

**STUDENT SURVEYS  
AND HANDOUTS**



**MICHIGAN  
DOMESTIC VIOLENCE  
PREVENTION &  
TREATMENT BOARD**



## [ DATING VIOLENCE STUDENT SURVEY ]

### OPEN-ENDED QUESTIONS

1. What is dating violence?
2. Why do you think abuse occurs in some teenage dating relationships?
3. Why might it be difficult for victims to leave an abusive relationship?
4. How may alcohol and other drugs contribute to an abusive relationship?
5. What is sexual assault?
6. How can a couple work together to make decisions in a relationship?
7. How can you help someone who has been hurt in a dating relationship?
8. List ways to hold abusers responsible for their abusive behavior.
9. What are some reasons that would make teens in same-sex relationships feel reluctant about reporting dating violence?

If you or someone you know is being hurt in a dating relationship, please call (800) 799-SAFE or TDD (800) 787-3224 to be referred to the domestic violence program in your area.



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[ **DATING VIOLENCE STUDENT SURVEY** ]

**TRUE-FALSE QUESTIONS**

1. Violence rarely happens in teenage dating relationships.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

2. Girls who stay in abusive relationships have no one to blame but themselves.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

3. Dating violence happens mostly to females.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

4. Dating violence is only physical violence.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

5. Using alcohol or other drugs is a cause of dating violence.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

6. If the police are called when dating violence is committed, the victim has to press charges for an arrest to occur.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

7. Dating violence happens mostly to teenagers who provoke it.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

8. Teenagers will frequently tell someone about dating violence when it happens to them.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_





## [ DATING VIOLENCE FACT SHEET ]

**YOU ARE NOT ALONE.  
THE ABUSE IS NOT YOUR FAULT.  
TRUST YOUR GUT FEELINGS OR INSTINCTS.  
SURROUND YOURSELF WITH SUPPORTIVE PEOPLE.**

- Young women between the ages of 16 – 24 are the most vulnerable to intimate partner violence.<sup>1</sup>
- Approximately one in five female high school students reports being physically or sexually abused by a dating partner.<sup>2</sup>
- As many as one-third of high school and college-age youth experience violence in an intimate relationship during their dating years.<sup>3</sup>
- Violence against women occurs in 20% of dating couples.<sup>4</sup>
- Twenty-five to thirty-three percent of adolescent abusers reported that their violence served to “intimidate,” “frighten,” or “force the other person to give me something.”<sup>5</sup>
- Twenty-six percent of pregnant teens reported being physically abused by their boyfriends. About half of them said the battering began or intensified after he learned of her pregnancy.<sup>6</sup>
- Forty percent of teenage girls age 14 to 17 report knowing someone their age who has been hit or beaten by a boyfriend.<sup>7</sup>
- Dating and domestic violence impacts all groups of people; victims come from all races, religions, and cultures. Women are six times more likely than men to experience violence committed by an intimate.<sup>8</sup>

1. *Intimate Partner Violence, Bureau of Justice Statistics Special Report, May 2000, NCJ 178247.*

2. “Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality,” *Journal of American Medicine*, Vol. 286, No. 5, August 1, 2001.

3. Levy, B., *Dating Violence: Young Women in Danger*, Seattle: Seal Press, 1998.

4. *American Psychological Association, Violence and the Family: Report of the American Psychological Association Presidential Task Force on Violence and the Family*, 1996.

5. Brustin, S., *Legal Response to Teen Dating Violence, Family Law Quarterly*, Vol. 29, No2, p. 335, Summer, 1995.

6. Worcester, A., *A More Hidden Crime: Adolescent Battered Women, The Network News, July/August, National Women’s Health Network*, 1993.

7. *Children Now/Kaiser Permanente poll, December, 1995.*

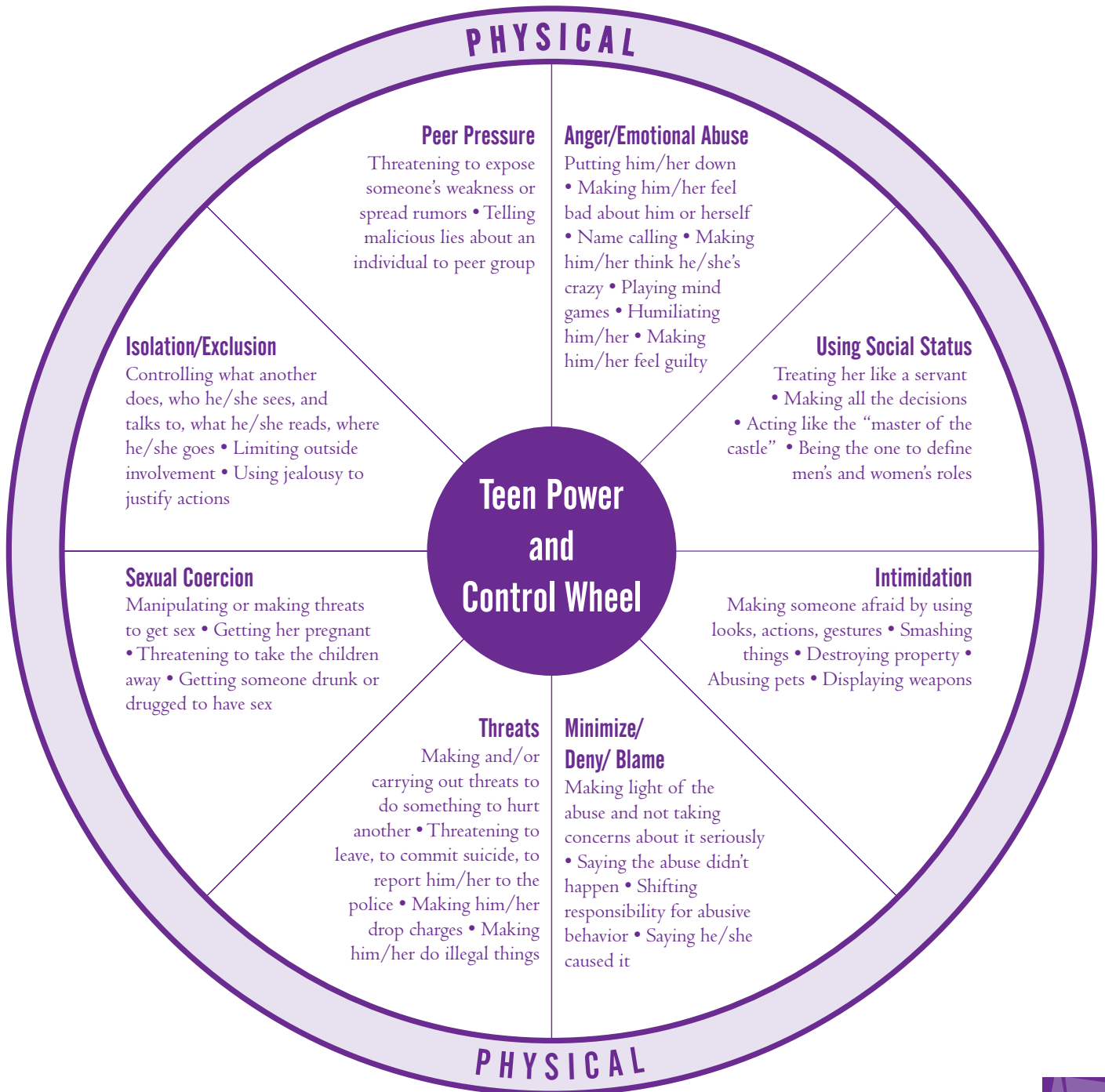
8. *Bureau of Justice Statistics National Crime Victimization Survey, August, 1995.*

If you or someone you know is being hurt in a dating relationship, please call (800) 799-SAFE or TDD (800) 787-3224 to be referred to the domestic violence program in your area.



# TEEN POWER AND CONTROL WHEEL

*Adapted from the Domestic Abuse Intervention in Duluth, Minnesota.*



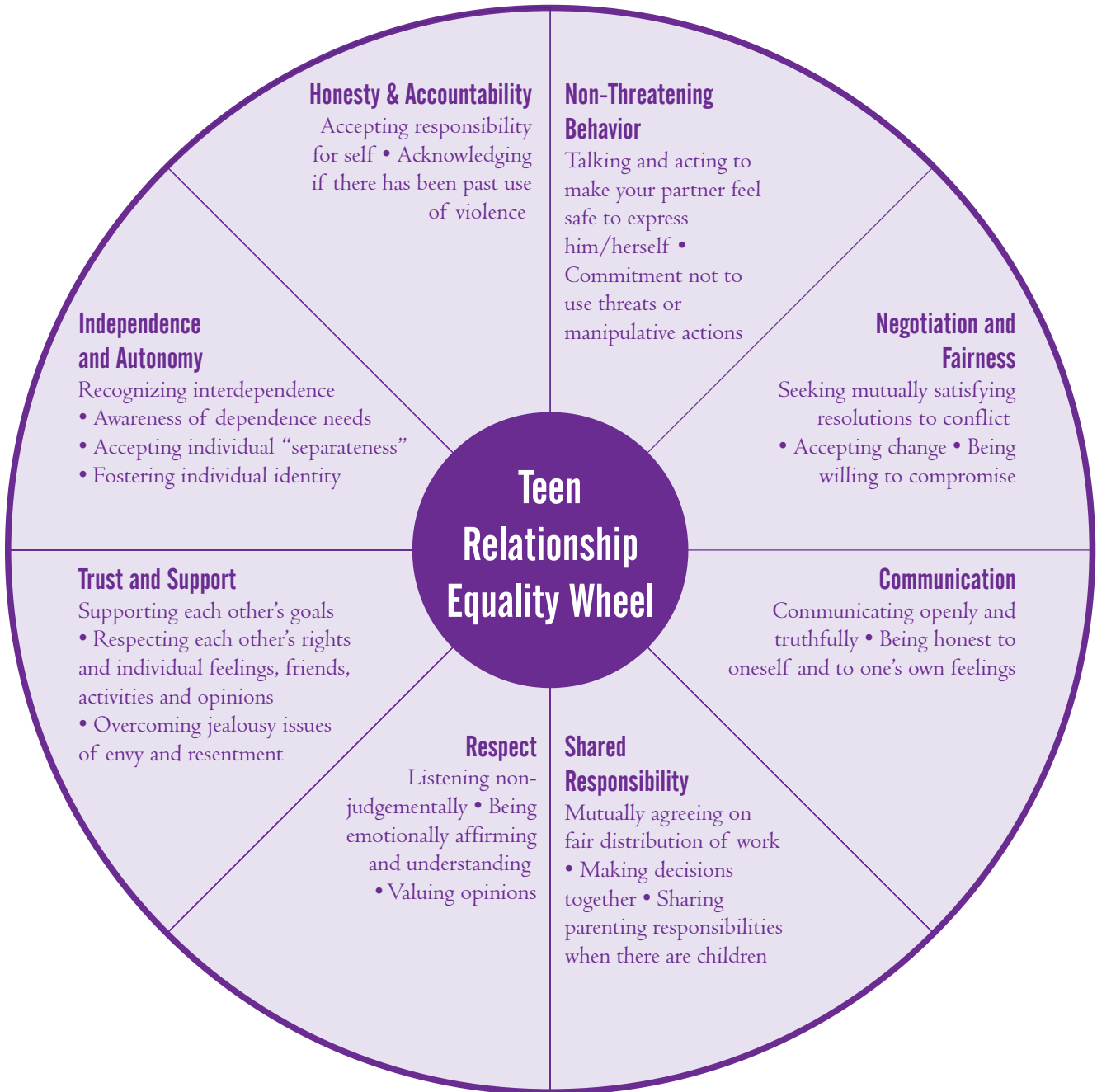
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# TEEN RELATIONSHIP EQUALITY WHEEL

*Adapted from the Domestic Abuse Intervention in Duluth, Minnesota.*



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## [ IDENTIFYING ABUSIVE BEHAVIORS IN DATING RELATIONSHIPS ]

Abusive behaviors can fall into one of four categories: Emotional, Psychological, Sexual and Physical. What follows is a list of questions to ask about your dating relationship. If you answer 'yes' to any of these, it is time to check your behavior. **Abusive behavior can only be stopped if the abuser chooses to seek help and change the abusive patterns.**

- **Do you constantly check up on your dating partner (where they are, who they're with, etc.)?**
- **Are you jealous and/or possessive of your dating partner?**
- **Do you act out of jealousy/possessiveness?**
- **Do you often criticize or insult your dating partner?**
- **Have you threatened or intentionally frightened your dating partner?**
- **Have you abandoned or threatened to abandon your dating partner in a dangerous or unknown place?**
- **Have you kicked, hit, thrown down, shoved, strangled, or thrown objects at or near your dating partner?**
- **Have you harmed, injured or killed pets or other animals?**
- **Have you blamed your violent behavior on drinking, using drugs or your dating partner's behavior?**
- **Have you coerced or forced your dating partner to have sex or perform sexual acts against her will?**
- **Have you scared/intimidated your dating partner so that she/he is afraid to say 'no' to you?**
- **Do you verbally degrade, insult or humiliate your dating partner?**
- **Do you believe you are entitled to hit your dating partner if she does or says something you don't like?**
- **Do you expect your dating partner to take responsibility for your behavior?**
- **Do you think your dating partner may be afraid to break up with you because you have threatened to hurt her or yourself?**
- **Have you made your dating partner believe that you don't want her to see certain people or be in certain social situations?**

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## BATTERING/ABUSIVE RELATIONSHIPS VS. RELATIONSHIPS BASED ON EQUALITY

*Adapted from Project for Victims of Family Violence - Fayetteville, AR and Sacred Circle, National Resource Center to End Violence Against Native Women*



### BATTERING/ABUSIVE RELATIONSHIPS

- **JEALOUSY.** Abusers may say that jealousy is a sign of love in a relationship. Popular culture often reinforces this notion. Jealousy is usually a sign of possessiveness and insecurity and may lead to isolation of the targeted victim and other abusive behaviors.
- **SUDDEN OR EXTREME EMOTIONAL ATTACHMENT.** Abusers often come on like a “whirlwind” in a new relationship. Often this is expressed by saying things such as, “You’re the only person I could ever talk to” or “I’d be nothing without you.” The abuser may pressure the dating partner into committing to the relationship before she’s ready and may later make it difficult for the partner to end the relationship.
- **CONTROLLING BEHAVIOR.** An abuser may say the controlling behavior is because of deep care about the partner or concern about the dating partner’s safety and future. As this behavior gets worse, the abuser may try to influence the partner’s decisions about clothing, how time and money are spent, etc.
- **BLAMES OTHERS FOR PROBLEMS/FEELINGS.** Abusers may feel that “everyone is out to get them” or that someone is “always doing them wrong.” Abusers may blame their dating partners for anything that goes wrong. As the abuse gets worse, abusers usually blame their victims for making them behave in an abusive manner, etc.
- **USE OF FORCE DURING INTIMACY.** An abuser may try to hold his partner down during intimacy. The abuser also may show little or no concern for the dating partner’s intimate desires.
- **UNREALISTIC EXPECTATIONS.** Abusers often expect dating partners to meet all of their needs and may say things such as, “If you loved me, you would” or “I’m all you need.”
- **VERBAL ABUSE.** Verbal abuse can involve playing mind games, name-calling, humiliation or making the partner feel guilty, shamed and embarrassed.
- **ISOLATION.** Abusers often try to cut their dating partners off from all resources and people who are important to the victim. They may accuse these supportive people of causing trouble or getting in the way of the relationship.
- **PAST ABUSE.** Abusers may tell their dating partners that they have used violence before, but only if “their partner made them do it.” If the current partner stays long enough, it is likely that they will be abused also.
- **THREATS OF VIOLENCE.** This can be any threat of physical force meant to control the partner, such as, “If I can’t have you, no one will,” “You’ll be sorry if you leave me” or “You’re nothing without me.”
- **BREAKING OR STRIKING OBJECTS.** This behavior is used as punishment and to threaten or terrorize the dating partner into submission. This type of behavior often indicates other or future violence.

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## BATTERING/ABUSIVE RELATIONSHIPS VS. RELATIONSHIPS BASED ON EQUALITY

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### RELATIONSHIPS BASED ON EQUALITY

- **EQUALITY.** Unlike an emotionally or physically abusive relationship, a relationship based on equality is one in which the dating partners are on “an even playing ground.” One partner is not trying to control or get power over the other. Each person respects the other for his/her skills, abilities, talents, and gifts. Each helps the other grow and shine in ‘who’ they are.
- **NEGOTIATION AND FAIRNESS.** Problems or struggles are a part of every relationship. In relationships based on equality couples seek mutually satisfying resolutions to conflict, accept change and are willing to compromise.
- **NON-THREATENING BEHAVIOR.** This involves talking and acting so that dating partners feel safe and comfortable expressing themselves and being involved in the kinds of activities that interest them.
- **RESPECT.** This implies that the dating partners don’t stand in the way of the other person growing and evolving. It also means listening to each other non-judgmentally, being emotionally affirming and understanding as well as valuing each other’s opinions.
- **HONESTY AND ACCOUNTABILITY.** In a relationship based on equality, dating partners accept responsibility for themselves and their actions. They admit when they are wrong and communicate openly and truthfully.
- **SEXUAL RESPECT.** This means understanding the difference between love, sex and intimacy. It is important to respect each other’s feelings and the right to have control over one’s own body.
- **PARTNERSHIP.** This involves treating a dating partner as an equal and a whole human being. It also means respecting the partner’s decisions and opinions, listening with heart and sharing responsibilities based on skills, interests and abilities.
- **CULTURAL RESPECT.** Each of us has a cultural heritage and background. In no culture do people enjoy being emotionally or physically abused in intimate relationships. Cultural respect involves partners allowing each other to be who they are and respecting the other’s path as equally important as their own.

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## BATTERING/ABUSIVE RELATIONSHIPS VS. RELATIONSHIPS BASED ON EQUALITY

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IN DATING RELATIONSHIPS AN INDIVIDUAL HAS THE RIGHT TO:

- Express opinions and be respected for them
- Pursue interests
- Have own needs be as important as dating partner's
- Share expenses
- Accept gifts from dating partner without expectation of intimate contact
- Grow as an individual
- Have feelings taken seriously
- Have control over their own body
- Not take responsibility for dating partner's behavior
- Change their own mind
- Share responsibility for problem solving
- Expect that an apology means something
- Socialize with anyone of choice
- Not be physically, emotionally or sexually abused
- Break up and fall out of love with someone and not be threatened
- Say NO to ANYTHING

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## HELPING A FRIEND WHO IS SURVIVING A VIOLENT RELATIONSHIP

If your friend is in a dating relationship that is controlling or violent, don't ignore or avoid it. Here's how you can help:

- **LISTEN.** Give your friend your undivided attention as she is talking with you.
- **BELIEVE.** Believe what she tells you. It has taken a great deal of strength and courage for her to tell you.
- **DO NOT JUDGE.** Be careful not to make judgements about the situation she is in or the decisions she has made or appeared to make.
- **UNDERSTAND WHAT SHE IS SAYING.** Devote your efforts to understanding the thoughts, feelings and experiences she has chosen to share with you – not to finding out things you want to know.
- **BE SUPPORTIVE.** Support her feelings as well as her choice to share them with you and acknowledge that it may have been difficult to do so.
- **TELL HER THE VIOLENCE AND ABUSE ARE NOT HER FAULT.** It is not uncommon for survivors to feel they have done something wrong. Continue to remind her that the abuser is the one at fault.
- **SUPPORT HER RIGHT TO MAKE HER OWN DECISIONS.** Sometimes we think we know what is best. Remember, she has the right to make her own decisions. Telling her what to do will not be helpful.
- **PROVIDE RESOURCE INFORMATION.** Offer the telephone number of the local domestic violence program or the National Domestic Violence Hotline number, (800) 799-SAFE
- **EDUCATE YOURSELF.** Understand the dynamics of dating violence and the available options.
- **PROTECT HER PRIVACY.** She has chosen to tell you. It is not your place to tell others, with the exception of informing a teacher or another adult who will offer help and support. Make sure to do this if your friend is in danger.

**NOTE:** Both females and males can be victims of dating violence, but numerous studies reveal the reality that the majority of victims are female (usually over 95%). In this package we often, but not always, refer to victims as female and abusers as male. That reference does not change the fact that every survivor—male and female—deserves support, options, resources, and safety, and that denying the reality only delays finding the solution.

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## [ TEENS TALKING TO TEENS WHO ARE ABUSIVE ]

- Tell your friend that violence is NOT okay or cool; it's a sign that the person has a problem and needs help.
- Offer to go for help with him.
- Be honest with your friend and let him know:
  - Dating violence is serious.
  - It is not right that he emotionally, psychologically, physically or sexually control his dating partner.
  - You do not want him to get into trouble with school authorities or the police.
  - You encourage him to change his behavior before this happens.
- Treat your friends and dating partners with respect. Be a role model.
- Give him examples of the abusive/controlling behaviors you have observed.
- Reiterate that his behavior is his choice. Emphasize that his dating partner does not need to change in order for him to stop his abusive behavior. If the relationship is not working for him, he has the right to end it respectfully, not change/control it by using abuse. The violence ends only when he chooses to stop his violent and emotionally abusive behaviors. While you acknowledge that this kind of change is not easy and that he can't do it alone, remind him that he has alternatives.
- DO NOT make excuses for your friend's abusive actions. Protecting him will do more harm than good. The abuser is counting on you to support his choices or not say anything at all. By ignoring his behavior, you become part of the reason he is allowed to continue abusing his dating partner, you send a strong message to the victim that there are few people, if any, willing to help her, and she becomes more isolated and less likely to be able to escape the abuse.
- DO NOT let the conversation turn to a discussion of her faults. No matter what his partner has done, she does not deserve to be beaten, kicked, pinched, shoved, intimidated, or abused in any way.
- If you witness an incident of dating violence, try to get immediate help. Call 911 and report it to the local police department.

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*Data compiled by and reprinted from: The Domestic Violence Clearinghouse and Legal Hotline, Hawaii and the Rhode Island Coalition Against Domestic Violence "Resource Guide for Educators"*

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## CRIMINAL JUSTICE SYSTEM PROCESS FLOWCHART

### AN OVERVIEW FOR TEACHERS AND STUDENTS

This flowchart offers a general picture of the criminal justice system process when the crime of dating violence occurs and is reported. Many twists and turns regularly occur (i.e. hearing postponements, investigation delays, etc.) that are not represented here.

For more complete information, contact your local domestic violence program or view MDVPTB's "Domestic Violence Survivor's Legal Handbook" on our Web site: [www.michigan.gov/fia](http://www.michigan.gov/fia). Select Individual and Family Services from the left sidebar. Then click on Domestic Violence under the Quick Links on the right side bar. The *Legal Handbook* is in the box labeled Survivor Resources on MDVPTB's homepage.



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## [ DATING VIOLENCE RESOURCES ]

### HOTLINES

**(800)799-SAFE, TDD (800)787-3224**

National Domestic Violence Hotline

**(800)656-HOPE**

Rape, Abuse and Incest National Network (RAINN)

Local Domestic Violence Programs—Find the Resource Directory on the Michigan Domestic Violence Prevention and Treatment Board Web site (address below)

My local domestic violence program number is \_\_\_\_\_

### WEB SITES

Michigan Domestic Violence Prevention and Treatment Board: <http://www.michigan.gov/FIA>  
(Select Individual and Family Services from the left sidebar. Then click on Domestic Violence under the quick links on the right sidebar)

The Michigan Resource Center on Domestic and Sexual Violence: <http://www.mcadsv.org/mrcdsv>

SafePlace Teen site: [www.austin-safeplace.org/info.htm](http://www.austin-safeplace.org/info.htm)

Look for dating and sexual violence prevention for teens

Pennsylvania Coalition Against Sexual Assault Teen PCAR: [www.teenpcar.com](http://www.teenpcar.com)

When Love Hurts: [www.dvirc.org.au/whenlove/](http://www.dvirc.org.au/whenlove/)

Family Violence Prevention Fund: <http://www.endabuse.org>

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