




**R.E.S.P.E.C.T.**



**Relationship  
Equality  
&  
Safety:  
Peers  
Educating  
Community  
Teens**



BEST High School 2009  
Youth Eastside Services  
Teen Dating Violence Program  
(425) 747-4937




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**Quotes**

“I was insulted, accused of crazy things, humiliated and had my mind twisted. I was constantly criticized and called names. I was put down—verbally attacked—for things that were not a problem the day before. I was blamed for everything that went wrong. Often, I had no idea what was wrong.”

--Sandra, age 18

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**Quotes**

“It’s hard enough for me to tell people I’m gay. How could I tell anyone my partner was abusing me when they don’t even know I’m with someone?”

--Taylor, age 16

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### Quotes

"I couldn't talk to any other boy...he resented my girlfriends and my family. He said, 'All we need is each other.' If he chose to go out with his friends or not bother to call me, I was supposed to sit at home and wait for him to call. If I wasn't there, I was interrogated over and over about where I was, who I talked to, even what I wore. The hassle wasn't worth it. I became even more and more isolated, more dependent on him, and afraid of his temper if I didn't do what he wanted."

--Jill, age 16

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### Quotes

"If you're a guy and you're going through this, it's really tough to talk about it. We think guys are always supposed to be tough and in charge. She would mostly play with my mind, keep track of me, threaten me, get super jealous. She'd erase all my voice mails from other girls 'cause she didn't want me to have any friends, especially girls."

--Tyler, age 16

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### Dating Violence

**Dating violence can happen to *anyone*** — people of any background, race, religion, neighborhood, income level, school and so on. It happens to girls and guys, and it happens in straight and gay relationships as well. It can happen to us when we're in a relationship with someone who misuses power and control.

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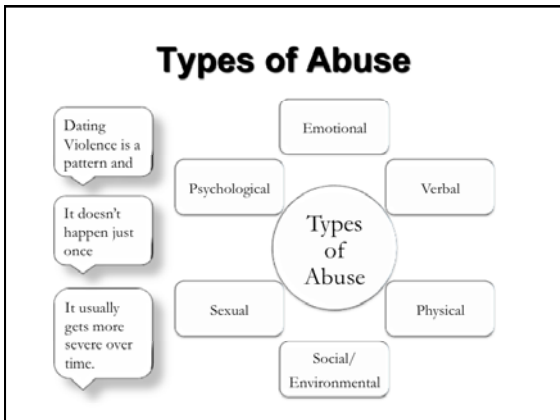
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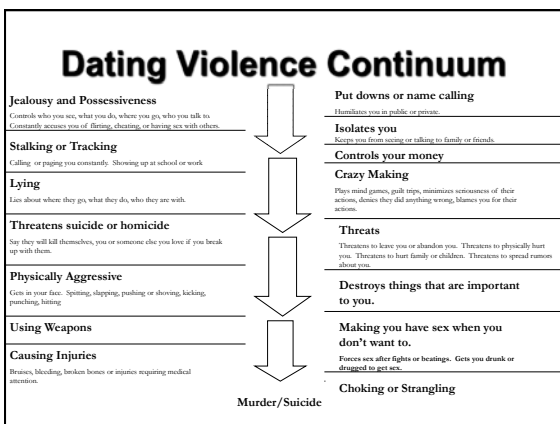
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- ### Recognizing Warning Signs
- Intense jealousy
  - Possessiveness
  - Isolation
  - Lying
  - Controlling
    - what you do
    - who you see
    - what you wear

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## Dating Violence Statistics

- 70% of girls and 52% of boys who are abused report an injury from an abusive relationship. <sup>1</sup>
- In a study of high school students...<sup>2</sup>
  - 25% of the students told no one about the abuse,
  - 26% told their parents, &
  - 66% reported the abuse to their friends.

[1] Barrie Levy, Dating Violence: Young Women in Danger, Children's Safety Network, 1998  
 [2] Barrie Levy, Dating Violence: Young Women in Danger, Children's Safety Network, 1998

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“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.”

Barack Obama



## ACTIVITY

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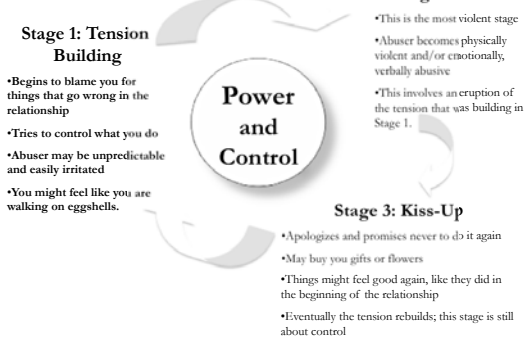
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## Cycle of Violence




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### How to Help a Friend

- Listen and be patient:
  - knowing they might not make a change now
- Suggest a safety plan
- Protect their privacy and confidentiality
- Know your limits
- Provide information you've learned today
- Give them resources
- Encourage them to find an adult to talk with
- Be part of their support system

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### If you or someone you know needs help, call:

**Youth Eastside Services\***  
**Teen Dating Violence Program**  
(425) 747-4937

**Teenlink**  
1-866-TEENLINK (833-6546)

**National Teen Dating Abuse Helpline**  
1-866-331-8453

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