or by phone. People in healthy relationships do not pressure their partners to share passwords. They do not monitor another person's texts, Facebook messages or Twitter direct messages.

It is never acceptable for someone to do or say anything that makes you feel bad, lowers your self-esteem or manipulates you. You may be experiencing cyber abuse if your partner:

- Tells you who you can or can't be friends with on Facebook and other sites.
- Sends you negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online.
- Uses sites such as Facebook, Twitter, Foursquare, Instagram and others to keep constant tabs on you.
- Puts you down in his or her status updates.
- Sends you unwanted, explicit pictures and demands you send some in return.
- Pressures you to send explicit videos.
- Steals or insists on being given your passwords.
- Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished.
- Looks through your phone frequently, checks up on your pictures, texts and outgoing calls.

In a healthy relationship...

- Your partner should respect your relationship boundaries.
- It is okay to turn off your phone. You have the right to be alone and spend time with friends and family without your partner getting angry.
- You do not have to text any pictures or statements that you are uncomfortable sending, especially nude or partially nude photos, known as "sexting." Did you know that you lose control of any electronic message once your partner receives it? They may forward it, so don't send anything you fear could be seen by others.
- You do not have to share your passwords with anyone.

Source: loveisrespect.org



Did you know?

One in five female high school students reports being physically or sexually abused by a dating partner. Many teen victims may not recognize when they are in an abusive relationship. Dating violence is more than just arguing or fighting. Dating violence is a pattern of controlling behaviors that one partner uses to get power over the other, including:

- Physical violence
- Emotional or mental abuse
- Sexual abuse

Source: *The Spring of Tampa Bay*



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fcadv.org

National Dating Abuse Helpline

866-331-9474
loveisrespect.org



Learning with the Times

Public awareness campaign

Teen dating violence is an important issue. Your job is to plan a school Dating Violence Awareness campaign. You may make posters, daily morning show announcement spots or slogan buttons and/or plan a school wide assembly. You may want to organize your information according to the following sub-categories: facts about dating violence, different types of violence, warning signs, effects of dating violence, breaking the cycle of violence and the law. Look through the advertisements in the *Tampa Bay Times* to help plan your poster and announcements for your campaign. Create an informational news spot about the campaign that could air as a public service announcement (PSA).

Think
about it!

Teens who abuse their girlfriends or boyfriends do the same things that adults who abuse their partners do. Teen dating violence is just as serious as adult domestic violence. Research shows that physical or sexual abuse is a part of one in three high school relationships. In 95 percent of abusive relationships, men abuse women. However, young women can be violent, and young men also can be victims. Both young men and women also can be victimized in same-sex relationships.

If you are in an abusive relationship:

- Stay in contact with friends.
- Continue activities you enjoy.
- Try not to be alone, even when you are with your partner.
- Tell a teacher, parent, counselor or trusted adult.
- Change your routine (follow new routes to classes or work).
- Carry a phone card in case you need a phone or transportation.
- Keep a list of important numbers with you.
- End the relationship in a public place.
- Inform someone of where you're going and when you'll return.
- Trust your instincts.
- Get an Injunction for Protection (restraining order).

dating abuse

in the Twenty-first Century

Social networking safety

You deserve to be in a safe and healthy relationship, whether in person or online. It is important to know that is not acceptable for your partner to be abusive online. His or her behavior also may be illegal. Check out our tips below from loveisrespect.org for staying safe on social networking sites such as Facebook, Twitter and Foursquare.

- Only post things you want the public to see or know. Once it's online, it's no longer under your control.
- Be protective of your personal information.
- Set boundaries and limits. Tell people not to post personal information, negative comments or check-ins about you on social media. Ask people not to post or tag pictures if you're not comfortable with it.
- Keep your passwords private.
- Don't do or say anything online you wouldn't in person. It may seem easier to express yourself when you are not face-to-face, but online communication can have real-life negative consequences.
- Don't respond to harassing, abusive or inappropriate comments.
- Keep a record of all harassing messages, posts and comments.
- Always report inappropriate behavior to the site administrators.
- If you are leaving an unhealthy relationship, start by blocking your ex on Facebook and other social networking pages. Don't check in on Foursquare or other location-based sites or apps.
- Adjust your privacy settings to reduce the amount of information that particular people can see on your page. Remember, registering for some apps requires you to change your privacy settings.
- Avoid posting private details on your friends' pages.
- While it is inconvenient and may seem extreme, disabling your social networking page entirely may be your best option to stop continued abuse or harassment.

Source: loveisrespect.org

Texting and sexting

Texting is one of the most instant forms of communication there is. While texting might be the perfect way to say a quick "Hi," there are some things to watch out for in a textual relationship with your partner.

Excessive texting: If your partner texts too much, it's not only irritating, but unnecessary. Keeping in touch with your significant other throughout the day can be thoughtful, but constant contact is probably over doing it. Remember, if your partner is using texting messaging to monitor everywhere you go, that is a warning sign of abuse.

Sexting: Does your partner ask for inappropriate pictures of you? Or send you inappropriate pictures of himself or herself? Even if you trust that your partner will be the only one to ever see the pictures, you can never be sure that they won't end up on someone else's phone or online. Remember, you never have to do anything you aren't comfortable with, no matter how much your partner pressures you.

Reading someone else's texts: Does your partner ask to read your texts? Or does he or she read them behind your back? Healthy relationships are built on trust, not jealousy. You have the right to privacy and the ability to talk to whomever you like.

Threatening texts: Threats over text should be taken seriously — try not to write them off as angry venting. Keep track of threatening texts and think about talking to someone you trust about what is happening. Being in a violent relationship is dangerous — don't go through it alone.

Source: loveisrespect.org





Verizon Wireless of Florida Teen Technology Panel

The Verizon Wireless Teen Technology Panel brings together teenagers and local subject matter experts in a forum conducive to starting the conversation about the use of technology in unhealthy relationships. This panel, with the guidance of local shelter partners, discusses technology and its impact on dating violence and domestic abuse among teenagers. The goal of this program is to open a dialogue between teens and experts about the warning signs of abusive dating relationships and explore how technology can be used to promote healthy, positive relationships among teens.

Verizon Wireless' inaugural Teen Technology Panel video contest, held in early 2012, was designed to educate teens about the dangers of abuse and to promote empowerment and self-identity. Participating teens were asked to submit a short video highlighting what's "not ok" when it comes to cell phone use and how teens can stop abusive uses of technology. The winning team, from the Paxon School for Advanced Studies, created the entry in their TV production class. Visit facebook.com/VerizonWirelessFL to learn more about the contest and view the finalists' videos.

Florida Domestic Violence Hotline
800-500-1119
TTY: 800-621-4202
fcadv.org

National Dating Abuse Helpline
866-331-9474
loveisrespect.org

what you can do to stay safe

Here are tips to keep you safe and healthy:

- Turn off your phone. Just be sure your parent or guardian knows how to contact you in an emergency.
- Don't answer calls from unknown or blocked numbers. Your abuser can easily call you from another line if he or she suspects you are avoiding him or her.
- Don't respond to hostile, harassing, abusive or inappropriate texts or messages. Responding can encourage the person who sent the message and won't get him or her to stop.
- Save or document troublesome texts, as you may need them later for evidence in case you file a criminal report or ask for a restraining order.
- Many phone companies can block up to 10 numbers from texting or calling you. Contact your phone company or check its website to

Myth: If a person stays in an abusive relationship, it must not really be that bad.

Fact: People stay in abusive relationships for a number of reasons: fear, economic dependence, confusion, loss of self-confidence, not recognizing that what's happening is abusive, belief that the abuser needs their help or will change.

Source: A Safe Place

see if you can do this on your phone.

- If you are in or coming out of a dangerous relationship, avoid using any form of technology to contact your abuser. It can be dangerous and may be used against you in the future.
- It may seem extreme, but if the abuse and harassment don't stop, changing your phone number may be your best option.

Source: loveisrespect.org

Learning with the Times Working together

It is healthy to communicate about your feelings in a respectful way so that you can learn to work together and compromise. When someone tries to control who his or her dating partner can or cannot be friends with, it is an unhealthy behavior. Review the relationships scenarios from page 8. With a classmate, decide which scenarios represent healthy relationships and which depict unhealthy ones. Write a couple of sentences for each scenario explaining your view. Next, look for two examples of healthy relationships in the Tampa Bay Times. Write a fully developed paragraph about each relationship. Be sure to include specific examples from the articles to explain how they fit into the category of being healthy relationships.

Everyone deserves to be loved

These are the qualities of a healthy relationship:

- ♥ Your partner makes you feel safe.
- ♥ Your partner makes you feel comfortable.
- ♥ Your partner listens to you.
- ♥ Your partner values your opinions.
- ♥ Your partner supports what you want to do with your life.
- ♥ Your partner is truthful with you.
- ♥ Your partner admits when he or she is wrong.
- ♥ Your partner respects you.
- ♥ Your partner likes that you have other friends.
- ♥ Your partner makes you laugh.
- ♥ Your partner trusts you.
- ♥ Your partner treats you like an equal.
- ♥ Your partner understands your need to have time alone with friends and family.
- ♥ Your partner accepts you as you are.

Source: Soroptimist International of Largo

Florida Domestic Violence Hotline

800-500-1119
TTY: 800-621-4202
fcadv.org

National Dating Abuse Helpline

866-331-9474
loveisrespect.org



Learning with the Times

Fact vs. opinion

Knowing the difference between fact and opinion is very important, especially when it comes to personal safety. With your classmates, discuss the definition of both fact and opinion. Look through the news section of the *Tampa Bay Times* and select several articles of interest to you. Using two different colored highlighters or colored pencils, underline the facts in one color and the opinions in another. Discuss the articles with your class.



LGBTQ abusive relationships

Everybody deserves a safe and healthy relationship. You may think same-sex couples cannot be in abusive relationships, but that is not true.

Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth experience dating abuse at the same rates and in similar ways as heterosexual couples do. In fact, one in three young people — straight, gay and everyone in between — experiences some form of dating abuse.

Many LGBTQ teens believe that no one will help them because they are transgender or in a same-sex relationship. If you're LGBTQ, you may face additional obstacles when asking for help, such as:

- Shame or embarrassment
- Fear of not being believed or taken seriously

Myth: Domestic violence is more common in heterosexual relationships.

Fact: Studies have proved that battering occurs at as high a rate in same-sex relationships as in heterosexual relationships. One survey found that more than 55 percent of gay women reported abuse in their relationships, while 44 percent of gay men reported abuse.

Source: The Spring of Tampa Bay

- Fear of retaliation, harassment, rejection or bullying
- Less legal protection

Regardless of these obstacles, you deserve to be safe and healthy. Learn the state's laws, talk to an adult.

Source: loveisrespect.org

The Trevor Project provides crisis intervention services to LGBTQ youth:

Trevor lifeline: 866-488-7386
thetrevorproject.org



In the past 12 months, one in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once. And nearly half of all teens in relationships say they know friends who have been verbally abused. It is important to note that before violence starts, a teen may experience controlling behavior and demands. One partner may tell another what to wear and who to hang out with. Over time, the unhealthy behavior may become violent. Victims of teen dating violence are more likely to do poorly in school and report binge drinking, suicide attempts, physical fighting and current sexual activity.

Source: *The Centers for Disease Control and Prevention*

Local youth organizations combating teen dating violence

The Youth Community Action Team (YCAT) is a culturally diverse, volunteer, youth-led school club at Zephyrhills High School in Pasco County that was developed to foster a climate of respect among students in school and increase awareness of healthy relationships among all students. Facilitated by Sunrise of Pasco County, YCAT engages each team member to become an active leader in their community. To find out more about the YCAT and how to start one at your school, call 352-521-3358.

Peacemakers is a holistic in-school program developed to empower children and youth to live peaceful lives. Peacemakers assists children in pre-school, elementary school and middle school to build a solid foundation of values and encourage the development of lifelong peacemaking skills. By working in partnership with schools, Peacemakers can help teachers and staff better understand the dynamics of power and control, especially when there is violence in the home, and reduce the terror that a bully can exert over fellow classmates. Peacemakers is facilitated by CASA and The Haven of RCS. For more information about Peacemakers, visit casa-stpete.org or rcspinellas.org.

DELTA program and Dating Violence Education and Prevention program, facilitated by The Haven of RCS, educate middle and high school students about the dangers of dating violence and provide resources and referrals to help. Teens explore topics including self-image and misperceptions, self-esteem, anger awareness, communication skills/assertiveness, unhealthy vs. healthy relationships and safety planning. For more information about these programs, visit rcspinellas.org.

Teens Against Relationship Abuse (TARA) is a student-organized and student-led club at J.W. Mitchell High School in Pasco County that provides education about healthy and unhealthy relationships; promotes a school environment of healthy, respectful relationships; and offers support to those who have experienced relationship abuse. Club members share a desire to educate and assist their peers to respect themselves, get out of bad relationships and choose to be in healthy relationships. For more information, visit jwmhs.pasco.k12.fl.us.

Expect Respect is a Safe Teens Youth Leadership Curriculum facilitated by The Spring of Tampa Bay. The program's objective is to prevent teen dating violence and promote safe and healthy relationships. It is intended for middle and high school youth, and strives to engage the whole community in changing social norms about dating relationships and creating a respectful environment. The curriculum includes an eight-week lesson plan followed by a two-week youth-led awareness project. Expect Respect is based on an active and experiential learning process. Expect Respect provides opportunities for young people to develop strong, positive relationships with peers and adults. For more information about Expect Respect, visit thespring.org.

Taking action

Does your school have a club or organization devoted to combating teen dating violence? Contact your local shelter (see the list on page 2) to find out. You also can check with your school guidance counselor or the Students Against Destructive Decisions (SADD) faculty advisor to find out if there is one. Check with your local shelter and school principal to find out how to start a club at your school.

In a healthy relationship...

- Both partners communicate feelings calmly.
- Both partners have their own lives and independence.
- Both partners are treated equally.
- Both partners feel respected.
- Both partners make joint decisions.
- Both partners feel safe together.
- Both partners respect the other's sexual limits.
- Both partners take turns paying on dates.
- Both partners are allowed to have friends outside of the relationship.
- Both partners accept responsibility for their actions.
- Both partners respect each other's privacy.
- Both partners have equal responsibility in the relationship.

Source: Florida Coalition Against Domestic Violence

Did you know?

Young adult dating violence is a big problem. It affects people of all races, genders, sexual orientation and cultures. Only 33 percent of teens who were in a violent relationship ever told anyone about the abuse.

Source: Centers for Disease Control and Prevention



Violence is not acceptable



Teens receive messages about how to behave in relationships from peers, adults in their lives and the media. All too often these examples suggest violence in a relationship is okay. But violence is never acceptable! Communicating with your partner, managing uncomfortable emotions like anger and jealousy, and treating others with respect are a few ways to keep relationships healthy and non-violent.

Myth: The person I'm dating wouldn't get so jealous if he or she didn't really love me.

Fact: If the person you're dating really loves you, he or she wouldn't try to control you through jealousy. What's left unsaid is that he or she is insecure about his or her own feelings, and is unsure and mistrustful. Jealousy is a negative emotion.

Source: National Center for Deaf Advocacy



Recognize the warning signs.

Does your boyfriend or girlfriend act obsessively about your whereabouts? Is he or she controlling? If you answered yes, consider talking to someone by calling Florida's toll-free domestic violence hotline at **1-800-500-1119**.

To learn more about how you can turn your no-longer-used cellphones into lifelines of support for victims of domestic violence, visit **VerizonWireless.com/HopeLine**.



Resources and Web links

Centers for Disease Control and Prevention
cdc.gov/features/datingviolence

Florida Council Against Sexual Violence
Florida Rape Crisis Hotline
fcasv.org

LoveisRespect: A Collaboration Between The National Dating Abuse Helpline and Break the Cycle
loveisrespect.org

National Domestic Violence Hotline
ndvh.org

I Am Courageous
iamcourageous.org/home

National Coalition of Domestic Violence
ncadv.org

I Own Me
iown.me

CASA of St. Petersburg
casa-stpete.org

One Is Too many
whitehouse.gov/1is2many

The Haven of RCS
rcspinellas.org/Opt4.wordpress.com

Futures without Violence
futureswithoutviolence.org/content/features/detail/811/

The Spring of Tampa Bay
thespring.org

Break the Cycle
breakthecycle.org

Sunrise of Pasco County Inc.
sunrisepasco.org/knowyourpeace.org/index.php

Hear My Voice
hearmyvoice.breakthecycle.org

Florida Domestic Violence Hotline
fcadv.org

The Salvation Army of Pasco County
salvationarmywestpasco.org



In the know. In the Times

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the Times to promote the use of newspapers in print and electronic

form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

With ever-shrinking school budgets, the newspaper and our curriculum supplements have become an invaluable tool to teachers. In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors.

NIE provides supplemental materials and educator workshops free of charge. Our teaching materials cover a variety of subjects and are consistent with Florida's Next Generation Sunshine State Standards and Common Core Standards.

The *Times* and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For more information about NIE, visit tampabay.com/nie. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE), and check out the NIE Blogging Zone at tampabay.com/blogs/niezone.

To learn how to sponsor a classroom or education supplement or receive NIE resources at your school, go to tampabay.com/nie or call 800-333-7505, ext. 8138.

Newspaper in Education Staff

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Credits

Project manager Sue Bedry, NIE development specialist
Designed by Stacy Rector, Times staff
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This publication incorporates the following Next Generation Sunshine State Standards: Health: HE.6.C.1.1; HE.6.C.1.2; HE.6.C.2.1; HE.6.C.2.10; HE.6.C.2.2; HE.6.C.2.3; HE.6.C.2.5; HE.6.C.2.6; HE.6.C.2.7; HE.6.C.2.8; HE.6.C.2.9; HE.6.B.2.1; HE.6.B.2.2; HE.6.B.2.3; HE.6.B.2.4; HE.6.B.3.1; HE.6.B.3.2; HE.6.B.3.3; HE.6.B.3.4; HE.6.B.3.5; HE.6.B.3.6; HE.6.B.3.7; HE.6.P.2.2; HE.6.P.2.3; HE.6.P.2.4; HE.7.B.3.4; HE.7.C.1.2; HE.7.B.2.4; HE.7.P.2.3; HE.7.B.3.4; HE.7.C.2.1; HE.7.C.2.2; HE.7.C.2.3; HE.7.C.2.5; HE.7.C.2.7; HE.7.C.2.8; HE.7.B.2.2; HE.7.P.2.4; HE.8.C.1.1; HE.8.C.1.2; HE.8.B.3.4; HE.8.B.2.4; HE.8.C.2.6; HE.8.P.2.3; HE.8.B.3.4; HE.8.C.2.1; HE.8.C.2.2; HE.8.C.2.3; HE.8.C.2.7; HE.8.C.2.9

Language Arts: LA.6.1.5.1; LA.6.1.6.1-10; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3; LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-5; LA.6.3.5.1-3; LA.6.4.2.1; LA.6.4.3.1-2; LA.6.5.2.1-2; LA.6.6.1.1-3; LA.6.6.4.1-2; LA.7.1.5.1; LA.7.1.6.1-11; LA.7.1.7.1-8; LA.7.2.2.1-5; LA.7.3.1.1-3; LA.7.3.2.1-3; LA.7.3.3.1-4; LA.7.3.4.1-5; LA.7.4.2.1; LA.7.4.3.1-2; LA.7.5.2.1-3; LA.7.6.4.1-2; LA.8.1.5.1; LA.8.1.6.1-11; LA.8.1.7.1-8; LA.8.2.2.1-5; LA.8.3.1.1-3; LA.8.3.2.1-3; LA.8.3.3.1-4; LA.8.3.4.1-5; LA.8.4.2.1; LA.8.4.3.1-2; LA.8.5.2.1-5; LA.8.6.4.1-2

Reading this supplement and completing the newspaper activities in this publication can be applied to the following Common Core Standards: RI.6.1; RI.6.2; RI.6.3; RI.6.7; RI.6.9; RI.7.1; RI.7.2; RI.7.3; RI.7.7; RI.7.9; RI.8.1; RI.8.2; RI.8.3; RI.8.7; RI.8.9.