

The
Dating



Scene



Give Respect . Expect Respect



Contact the Utah Department of Health, Violence and Injury Prevention Program to obtain copies of this workbook.

Please visit www.health.utah.gov/vipp/index.html for more information.



Give Respect · Expect Respect



The Dating Scene



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What Do You Want in a Relationship?

What qualities do you look for in a person you want to date?

How do you want to be treated by the person you are dating?

Stereotypes



Society expects males and females to act a certain way. What names do males and females get called if they act differently from these expectations?

All the time we hear negative comments about males and females. List four places you have heard some of these negative comments.

1.
2.
3.
4.

What positive qualities do you want to see in males and females you have friendships or a dating relationship with?



What is Dating Violence?

PHYSICAL <i>Any use of size, presence or objects to hurt or control someone else.</i>		VERBAL <i>Use of words or voice to degrade or control.</i>	EMOTIONAL <i>Any action (or lack of action) meant to degrade or control.</i>
PHYSICAL CONTACT Hitting or slapping Biting Choking Shoving Excessive tickling Threatening with clenched fist Pinching Spanking Kicking Shaking or jerking Spitting Kneeing Burning Shooting or stabbing Restraining Chasing Damaging teeth Banging head on wall or floor Forcing sex or sexual acts Sexually touching in uncomfortable ways Incest Standing or sitting on Pulling hair Pinning against wall Stalking Standing in doorway to prevent exit	USE OF OBJECTS Throwing things, (food, cans, phone, etc.) Hitting with objects Going through or breaking personal items Driving recklessly Slamming doors Tearing clothes Breaking windshield or puncturing tires Punching walls Sweeping things off table Kicking car or lockers Disconnecting phone Standing behind car to prevent leaving Taking car keys Taking personal things, (money, cell phone, etc.)	Threatening to kill or to use violence Calling over and over in middle of night Constant accusations of cheating Yelling Insulting, especially in public Calling names like: wore, bitch, slut, asshole Being sarcastic, making demeaning jokes Excessive swearing Mimicking Making degrading or negative comments like, "You're stupid", "You're ugly," "You can't do anything right." Leaving vulgar messages on phone Silent treatment Calling partner 'crazy' Twisting partner's words Lying	Using personal information against partner Blaming, not accepting responsibility for actions Playing mind games Using the guilt trip Demanding Constant interrogation Dirty talk or sexually degrading jokes Mocking body parts Controlling partner's activities Intense jealousy or rages Criticizing partner's looks Isolating partner from family & friends Checking up on partner Insulting partner's family & friends Making fun of partner mistakes Keeping partner from sleeping Manipulating partner with lies Intimidating partner to perform sexual acts Sexually acting out to hurt partner Constant questioning about activities Use of alcohol or drugs to manipulate partner Making vulgar gestures at partner Sexualizing partner in public Keeping partner from working Saying "No one else would have you" Denying partner access to phone Threatening suicide or to harm self Strict expectations of partner Ignoring partner's feelings and concerns Forcing pornography on partner Using jealousy to justify actions Damaging partner's possessions Twisting events around to manipulate Telling partner how to feel and think Focusing only on own agenda

Dating Scenarios



1. Rob and Andy are in the library checking their email. Rob gets an email from his girlfriend Ally. Rob asks Andy to come read this email. After reading Andy asks whats up with Ally. The email was written at 3:00 in the morning and Ally stated she didn't like Kate (who is friend of Rob's) and that she wants Rob to stop talking to her. What should Rob do? _____

2. Joe's girlfriend scratches him and throws objects at him when she gets angry. He states that it is not violence because he could fight back. What can you say to help him discuss the violence in this relationship? _____

3. One day Russ stops by Kelly's house unannounced. She tells him that she didn't know he was coming over and has arranged to play tennis with her friends. Russ loses control and breaks the racquet over his knee. Later he apologizes. What should Kelly do? _____

4. Your brother, Tony has been dating his girlfriend Jenny for a year and a half. One night at 1:00 am, you hear his cell phone ring and you hear him talking to Jenny. At 2:30 you hear him getting up out of bed, shortly after you hear him again; you get up to see what's going on. You see Tony sitting on the stairs, clearly upset. He tells you that Jenny is too much; she calls him all the time. She won't let him go out with his friends. He's tried to break it off, but every time he's tried, she cries and says she can't live without him. He no longer wants to be with her, but he's scared that if he breaks up with her things will get worse not better. What do you tell him? _____

5. Kristi and Dan are at the mall. For Dan's birthday, Kristi wanted to take him for a little shopping spree. Dan is looking at a green button up shirt and some jeans. He goes into the fitting room. Kristi tells him to come out and model the outfit. Dan comes out and says he really likes the shirt, but he thinks the pants are too small. Kristi claims the pants are perfect and that a red shirt would be better. After Dan returns from the fitting room, Kristi grabs the pants out of his hands and goes to find the button up shirt in red. She then goes and purchases the two items. Should Dan say something, or just accept the free clothes? _____



Warning Signs

If you think the following situation is a warning sign of an disrespectful relationship, write YES. If not, write NO.

1. ____ The person you date gets really upset if you look at someone of the opposite sex, or if someone of the opposite sex looks at you.
2. ____ The person you date gives you a cell phone.
3. ____ The person you date constantly criticizes the opposite sex.
4. ____ The person you date seems to take an interest in what you say and is impressed with your goals for the future.
5. ____ The person you date starts to be critical of other people most of the time especially your friends and family.
6. ____ The person you date starts telling you they love you so much they can't live without you.
7. ____ The person you date has a flexible view of the roles of men and women in all areas of life. (i.e. home, work, sports, social life, etc.)
8. ____ The person you date ridicules your opinions and feelings.
9. ____ The person you date calls you negative or demeaning names when they get angry.
10. ____ The person you date encourages you to have other friends.
11. ____ The person you date often threatens to breakup if you don't do what they want.
12. ____ The person you date blames you for their anger, saying if you didn't do certain things they wouldn't get angry.
13. ____ The person you date respects your right to privacy and doesn't demand you share everything with them.
14. ____ The person you date respects your space and would never touch you in any way that would make you feel uncomfortable.
15. ____ The person you date makes all the decisions about what you do on a date.
16. ____ The person you date tells you what to wear and makes you changes your clothes if they don't approve.

What is a Respectful Relationship?



HONEST AND ACCOUNTABILITY:

Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong.

ECONOMIC PARTNERSHIP:

Making money decisions together. Making sure both partners benefit from financial arrangements.

NEGOTIATION AND FAIRNESS:

Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

NON-THREATENING BEHAVIOR:

Talking and acting so that you and your partner feel safe and comfortable expressing yourselves and doing things.

OPEN COMMUNICATION:

Each partner can talk openly and honestly about their thoughts and feelings, without fear of ridicule.

RESPECT:

Listening to your partner non-judgmentally. Being emotionally affirming and understanding. Valuing their opinions.

SHARED RESPONSIBILITY:

Mutually agreeing on a fair distribution of work. Making relationship decisions together.

TRUST AND SUPPORT:

Supporting each other's goals in life. Respecting your partner's right to their feelings, friends, activities, and opinions.



Equal/Unequal Relationships

Each of the following situations presents three options. Choose an answer for each.

1. ___ **The person I am dating goes out with friends more than I would like.**
 - a. I tell them I feel unhappy about this and explain why.
 - b. I tell them if they don't stop, I'll break up with them.
 - c. I try to get even by doing this same thing.
2. ___ **The person I am dating is very popular.**
 - a. I feel proud to be going out with him/her.
 - b. I feel threatened and wish the person wasn't so popular.
 - c. I feel like doing things to become popular.
3. ___ **The person I am dating has an old boyfriend/girlfriend who is asking him/her out again.**
 - a. I try to talk about it and tell the person I am dating how I feel.
 - b. I tell the person not to talk to the old boyfriend/girlfriend and threaten to breakup if it happens.
 - c. I flirt with my old boyfriend/girlfriend.
4. ___ **The person I am dating has a new job and we can no longer go out on Saturdays.**
 - a. I tell him/her how I feel about it and ask if it is possible to change hours.
 - b. I tell him/her to change jobs.
 - c. I get a job on Friday nights so the person will know how it feels.
5. ___ **The person I date doesn't like to talk on the phone for more than a few minutes.**
 - a. I respect the person's wishes, but occasionally bring it up again.
 - b. I call anyway and try to keep the person on the phone as long as I can.
 - c. I refuse the person's phone calls once in awhile to stay even.
6. ___ **I don't like the way the person I am dating has started to dress.**
 - a. I ask him/her if there is a reason for changing styles. If asked, I tell them I liked the way he/she was dressing before, but make it clear the person can dress anyway he/she wants.
 - b. I buy something I like and insist the person wear it.
 - c. I make fun of the style and wear something of mine I know that person doesn't like.
8. ___ **My boyfriend/girlfriend and I aren't getting along very well lately.**
 - a. I try to discuss what is wrong and what we can do to change the situation.
 - b. I tell the person what he/she needs to do to make me happy.
 - c. I let the person know I'm mad by refusing to discuss the issue.

If you choose mostly a's your relationship is equal and respectful.

If you choose mostly b's your relationship is unequal and controlling.

If you choose mostly c's your relationship is unequal and manipulative.

Is Your Relationship Respectful?



Write the number of your answer in the space at the left.

- ___ 1. Are you expected to drop what you are doing to meet his/her needs?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 2. Does he/she insist that everything is your fault?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 3. Do you have to get permission to go with friends and family?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 4. Does he/she tell you that no one else will ever want you?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 5. Does he/she threaten to harm themselves or you if you were to leave them?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 6. Are you accused of cheating on them or flirting with others, when your not?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 7. Does he/she humiliate you in front of others?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 8. Are you fearful if you're late joining him/her for an activity together?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 9. Does he/she use the silent treatment when you disagree?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ 10. Does he/she use the guilt trip to manipulate you?
1) Often 2) Sometimes 3) Rarely 4) Never
- ___ TOTAL

Fewer than 15 could represent a disrespectful relationship
Between 15 to 22 means you should evaluate your relationship
Over 22 may represent a positive respectful relationship



“Love is not a Leash”

Teen Dating Bill of Rights

- I have the right to be treated with respect and not be criticized.
- I have the right to have a partner who values me, encourages me, and wants the best for me.
- I have the right to be safe.
- I have the right to maintain my own body, feelings, property, opinions, boundaries, and privacy.
- I have the right to be listened to seriously.
- I have the right to disagree, assert myself respectfully, and say “no” without feeling guilty.
- I have the right to not be abused physically, emotionally, or sexually.
- I have the right to keep my relationships with friends and family.
- I have the right to have my needs be as important as my partner’s needs and not be my partner’s property or servant.
- I have the right to have a partner who gives as much to me as I give to him/her.
- I have the right to decide how much time I want to spend with my partner.
- I have the right to pay my own way.
- I have the right to NOT take responsibility for my partner’s behavior, choices, mistakes, and any acts of violence.
- I have the right to set my own priorities, make my own decisions, and grow as an individual.
- I have the right to fall out of love or leave any relationship.

What You Should Know About...



Dating Violence

Dating violence happens when one person in a relationship repeatedly threatens to, or actually acts in a way that physically, mentally, verbally and/or sexually injures the other person. It doesn't happen just once but again and again. It is not the same as getting angry or having fights. In a violent relationship, one person is afraid of and intimidated by the other person.

Dating violence occurs everywhere and to all kinds of people.

Young women of all cultures, races, religions, sexual orientations and social classes can be battered by their partner. It is also true that males can be battered and that dating violence occurs in same sex relationships.

Alcohol and/or drugs do not cause dating violence.

These substances may make the abuse worse, but they are not the cause or the excuse for abusive behavior.

Dating violence often gets worse.

Dating violence may escalate as the relationship becomes more serious. Dating violence may also result in serious injury and even death.

The abuse is never the victim's fault.

Violence is a choice and is used to control another person. No one deserves to be abused.

Leaving an abusive relationship is not as easy as it seems.

There are many reasons why it may be difficult to leave, such as fear of the other person, feeling responsible for the relationship, pressure from friends to stay together, and being afraid to be alone. Most of the time the victim wants the relationship to continue but wants the abuse to end.

Domestic violence affects all of us, our families, our communities and our relationships.

More than three million children witness acts of domestic violence every year. One-third of teenagers and young adults has experienced violence in an intimate relationship

There is no room for fear in a healthy relationship.

Respect, communication, honesty and trust are the basis for a healthy relationship. This means being able to talk to your partner without feeling afraid.

Respectful Relationships

Your partner should like you for who you are.

Respect in a relationship means that each person values who the other is and understands - and would never challenge - the other person's boundaries. Each partner should have mutual respect for the other.

There's no way you can have a healthy relationship if you don't trust each other.

It's OK to get a little jealous sometimes - jealousy is a natural emotion. But how a person reacts when he or she feels jealous is what matters.

Honesty goes hand-in-hand with trust because it's tough to trust someone when they are not being honest.

Be honest and open about your feelings. Tell the truth even if you think it will hurt the person. It hurts worse when that person finds out you lied to them.

Your partner should support you in the good times and the bad.

Be supportive of your partner's choices. You should be a shoulder to cry on, a cheerleader, and a friend to your partner; as they should be to you.

You need to have give-and-take in your relationship.

It's not like you have to keep a running count and make sure things are exactly even. But you'll know if it isn't a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.

You should NEVER feel like you're losing out on being yourself.

In a healthy relationship, everyone needs to make compromises. When you are in a dating relationship, you both should have your own lives - your own families, friends, interests, hobbies, etc. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love. And you also should feel free to keep developing new talents or interests, making new friends, and moving forward.

Speak honestly and openly so that the miscommunication is avoided in the first place.

Never keep a feeling bottled up because you're afraid it's not what your partner wants to hear or because you worry about sounding silly. And if you need some time to think something through before you're ready to talk about it, the right person will give you space to do that if you ask for it.



Resource Information List

Utah Domestic Violence LINK Line:
1-800-897-5465

Utah Rape and Sexual Violence Crisis Line:
1-800-421-1100

CRISIS LINES (24 HOURS)

Girls & Boys Town National Hotline **1-800-448-3000**
Crisis Suicide Prevention **1-800-SUICIDE** or **261-1442**
Crisis Line – Jordan School District **565-RISK**
Child Abuse Hotline **281-5151**
Rape Recovery Center **467-7199**
The Trevor Helpline – Suicide prevention
for gay youth **1-866-488-7386**
Weapons Hotline – Granite School District **481-7199**

COUNSELING CENTERS

(Specializing in Teen Dating Violence, Trauma, and Abuse)
Act-Now Counseling, **601-3163**
ACES- Assessment, Counseling & Education Services, Inc.
265-8000
Changes, Counseling Center, **261-8906**
Cornerstone Counseling, **355-2846**
Family Abuse Center For Treatment, **293-9123**
Family Counseling Center, **261-3500**
Family First (HOPE) Counseling, **747-2300**
Family Support Center, **255-6881**
Frontline Services, Inc., **746-3077**
Intermountain Specialized Abuse Treatment, **268-4454**
New Hope Counseling Services, **748-4250**
Pioneer Youth Services, **474-2500**
Sandy Counseling Center, **944-1666**
Sequoia Counseling Services, **463-7520**
Trauma Awareness and Treatment Center, **263-6367**
Valley Mental Health Children's Out-Patient Services,
284-4990

DOMESTIC VIOLENCE SHELTERS

(Shelter can provide a safe place from abuse)

YWCA, **537-8600**
South Valley Sanctuary, West Jordan **255-1095**
Pathway's, Tooele **1-800-833-5515**
Peace House, Park City **(435) 647-9161**
Safe Harbor, Davis **444-9161**

EATING DISORDERS

Overeaters Anonymous, **484-1442**
IHC Behavioral Health (Individual Therapy), **265-3049**
Teen Emotions Anonymous, **281-4778**
Utah Youth Village, **272-9980**

GANG PREVENTION

Boys & Girls Club, Greater Salt Lake **322-4411**
Boys & Girls Club, South Valley **284-4253**
Colors of Success **596-9081**
End Graffiti (S.L. County hotline) **363-4723**
MAGIC –
Mobilized Against Gangs in Community **1-800-98-MAGIC**
Graffiti Removal – Salt Lake City **972-7885**
Removal of Gang Related Tattoos **743-5864**
Salt Lake Area Gang Project **743-5864**
Utah Youth Village **272-9980**

LEGAL SERVICES

Legal Aid Society of Salt Lake, **328-8849**
Utah Legal Services, **328-8891**

MISCELLANEOUS INFORMATION

Choices Classes for Teens
(discusses Teen Dating Violence), **537-8600**
Crime Victims Reparations, **238-2360**
Volunteer opportunities **211**
Information and Referral Center, **211**

RAPE RECOVERY CENTERS

CAPSA, Logan **(435) 753-2500**
CWCIC, Provo **227-5038**
DOVE Center, St. George **(435) 628-1204**
New Horizons, Richfield **(435) 896-9294**
Rape Recovery Center, Salt Lake City **467-7282**
Safe Harbor, Kaysville **444-3191**
Seekhaven, **(435) 259-2229**
Your Community Connection, Ogden **394-9456**
Your Community in Unity, Brigham City **723-5600**

RUNAWAYS & RELATED SITUATIONS

Gay, Lesbian, Bisexual, Transgender Community
Center of Utah, **539-8800**
National Runaway Switchboard, **1-800-621-4000**
The Nine Line, **1-800-999-9999**
Homeless Youth Resource Center, **364-0744**
Youth Services Center, **269-7500**
Utah Youth Village, **272-9980**

Resource Information List



SKILL DEVELOPMENT OR EMPLOYMENT

Job Corps, **1-800-426-5627**
Life Care (provide lawn care for seniors), **978-2452**
Salt Lake Co. Youth Employability Services (YES), **538-2062**
Youth Works, **539-1590**
Workforce Services, **468-0000**

SUBSTANCE ABUSE

Alateen (for teens living with alcoholics/addicts), **262-9587**
Alcohol & Drug Youth Support, **269-7500**
Alcoholics Anonymous, **484-7871**
Assessment & Referral, **468-2009**
Narcotics Anonymous, **296-4044**
Odyssey House, **363-0203**
Truth About Tobacco, **1-888-567-TRUTH**
Turnabout, **484-9911**
Utah Federation for Youth, **468-0699**
Utah Youth Village, **272-9980**
Youth Support Systems, **969-3307**

SUPPORT FOR YOUTH FROM DIVORCED FAMILIES

Caught in the Cross Fire, **565-7442**
Utah Youth Village, **272-9980**

VICTIM ADVOCATE PROGRAMS

(Assist victims with advocacy, court, and abuse in the community.)

Draper Victim Advocate Program, **576-6355**
Midvale Victim Advocate Program, **256-2505**
Murray Victim Advocate Program, **284-4203**
Salt Lake City Victim Advocate Program, **799-3756**
Salt Lake County Victim Advocate Program, **743-5860**
Sandy Victim Advocate Program, **568-7283**
South Salt Lake Victim Advocate Program, **412-3660**
West Jordan Victim Assistance Program, **566-6511**
West Valley Victim Advocate Program, **963-3223**
Tooele Domestic Violence & Sexual Assault Victim Advocacy, **(435) 882-6888**
Tooele City Victim Advocate Program, **(435) 882-8900**

WEBSITES

Choose Respect
www.chooserespect.org/scripts/index.asp

End Abuse
endabuse.org/programs/teens/

Men Can Stop Rape
www.mencanstoprape.org/index.htm

My Strength
www.mencanstoprape.org/index.htm

National Institute of Justice
www.ojp.usdoj.gov/nij/new.htm

National Sexual Violence Resource Center
www.nsvrc.org/

Utah Coalition Against Sexual Assault
www.ucasa.org/home.html

Utah Department of Health
www.health.utah.gov/vipp/dating%20violence/overview.htm

Utah Domestic Violence Council
www.udvc.org/home.htm

Utah Office on Domestic and Sexual Violence
www.nomoresecrets.utah.gov/

References:

kidshealth.org/teen "Am I in a Healthy Relationship?"

2000 Sunburst Communication, Inc. Student Workshop: Dating Violence and Abuse

Safety, Trust, and Relationships (STAR) Dating Violence Curriculum, Casa Myrna Vasquez Inc., Boston Ma.

Salt Lake Area Domestic Violence Coalition Teen Dating Violence PRevention Toolkit.

Give Respect



Expect Respect