



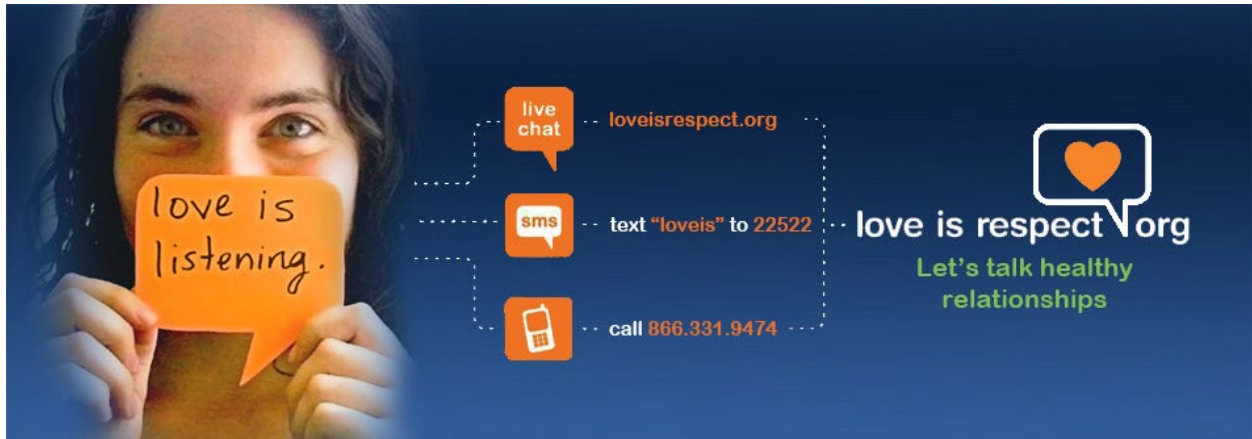
love is respect **Org**

loveisrespect, a project of the National Domestic Violence Hotline

Student Council Toolkit

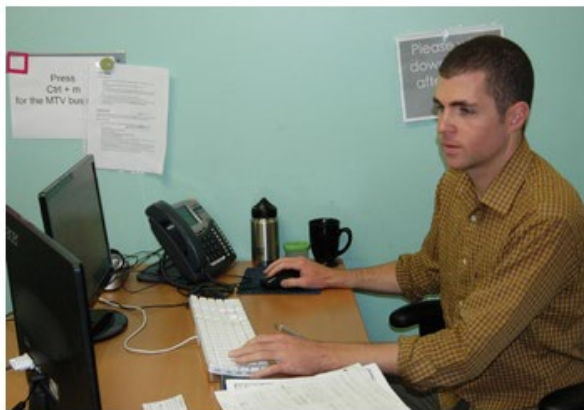
Dating Abuse Facts and Campaign Ideas for Your School

About loveisrespect



In February 2007, loveisrespect (formerly the National Dating Abuse Helpline) launched in hopes of helping teens and young adults across the country with both dating abuse and healthy relationship questions. Our phones, chats and texts are answered by trained peer advocates who are usually between the ages of 16 and 25. Each day our advocates help teens, concerned friends, and parents by providing nonjudgmental support, education, and safety planning. We can be reached 24/7 by calling 1-866-331-9474, by chatting with us at loveisrespect.org, or by texting "loveis" to 22522.

loveisrespect's website, loveisrespect.org, has tons of information about healthy and abusive relationships, how to get help, and how to get involved in the movement to end dating abuse.



Dating Abuse Fact Sheet

Victimization

- Nearly 1.5 million high school students nationwide experienced physical abuse from a dating partner in a single year.¹
- 1 in 3 adolescent girls in the United States is a victim of physical, emotional, or verbal abuse from a dating partner, a figure that far exceeds victimization rates for other types of violence affecting youth.²
- 1 in 10 high school students has been hit, slapped, or physically hurt purposefully by a boyfriend or girlfriend.³

Impact on Victims

- 50% of youth reporting both dating violence and rape also reported attempting suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.⁴
- Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior, and adult revictimization.⁵
- Being physically or sexually abused leaves teen girls up to 6 times more likely to become pregnant and more than 2 times as likely to report an STD.⁶

Awareness

- 81% of parents surveyed either believe teen dating violence is not an issue or admit they don't know if it's an issue.⁷
- 57% of teens know someone who has been physically, sexually, or verbally abusive in a dating relationship.⁸
- Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.⁹

Why Teens?

- Girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence, at a rate almost triple the national average.¹⁰
- A study conducted by the American Bar Association found the onset of violent behavior often occurs between the ages of 12 and 18 and identified this age range as “a window of opportunity” for intervention.¹¹
- The severity of intimate partner violence has been shown to be greater in cases where the pattern of violence has been established in adolescence.¹²
- Digital abuse and ‘sexting’ is becoming a new frontier for teen dating abuse.¹³

Citations

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- ³ Grunbaum JA, Kann L, Kinchen S, et al. 2004. Youth Risk Behavior Surveillance— United States, 2003. *Morbidity and Mortality Weekly Report*. 53(SS02);1-96. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5302a1.htm>.
- ⁴ D. M. Ackard, Minneapolis, MN, and D. Neumark-Sztainer, Division of Epidemiology, School of Public Health, University of Minnesota, Minneapolis, MN, Date Violence and Date Rape Among Adolescents: Associations with Disordered Eating Behaviors and Psychological Health, *Child Abuse & Neglect*, 26 455-473, (2002).
- ⁵ Silverman, J, Raj A, et al. 2001. Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality. *JAMA*. 286:572-579. Available at <http://jama.amaassn.org/cgi/reprint/286/5/572>.
- ⁶ Decker M, Silverman J, Raj A. 2005. Dating Violence and Sexually Transmitted Disease/HIV Testing and Diagnosis Among Adolescent Females. *Pediatrics*. 116: 272-276.
- ⁷ “Women’s Health,” June/July 2004, Family Violence Prevention Fund and Advocates for Youth, <http://www.med.umich.edu/whp/newsletters/summer04/p03-dating.html>.
- ⁸ Liz Claiborne Inc., Conducted by Teenage Research Unlimited, (February 2005).
- ⁹ *ibid*
- ¹⁰ Department of Justice, Bureau of Justice and Statistics, *Intimate Partner Violence in the United States, 1993-2004*. Dec. 2006.
- ¹¹ Rosado, Lourdes, *The Pathways to Youth Violence; How Child Maltreatment and Other Risk Factors Lead Children to Chronically Aggressive Behavior*. 2000. American Bar Association Juvenile Justice Center.
- ¹² S.L. Feld & M.A. Strauss, *Criminology*, 27, 141-161, (1989).
- ¹³ Liz Claiborne and TRU. 2007. *Tech Abuse in Teen Relationships Study*. Available at <http://www.loveisnotabuse.com/pdf/06208%20Tech%20Relationship%20Abuse%20TPL.pdf>.

What Your Student Council Can Do:

Raise Awareness in Your School:

Know the Signs: Using butcher paper or poster board, create signs to hang around campus that contain statistics and information relevant to dating abuse, including the use of technology in dating abuse. Have students involved think of creative, appropriate ways to make the signs eye catching. Smaller signs can be created by hand or on the computer to hang in places where space is more limited (e.g. bathroom stalls). Another option is to use sidewalk chalk to write various information, statistics, and phrases in places on campus where foot traffic is common.¹

You can use the fact sheet included in this toolkit, or find some facts of your own:

- loveisrespect.org/is-this-abuse/dating-abuse-fast-facts/
- giverespect.org/assets/pdf/teen_dating_abuse_2009_key_topline_findings.pdf
- cdc.gov/ncipc/dvp/datingviolence.htm



Teen Safety Cards: Prepare wallet-sized cards to distribute to students listing resources for dating abuse, technology abuse, and sexual assault. Look to include your local domestic violence program as a resource on the card. (To find your local program, contact [loveisrespect](http://loveisrespect.org).) On the opposite side of the cards provide lists in the format of “Love is...” and “Love isn’t...”. These cards can also include statistics on dating abuse.

Six of these cards can be printed on 8.5”x11” piece of cardstock or paper. To save money, solicit a local printing company to print the cards for free. Encourage students to take as many of the cards as necessary to give to family and friends. It may be helpful to keep a supply of these cards in the counseling office and nurse’s office.²

If you’re not able to create your own cards, you can print palm cards from [loveisrespect](http://loveisrespect.org) by going to our website: loveisrespect.org/download-materials

¹ Adapted from the Texas Dating Violence Prevention Team at the Texas School Safety Center, txssc.txstate.edu

² Adapted from the Texas Association Against Sexual Assault’s Resource Packet, taasa.org

PSA Announcements: Create a series of announcements during Teen Dating Abuse Awareness Month (February). These announcements can include stats, red flags, and resources.

Example PSA using football coach: ³

Coach: Hi! I'm head coach of the Hawks Football Team.

Being aggressive and dominating on the field is how the Hawks win games. Our players have to be tough and hit hard!

(Sound clip of big hit in football)

Coach: But being aggressive and dominating in a relationship is NOT OK!

Youth 1: Teenagers are twice as likely as other age groups to become victims of violent crimes.

Youth 2: One in three teenagers will experience violence in a dating relationship.

Coach: Dating violence is not OK and can include using hurtful words, controlling another person, using physical violence, and unwanted sexual contact. If you or someone you know is a victim of dating violence, please seek help. Talk to an adult you trust or call one of the agencies in your community. You are not alone, and there is help.

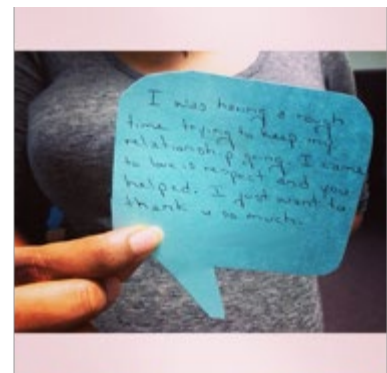
CLOSE: To get help or for more information, visit loveisrespect.org

Red Flags: Create red flags to post around your school showing the warning signs of an unhealthy or abusive relationship. Each flag can reference loveisrespect.org. Use the resources page on our website to research the warning signs of an abusive relationship.

Instagram Contest: First, decide which Instagram account you're going to use to host the contest. (If your school or student council doesn't have one, you may need to create one.) Create a process for how the winner(s) will be selected, along with a time frame for the contest. Every contest needs a prize or two, but if you can't come up with a physical or monetary prize, think of a recognition prize (for example, the top three photos will be made into a poster to be hung around the school). Create a theme that has to do with healthy relationships and choose a hashtag for the contest. Figure out ways to promote the contest to get a lot of participation (i.e. make posters or announcements). Once you've figured out all of the logistics, ask students in your school to take photos that have to do with your theme (for example, if your theme is "Love looks like...", ask people to take pictures of what love looks like to them).

For more tips, see this article on Instagram's blog:
blog.instagram.com/post/8758205264/how-to-host-a-photo-contest-on-instagram

(The article talks about promoting your brand; in this case, your brand is "healthy relationships" or whatever your theme is.)



³ Taken (with a few changes) from National Center for Victims of Crime, Teen Victim Project

Wear Your Heart on Your Sleeve: Have students wear a paper heart on their sleeve with the loveisrespect.org website to bring attention to the prevalence of teen dating abuse. Students can also post these hearts all over the school.⁴

Educate:

Road to Healthy Relationships Hallway: This can be done using a green carpet, yellow brick road, or other type of pathway. Include road signs or components of the road to symbolize necessary characteristics of a healthy relationship. At the end of the road can be a banner with the [loveisrespect](http://loveisrespect.org) website and phone number.

Information Booth and Domestic Violence Agency

Representative: Set up a booth in your cafeteria with information on recognizing red flags or resources in your area. You can also ask a representative from a local domestic violence agency to hand out information at the table or present at a:

- School Assembly
- Parents Meeting
- Classroom visits
- Student Council Meeting



Teacher Prevention/Education: Hand out information to all teachers on teen dating abuse statistics, warning signs of abuse, and what a teacher can do if they suspect abuse. These handouts can be given out along with chocolate, a carnation, or some other treat. Use the fact sheet and resources sheet provided with this toolkit to create a handout that's specific to your school.

Speak Out:

Chain of Support: Educate students on what they can do if a friend or family member is in an abusive relationship. Then, encourage them to sign their name on a chain link to pledge to support and advocate for those in abusive relationships. This chain can be hung around the school as a symbol to victims of abuse that the school is there to support them and they can feel safe to ask for help or talk about their situation.

⁴ Adapted from the Have a Heart Campaign, teendvmonth.org

Orange-Out/ Purple-Out: Have all students and faculty wear the same color to signify unity in the fight against abusive relationships. The official color for domestic violence is purple and for dating abuse, it's orange. Pick whichever color your school feels is best.



Dating Bill of Rights: On a large banner, write a dating bill of rights and encourage all students to sign it. Signings can be done at lunches and can work in conjunction with an information booth.

An example of a Teen Dating Bill of Rights can be found in the resource section of the [loveisrespect](http://loveisrespect.org/resource-center/teen-dating-bill-of-rights/) website: loveisrespect.org/resource-center/teen-dating-bill-of-rights/ or at: dosomething.org/actnow/actionguide/teen-dating-bill-rights-and-pledge. We encourage you to personalize the Bill of Rights so that it speaks more loudly to your school. When students sign the bill, they can add their own personal “right” to the list.

Art, Poetry, and/or Essay Contest: Organize a contest where students can submit self-created art, poetry, or writings concerning healthy relationships.

A contest is an opportunity for creative expression through which students may share concerns, their stories, and/or personal safety tips using graphic art, song lyrics, essays, poetry, button and/or bookmark designs.

Possible themes include:

- Dating violence
- Gender respect
- Words can hurt
- Personal boundaries
- Bystander intervention
- Rigid gender expectations/assumptions
- Speak Up. Speak Out.
- Flirting vs. sexual harassment

Depending on the type of contest you choose to organize, prepare registration forms for the entrants detailing all specifications for their entry. Teachers can help students identify areas of the school policy or student code of conduct that could also be highlighted on the poster to affirm student rights. Judges for the contest can be prominent members of your community, including the school principal, superintendent, or the executive director of the local domestic

violence agency. If you don't have a budget that allows you to purchase prizes for the contest, ask local businesses if they would be willing to donate a prize. For example, local restaurants might offer gift certificates or movie theaters might offer a few free movie passes.

Getting the word out

Make sure to target your audiences with age-appropriate letters and flyers. In addition to targeting schools, local newspapers, community newsletters, and local youth organizations may help you get the word out. Make the deadline for entries early enough to allow time to judge materials.

Releases

Make sure to provide and collect parental release forms. This will allow you to keep all art and written entries for future use and will allow you to announce and recognize the artists publicly, if desired. In the release, include information about how materials might be used.

Recognition/Distribution

Show off the winner's work! Displaying the work can be another great way to raise awareness. Brainstorm a list of places in your school and community where you could exhibit the winning work. Below are ideas of places to inquire about showcasing the work, depending on the type of medium you choose for the artwork.

- Art: Display copies of the artwork through your school. You can also inquire about printing the artwork in your school newspaper and community newspaper. Designs can be used for buttons, bookmarks, phone covers, school book covers or banners. You can also ask local businesses (banks, restaurants, stores, etc.) if they would display the artwork.
- Poetry/ Essay/ Lyrics: Writings can be read over the PA system and in English classes. They can also be put in school and community newspapers. Call local radio stations to see if they would be willing to read the essay/poetry/lyrics on air. The winner can also be printed and hung around the school.⁵

PSA Contest: Host a contest where students compete in designing awareness ads for themes such as dating abuse, healthy relationships, technology abuse, etc. The ad contest could be for a variety of mediums:

- Door decoration: classes decorate a teacher's door in a theme reflecting one of the chosen themes.
- Bulletin board decoration contest
- Daily PA system message contest- winners can be chosen daily and read their message over the public announcement system.

Students can be enticed to participate in these contests by receiving a small prize if they are chosen as the winner. If the contest is between classes, the winning class could win a pizza or ice cream party.

⁵ Adapted from the Texas Dating Violence Prevention Team at the Texas School Safety Center, txssc.txstate.edu

Advocate:

Peer Education Organization: Start a peer education club or organization. Gather a group of committed students who want to spread awareness about sexual and dating violence, and who desire to make their school and community healthy and safe.



Policy: Learn what your school's policy is regarding Dating Abuse. With the passage of Texas Education Code 37.0831 (formerly HB121), it is mandated that each school district in Texas adopt and implement a dating violence policy. If your school does not have a policy, involve PTA, teachers, and the school board in adopting one.

For information on TX Education Code 37.0831 (formerly HB121), go to tcfv.org/our-work/prevention/teen-dating-violence-information-resources.

Break the Cycle, a national agency providing comprehensive dating abuse prevention programs, has developed a model policy that can be used as a tool for developing your own school policy. You can access the policy here:

breakthecycle.org/sites/default/files/pdf/dc-model-school-policy.pdf

School Curriculum: Advocate for lessons on dating abuse to be worked into the curriculum for health classes (a PowerPoint from loveisrespect.org could be used). Students could also advocate that teachers weave teen dating abuse into lesson plans in many different courses.

Ideas to Tie in With What You Already Do:

February Dance: Have the theme of your school's February dance be Love Is Respect. The venue can be decorated using the Love Campaign resources (posters, palm cards) or you can make your own food and decorations inspired by loveisrespect and the Love Campaign: loveisrespect.org/resource-center/love-campaign/



Candy Grams: If your school sells candy grams or carnations on Valentine's Day, you can attach information on healthy relationships and loveisrespect's website (loveisrespect.org).



Anything else?

If your student council comes up with new ideas for campaigns at your school, we'd love to hear about them. Visit our website and click on Contact Us in order to send us an email letting us know what you've been up to.