**Student Rights to Safety & Well-Being**

1. I have the right to be treated with respect and not criticized.
2. I have the right to have friends who values me for me, encourages me, and wants the best for me.
3. I have the right to be safe.
4. I have the right to maintain my own body, feelings, property, opinions, boundaries, and privacy.
5. I have the right to be listened to seriously.
6. I have the right to disagree, assert myself respectfully, and say “no” without feeling guilty.
7. I have the right not to be abused: physically, emotionally, sexually.
8. I have the right to keep my relationships with friends and family.
9. I have the right to have my needs be as important as my friend’s needs and not be my friend’s property or servant.
10. I have the right to have a friend who gives as much to me as I give to them.
11. I have the right to not take responsibility for my friend’s behavior, choices, mistakes, and any acts of violence.
12. I have the right to set my own priorities, make my own decisions, and grow uniquely as an individual.

Emotional Abuse checklist for Dating Violence

**Check the answer that best fits your relationship. Often Sometimes Rarely Never**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. Are your activities and interests looked upon as unimportant and trivial? |  |  |  |  |
| 1. Are you expected to drop what you are doing to meet their needs? |  |  |  |  |
| 1. Do they threaten to hurt themselves or you if you were to leave them? |  |  |  |  |
| 1. Do they go through your personal things (locker, purse, notebooks, etc.)? |  |  |  |  |
| 1. Do they humiliate you in public? |  |  |  |  |
| 1. Do they compare you negatively to others of your gender? |  |  |  |  |
| 1. Are you nervous to have them hear your conversations with others? |  |  |  |  |
| 1. Do they use the silent treatment when you disagree? |  |  |  |  |
| 1. Do they use the guilt trip to manipulate you? |  |  |  |  |
| 1. Do they make rules about what you can and cannot do? |  |  |  |  |
| 1. Do they put you down about the way you look or dress? |  |  |  |  |

What Is Teen Dating Violence?

|  |  |  |  |
| --- | --- | --- | --- |
| **PHYSICAL** *Any use of size, presence or objects to hurt or control someone else* | | **VERBAL** *Use of words or voice to degrade or control* | **EMOTIONAL** *Any action (or lack of action) meant to degrade or control* |
| Physical  Contact | Use of  Objects |  |  |
| Hitting or slapping  Biting  Choking  Shoving  Threats with clinched fist  Kicking  Shaking or jerking  Spitting  Kneeing  Burning  Banging head on wall or floor  Pulling hair  Pinning against the wall  Standing in doorway to prevent exit | Throwing things  Hitting with objects  Going through or breaking personal items  Slamming doors  Tearing clothes  Punching walls  Sweeping things of f table  Taking personal things (money, cell phone, etc.) | Threatening to kill or use violence  Calling over and over in the middle of the night  Yelling  Calling vulgar names  Being sarcastic and making demeaning jokes  Excessive swearing  Mimicking  Making degrading or negative comments  Leaving vulgar messages on the phone  Silent treatment  Calling partner crazy  Twisting partner’s words  Lying | Using personal information against partner  Not accepting responsibility  Using the guilt trip  Dirty talk or sexually degrading jokes  Mocking body parts  Intense jealousy or rages  Criticizing partner’s looks  Insulting partners family or friends  Making fun of partner’s mistakes  Lying to manipulate  Constant questioning about activities  Making vulgar gestures at partner  Denying phone access  ***Many others*** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## Definition of Teen Dating Violence

The use of physical violence, threats, emotional abuse harassment or stalking to control a dating partner’s behavior. Teen Dating Violence may include intimidation, terrorizing, rule-making, stalking, isolation, and dominating behaviors, harassing and injurious behavior to control and manipulate the actions of their dating partner.

Safety Plan for Dating Teens

There are times when no matter what is done, a violent incident will occur in a dating relationship. The following Safety Plans will help you take some safety precautions to minimize your risk of being involved in a violent incident. These Safety Plans will also help you to know what to do if you are victimized in a violent relationship.

### ***AVOID POTENTIALLY ABUSIVE SITUATIONS:***

• Arrange to travel with someone to and from activities. Walk with friends between classes and after-school activities. Try not to be alone with someone.

• Date in groups & stay in public places

• Stay in familiar neighborhoods and surroundings

• Be alert to the locations of phones and exits where ever you are

• Alert a friend or family member ahead of time to call the police if you don’t return after a certain time.

### ***SAFETY ISSUES IF YOU HAVE ENCOUNTERED ABUSE:***

• Use your instincts. If you find yourself in a dangerous situation, call the police.

• Remember to still follow the safety ideas listed above

• Keep emergency phone numbers in a convenient and safe location:

o All 800 numbers, 911 emergency, and the operator are free at pay phones

o Call 911 for police

o Call 1-800-799-SAFE for the National Domestic Violence Hotline (24 hours)

o Call 1-800-656-4673 for the National Sex Abuse Hotline (24 hours)

o If you are stranded and don’t have money, dial 0 to call the operator. Then you can place a local collect call to arrange for someone to pick you up.

• Don’t wear scarves, necklaces, loose clothing or jewelry that can be used to strangle

• Talk to a trusted adult or to a professional therapist

• Inform trusted friends and family members of the past violence and to call police if partner comes nearby and if they hear violence

### ***AT SCHOOL & IN PUBLIC:***

• Alert your school administrators or counselors and, if necessary, arrange for classroom changes

• When at school, if possible, have your friends close by

• Have someone escort you to and from your class/bus/restroom

• If possible, use a variety of routes to come and go from home

**Additional On-Line Resources**

Fact Sheet on Dating Violence

[www.cdc.gov/ncipc/factsheets/datviol.htm](http://www.cdc.gov/ncipc/factsheets/datviol.htm)

Fact Sheet on Intimate Partner Violence

[www.cdc.gov/ncipc/factsheets/ipvfacts.htm](http://www.cdc.gov/ncipc/factsheets/ipvfacts.htm)

Dating Violence: Sexual Integrity for Teens

[www.nnfr.org/adolsex/fact/adolsex\_viol.html](http://www.nnfr.org/adolsex/fact/adolsex_viol.html)

Violence Against Women Office Website

[www.ojp.usdoj.gov/vawo](http://www.ojp.usdoj.gov/vawo)

Intimate Partner Violence

[www.ojp.usdoj.gov/bjs/abstract/ipv.htm](http://www.ojp.usdoj.gov/bjs/abstract/ipv.htm)

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