

Teen Relationship Abuse: Lesson Plans

Types of Abuse

Relationship abuse is any behavior that is aimed at gaining or maintaining control of a partner. Add your ideas in the space provided.

Verbal Abuse is: (examples include name calling and put downs)

Emotional Abuse is: (examples include mind games, humiliation, isolation)

Physical Abuse is: (examples include pushing, hitting, restraining, spitting)

Sexual Abuse is: (examples include pressure about sex, rape)

Economic Abuse is: (examples include attempts to keep the partner financially dependent, forcing partner to justify the need for money)

For more information about relationship abuse, talk to _____

in Room _____



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Teens at Risk

1. Studies throughout the United States show that anywhere between 20% to as high as 69% of teens experience violence at the hands of their dating partners.¹
2. In a study of 500 teens in New York City, between 17 and 23% of those interviewed had been intimidated, threatened, hit or slapped by their partner, and 25% reported being verbally abused through insults, humiliation and embarrassment. Yet only 14% of these teens described themselves as being in abusive relationships.²
3. Another study of over 600 high school students revealed that nearly one-third of the respondents interpreted violent acts as acts of love.³
4. Teens in all ethnic groups, socioeconomic groups, and geographic regions experience relationship violence. Relationship abuse can also happen in same-sex relationships.
5. Both male and female teens may be victims. But boys more often cause serious physical injuries and use more force. Girls are more likely to receive injuries requiring medical attention.
6. Teen relationship abuse is extremely unreported. Various studies estimate that as few as 4% of teens involved in violent relationships report the violence to authority figures such as teachers, counselors or police.⁴
7. Nearly 80% of teens who have been physically abused in their intimate relationships continue to date their abuser.⁵
8. 30% of battered women in one study married men who had abused them while dating.⁶

1. Jazel, Molitor and Wright, "Physical, Sexual and Psychological Abuse in High School Dating Relationships: Prevalence Rates and Self-Esteem Issues," Child and Adolescent Social Work Journal 13 (February 1996) 69
2. "Domestic Violence Survey at Covenant House New York," Covenant House Public Policy and Legislative Advocacy Notes (Spring 1999).
3. Kris Worell, "When Teenage Relationships Become Abusive," Atlanta Journal Constitution, April 14, 1993, as cited by Toby Simon and Bethany Golden, Dating: Peer Education for Reducing Sexual Harrassment and Violence Among Secondary Students (Holmes Beach, FL: Learning Publications, 1996).
4. Libby Bergman, "Dating Violence Among High School Students," Social Work 37 (1992) 23.
5. Bergman
6. Bruce Roscoe, et al., "Courtship Violence Experienced by Abused Wives: Similarities in Patterns of Abuse," Family Relations (July 1985)



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How to Use Is it abuse if...

1. The "Is it abuse if..." module consists of a series of scenarios that the participants will answer and discuss. The responses will be yes, no or unsure. The scenarios will require that the facilitator review the issues of:
 - Boundaries (Scenario 1, 8 and 9)
 - Power and Control (Scenario 2 and 10)
 - Healthy Relationships (Scenario 3, 4. and 5)
 - Sexual Abuse (Scenario 6 and 7)
 - Financial Abuse (Scenario 11)
 - Emotional Abuse (Scenario 12)
2. Have the participants define the terms "abuse" and "respect." If the group is the same sex, the facilitator can write the specific behaviors on the blackboard or flip chart. If the group is co-ed, separate the genders. Each participant gives their ideas of the two terms and the suggestions are recorded by the group leader.
 - Reconvene the group and ask a volunteer to read the list aloud and explain anything that needs further explanation.
 - After processing the list, state that while not everyone will agree with everything on the lists, it is important for everyone to define for themselves what is abusive and what is respectful.
 - Review the scenarios again and point out the abuse and respect in each item.

Is it abuse if...

Directions: Discuss the following scenarios and decide whether or not you feel abusive behaviors are present. If there are, circle "yes," if not, circle "no," and if you are undecided, circle "unsure." Base your decisions on the information provided; try to avoid making assumptions about what else may be occurring in each situation.

1. Susan sees a phone number she doesn't recognize on her boyfriend's pager, so she calls to find out who it is?
Yes No Unsure
2. Joe decides to take a walk around the block any time he gets mad, rather than hit his girlfriend?
Yes No Unsure
3. Rosa tells her boyfriend she wants to go to "ladies' night" with her friends every Friday?
Yes No Unsure
4. LaToya continues to wear short skirts, even though her partner asked her not to?
Yes No Unsure
5. Juan tells his boyfriend, in front of their friends, that he would look better if he lost a few pounds?
Yes No Unsure
6. While kissing, Tom starts to touch Betty's breasts. She's not sure if she wants him to go further, but goes along with it because she thinks she'll lose him if she doesn't?
Yes No Unsure



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7. Edgar and Lorraine are fooling around and get very close to having sex. She stops and says she's not ready, so he stops and they talk. Edgar tells her that she is messed up, she is being abusive and teasing him. Lorraine's still not ready, but gives in and has sex anyway?

Yes

No

Unsure

8. Tanisha starts play-fighting with her girlfriend, who tells her to chill. She keeps playing with her, but is only playing and doesn't cause any bruises or hurt her physically?

Yes

No

Unsure

9. Maria starts play-fighting with her boyfriend, and they wrestle around on the floor, resulting in bruises on her arm?

Yes

No

Unsure

10. Mark decides to break up with his boyfriend. The boyfriend does not want to end the relationship, and threatens to "out" Mark if he goes through with his plan to break up?

Yes

No

Unsure

11. Angela treats Luis to a nice dinner and a movie. After the date, she invites him up to her place, but Luis declines. Angela accuses him of playing her, saying that she should "get something in return" for her generosity?

Yes

No

Unsure

12. Fred waits for his girlfriend every day after school outside of the building?

Yes

No

Unsure



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Is it abuse if... Answer Key

1. Yes. Susan is violating her partner's trust by invading his privacy.
2. Unsure. Taking a walk, or a "time out" is an effective way of dealing with anger. It is important to "cool down" before you talk to someone. Responding to the argument with physical violence is NEVER an acceptable choice! A good relationship is one where two individuals can resolve conflict in a peaceful and calm manner. Feelings can be openly expressed. Conflicts are resolved by coming to a compatible agreement. However, if Joe continues to ignore his partner's feelings and never wants to discuss a problem, then his taking a walk around the corner each time he gets angry has the elements of control.
Discuss control concepts.
3. No. Each person in the relationship maintains the right to have friends and spend time with friends. A good relationship is one where each partner has a circle of friends and interests outside the relationship.
Discuss the elements of a healthy relationship.
4. No. Both people in the relationship have the right to dress as they wish. No one should change his or her style of dress to suit his or her partner's wishes.
5. Yes. Juan is embarrassing his boyfriend in front of their friends, whether intentionally or unintentionally.
6. No. Betty never verbalizes her concerns to Tom and makes no effort to stop him. She is not verbalizing her needs and desires to Tom. Because she is unassertive, she can be manipulated. Each partner is responsible for discussing what she or he is thinking and feeling.
7. Yes. In this example, Lorraine has asserted her protestations and is manipulated to acquiesce. She may believe that if she doesn't give in then she would lose Edgar. The abusive act is that he pressured her and manipulated her into having sex.

8. Yes. Tanisha did not respect her partner's personal space. A good relationship is one based on friendship and respect. Although no physical harm was done, this was an invasion of personal space and a crossing of personal boundaries.
9. No. In the example cited, there are no indications that this horseplay was anything other than poor judgement on both their parts.
10. Yes. The threat of being "outed" for those who have not yet "come out," is particularly stressful. This may mean confronting a major life decision that the individual may not be prepared to make especially to parents, employers and relatives. This threat gives the abusive partner a weapon for control.
 - Discuss domestic violence in the gay and lesbian community.
 - Discuss intimidation to gain power.
 - Discuss isolation and the limitation of services in the Gay community.
11. Yes. Financial abuse is when one person in a relationship attempts to control the other's attitudes and behaviors through the use of money.
12. Unsure. This example as written could either be a consensual decision on the part of the couple or the boyfriend's attempt to control his partner.
 - Discuss stalking and emotional control.

Activity: Deborah's and Larry's Stories

Objectives: To begin to understand the emotions and concepts commonly associated with teen relationship abuse.

To define different types of abuse using concrete examples.

Procedure: Ask for a male and female volunteer. Provide copies of "Deborah's Story" and "Larry's Story" to the students.

Introduce the activity: Many issues concerning teen relationship abuse involve anger, jealousy, power, control, and aggression. The goal of this session is to use real-life examples to highlight these concepts. We have looked at healthy vs. unhealthy relationships, so let's now look at how to better understand the dynamics of abusive relationships.

Have each volunteer read their story to the group. The stories are divided into numbered sections. Each student will read alternating sections, thus taking turns.

When the stories are complete, discuss concepts involved. Questions to consider may be:

- Would you consider this relationship to be abusive?
- Why or why not? Who is the abuser? The victim?
- What types of abuse are in this relationship? Use examples.
- Are Larry's and Deborah's accounts of their relationship different? If so, how? Why do you think there are two versions of the same story?
- Does jealousy equal love? Why or why not?
- Do you agree or disagree with Larry when he talks about Debbie's not needing to hang out with other guys? What about the fact that he thinks it is his right to go through her things and/or check her cell phone?
- Do you think it is normal to want to ALWAYS be with your partner? Why or why not?
- Do you think that men and women have certain roles to carry out in relationships? If so, what roles? If not, why not?
- Did the idea of "gender roles" play a part in Deborah and Larry's relationship? If so, how?



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Deborah's Story

1. It was love at first sight...I was 15. Larry was 17. He was totally romantic. He'd bring me flowers and write me poetry and love letters. It was incredibly intense. It was wonderful having a boyfriend who wanted to spend all of our time together. We just wanted to stay home and be together. Those were good times. I believed I could never be with another human being and feel so totally connected. No one else mattered...But pretty soon other things began to happen too.
2. He was jealous of everyone and started treating me like his possession. At first it was not that obvious. And then he made it clear that it was a "rule." I couldn't talk to guys or keep my friendships with them. If he saw me talking to a guy he'd ask suspiciously, "Why are you talking to that guy? What did you say to him?" He'd say, "I really love you and I'm all you need."
3. He didn't hit me, but I always thought he would if I made him mad. The stuff he did was mind twisting. He'd search my purse, finding things so he could accuse me of seeing someone or doing something wrong. I walked on eggshells around him. He constantly told me I looked ugly and that I was fat. He watched what I ate, and put me on a workout program. I was always too fat or too weak. Then, every time, after he got mad, he'd turn around and get me gifts and say, "I love you." I'd say, "He wouldn't hurt me, he loves me, I must be crazy."
4. Then, a while after, he got a new car, and I accidentally dropped my compact and spilled powder in the car. He got so mad, he opened the car door and tried to push me out onto the highway. One time, I borrowed his car when mine was being repaired. I carefully parked it in the driveway of my friend's house so nothing could happen to it. While I was there, the next-door neighbors put on their sprinklers and got the car wet. I was so scared I was shaking. When I brought his car back to him it had water spots on it. "You idiot! You moron!" he yelled at me, in my face, spitting at me, for what felt like forever. His family was there, watching. They didn't say anything. I saw darkness, as if I were passing out. He'd always say, "If you didn't say that or act that way, I wouldn't get mad." He'd say he got so mad because he loved me. He said I was lucky to have him; no other guy would want me or look at me.



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5. We were always sneaking somewhere to make love or to spend time together. We couldn't be apart. I believed two people became one, which I don't feel now, but then I had this sense of oneness. I felt good about myself because I had this wonderful man. My friends thought he was great because he was so romantic. He'd bring flowers or balloons to me at school. No matter how bad it got, there were always these wonderful moments. I felt protected, under his wings- a safe place at times. Then it became a frightening place at times...after the beginning, sex turned bad. It hurt. He forced me to do it in positions that were painful. He made me do things that were humiliating...I began to hate it. He told me men have to have sex, and if they don't they get in a bad mood. He said that was the reason for his rage and anger.
6. I finally had it because he was so controlling. I wanted to have fun, to have freedom, the way my friends did. So I broke up with him, but Larry kept calling. I started dating another guy and I felt good. But then the guy I was dating broke up with me when he went away to a different college. I couldn't handle it. Larry was still calling me. He was security. I knew he would be there, that he still loved me...a year later we got married, it wasn't romantic. Suddenly, he wanted me to do everything for him. He wanted complete control over me, our money, our home, everything. He forced me to quit college. He controlled me even at my jobs. Then he started hitting me.
7. Before I left him, Larry was shoving me, spitting at me, lifting me up and shaking me. I was totally intimidated by him. But, with my brother's help, I went to see a therapist, and I gradually got my strength back, and I finally left Larry for good. I am married now to a man who is thoughtful, gentle, comfortable, warm and safe. We have passion and friendship. We don't have the intense highs and lows that I had with Larry. We make decisions together, and he encourages me to do things that are important to me. Only recently I realized that what I experienced with Larry was emotional abuse. I didn't know it was wrong. We had such an incredible bond to each other; it was hard to break away. But Larry really hurt me.

Adapted from: Levy, Barrie. (1997.) *In Love and In Danger*. Seattle, WA: Seal Press.



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Larry's Story

1. When I saw Deborah, I thought she was so hot. She had a smokin' body. So, I began to play the game to get her attention- you know, send her love letters and bring her flowers. Girls eat that stuff up. Well, it worked because now she is mine- my girl. We chill together a lot; we have fun hangin' out.
2. Now don't get me wrong, I like Debbie, but she really pissed me off when she thought she was gonna hang with these other guys from school. I mean, why would she need to do that when she has me? Girls don't need guys as friends cuz guys don't know how to be "friends." I tell her that they're only with her because they wanna get with her, but she don't listen. So, I had to tell her flat out that she couldn't hang around with any other guys anymore. I'm all she needs; doesn't she get it?
3. Do I love Debbie? Of course, but she gets me so mad sometimes! I have to go through her things sometimes because she makes me suspicious. I mean, why would she care if I want to look through her stuff or check her cell phone to see who's calling her. If she's not doing anything wrong, then what does she have to hide? There's no reason to get mad at me if she's not playin' me. I have a right to know where she is and who she's talkin' to- she's MY girl. She ain't gonna make a fool out of me. And another thing, I can't understand why it gets Debbie so upset that I want her to be healthy and fit. After all, I'm just lookin' out for her. I mean somebody has to watch her, you should see the way she eats.
4. Ya know, Debbie's got some nerve sometimes. Once when we were in my car-MY BRAND NEW CAR-she spilled her make-up all over the seats and floor. I got so pissed; I mean who wouldn't? So, I think I grabbed her and threatened to push her out of the car or something- but I was just kiddin'. She's too serious. She says she was scared... well maybe next time she'll be more careful. Oh, and then there was this time I loaned her my car and she got it dirty... so I yelled at her. She just gets me so angry. Whose relationship is perfect? I try to explain to her its because I love her that I get so angry at her. I mean, if she would just be more careful I wouldn't have to get so upset.



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5. The sex with Debbie is really good. I tried to explain to her that guys are different: we NEED to have sex. So, she pretty much does what I ask her to. We have a good time: she's definitely open to new things! She wants to keep me happy...if I'm happy then I'm not angry, right? A man needs to be satisfied.
6. So after all the love I showed her, Debbie up and left me. She said I was "controlling" and "jealous". I told her that was normal; that my being jealous was a sign of my love for her. I mean, what kind of man would I be if I didn't look out for my girl. So she left...but I kept calling her. I had a feeling she was gonna come back. I loved her and I wanted her back. She even started seeing another guy, but I knew that wasn't going to last. No one else would put up with Debbie. Believe me. So she finally got dumped and came running back to me. I think she finally realized just how good a boyfriend I was. So, a year later we got married. Things were gonna be different; she wasn't gonna leave me now. Now she was gonna take care of me and the house. When she started to complain, I told her a real man takes care of the money, not dinner.
7. I was shocked when Debbie left me for good. I tried to be the best man I could be, but obviously that wasn't good enough for her. So, I have a temper. That's who I am. I was sick of her always trying to change me. Big deal-I'd get angry sometimes. I'd yell... but I never hit her. She's never had a broken bone on her body. I don't know what she wanted from me.



Are YOU at risk of being abusive?

Check the box if you:

- ☐ Call frequently to check up on your partner, to make sure she/he is not out with someone else
- ☐ Get very jealous when your partner talks to other people of the opposite sex
- ☐ Get upset when your partner spends a lot of time with friends, and expect her/him to want to spend all of her/his free time with you
- ☐ Feel that your partner's friends are out to break up the two of you.
- ☐ Call your partner names-like stupid, ugly, fat, or other put-downs, or curse at your partner
- ☐ Tell your partner how to dress
- ☐ Ever threatened to hurt your partner, or her/his friends or family
- ☐ Ever told her/him you might hurt yourself if she/he left you
- ☐ Blame your partner for your behavior.
- ☐ Threaten to break up with your partner if she/he doesn't do what you want
- ☐ Ever tell your partner, "You would if you loved me."
- ☐ Ever cheated on your partner
- ☐ Make fun of your partner in front of other people
- ☐ Expect your partner to quit after school activities (sports, school clubs) to spend more time with you
- ☐ Discourage your partner from getting a job or going away to college
- ☐ Make all of the decisions about what the two of you do
- ☐ Get angry if your partner offers to pay
- ☐ Get angry if your partner wants to go out with friends
- ☐ Buy your partner presents to make up for hurting him/her
- ☐ Feel extremely jealous of your partner's friends and family
- ☐ Have angry outbursts, yelling loudly, throwing things, punching walls
- ☐ Ever made your partner have sex or do sexual things she/he didn't want to

All of these behaviors are ways of controlling another person - not a healthy way to have a relationship.

If you checked a few boxes it does not necessarily mean you are an abuser, but you should think about those behaviors. The key is whether you have a pattern of controlling or abusive behavior. The more boxes you checked, the more at risk you are of abusing your partner.

To talk more about this, you can go see _____
the RAPP Coordinator in Room _____.



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Warning Signs of an Abusive Person

MY PARTNER OR I ...

	YES	NO
1. Gets serious very quickly, saying "I love you" very early	<input type="checkbox"/>	<input type="checkbox"/>
2. Is extremely jealous	<input type="checkbox"/>	<input type="checkbox"/>
3. Isolates partner from friends, family, and other supportive people	<input type="checkbox"/>	<input type="checkbox"/>
4. Blames other people for behavior or problems	<input type="checkbox"/>	<input type="checkbox"/>
5. Acts hurt when partner disagrees or has a different opinion about things	<input type="checkbox"/>	<input type="checkbox"/>
6. Has been violent with a boy/girlfriend in the past	<input type="checkbox"/>	<input type="checkbox"/>
7. Has threatened violence	<input type="checkbox"/>	<input type="checkbox"/>
8. Calls partner names, puts him/her down	<input type="checkbox"/>	<input type="checkbox"/>
9. Has sexist beliefs about what it means to be a man or a woman	<input type="checkbox"/>	<input type="checkbox"/>
10. Holds partner against her/his will to keep him/her from walking away or leaving the room	<input type="checkbox"/>	<input type="checkbox"/>

Adapted from Kerry Moles. Teen Relationship Workbook. Page 5.

If you have any questions about your answers, see your RAPP coordinator
_____ in room _____.



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Getting to Know Myself

Getting to know yourself is important. Your identity is composed of all the things that make you who you are- your history, family, culture, race, gender, ethnicity, sexual orientation, religion, spirituality, values, beliefs, goals, dreams... These characteristics may change over time. Think about each question carefully, and remember- this is not a test, and no one has to see your answers, so be honest with yourself!

Important Things

Write down the five most important things in your life:

Goals

Describe what you want your life to be like

... in one year (I will be ____ years old)

...in five years (I will be ____ years old)

... in ten years (I will be ____ years old)

Needs

Imagine you have been selected to explore a newly discovered planet that can support life. Your mission will require you to be away for at least a year. Aside from essential items like food, clothing, and medicine, you are allowed to take five personal possessions. What will you take?



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Family

Do you want to have children? Why or why not? If you want to have children, or already have them, describe what you want for your children.

Values/Beliefs- What do you stand for? Answer the following questions to help sort out your values and beliefs.

Should safer sex be discussed in junior high school? Why or why not?

Does anyone "deserve" to be hit? Why or why not?

What is more important, money or happiness? Can you have one without the other? Explain.

How do you feel about the controversy over whether music, movies, and video games promote violence?

How do you feel about interracial dating?

How do you feel about people who are lesbian or gay?

In your opinion, how can communities prevent violence?



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Identifying My Support System

1. Someone who listens to me: _____
2. Someone who has confidence in me _____
3. Someone I trust enough to share intimate stuff: _____
4. Someone who doesn't judge me: _____
5. Someone who gives me good advice: _____
6. Someone who loves me: _____
7. Someone who looks out for me: _____
8. Which of these roles do you usually fill for others? _____
9. Which of these roles do you want your boy/girlfriend to fill?

10. How does this relate to having a healthy relationship?



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All About ME

1. The thing that I do best is _____ because _____

2. If I were given a million dollars today, I would _____
because _____
3. As a child my favorite fairy tale was _____ because _____

4. The best day of the week for me is _____ because _____

5. My favorite t.v. show is _____ because _____

6. My favorite place in the world is _____ because _____

7. In my spare time, the three things I do most are: _____

8. My favorite movie star is _____ because _____

9. As a child my idol was _____ because _____

10. If I had to spend a year on a desert island, the two things I would miss most would be: _____



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Self-Esteem Checklist

Check all the statements that apply to you.

1. ____ I like the sound of my voice.
2. ____ I like the color of my eyes.
3. ____ I like my hair.
4. ____ I feel good about my body.
5. ____ I ask for what I need.
6. ____ It is easy for me to make new friends.
7. ____ My friends can count on me.
8. ____ My family can count on me.
9. ____ I add something special to a group that no one else can.
10. ____ I am positive about the future.
11. ____ I keep my promises.
12. ____ People feel comfortable talking to me about anything.
13. ____ I do something for myself at least once a week.
14. ____ I talk with people rather than at them.
15. ____ I value my beliefs.

____ TOTAL CHECKED



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Take a Stand

Sometimes what we believe about men and women comes from messages from our friends, our family, or the media. It's important for each of us think about what we believe regarding gender roles. Take some time to think about where you stand on the following statements.

Statement	Agree	Disagree	Unsure
Boys are BORN more violent than girls.			
Girls are BORN more emotional than boys.			
Women make better parents than men.			
Men should make more money than women.			
Only a man could run the country well.			
A woman who enjoys sex is a slut.			
A man should always say yes to sex.			
Women are supposed to cook and clean.			
Real men don't cry.			
Women who dress sexy are asking to get raped or sexually harassed.			
Guys who don't act tough are weak.			
Society treats men and women as equals.			
Guys should have the right to discipline their girlfriends.			
A guys should always pay for a date.			
Under certain circumstances, it is okay for someone to hit their girlfriend or boyfriend.			

¹Adapted from Kerry Moles., The Teen Relationship Workbook. Wellness Reproductions & Publishing. LLC. Copyright 2001.



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What Does it Mean to be a Strong Man?

A strong man is someone who...

- Respects others and doesn't try to control them
- Participates in discussions and does not feel threatened when his partner voices an opinion that is different than his own
- Compromises and realizes that he doesn't lose power or status if his way isn't followed
- Doesn't resort to threats, insults or violence to get his way
- Knows that "no" means no and doesn't force sexual contact
- Can confront feelings of anger and frustration without taking them out on someone else
- Recognizes that he may be physically stronger than others, but doesn't use that strength to hurt
- Accepts an equal share of the responsibility for the work needed to keep a relationship healthy
- Knows that any violence is UNACCEPTABLE

For more information please see _____, RAPP Coordinator- Room _____



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What Does it Mean to be a Strong Woman?

A strong woman is someone who..

- Is willing and able to make decisions about her activities, her future and her family
- Speaks her mind in a relationship
- Refuses to do things that make her uncomfortable
- Expects people to treat her with respect even when they are angry or disappointed
- Expects equal relationships where partners take turns giving and getting from each other
- Expects that any and all sexual behavior is consensual
- Knows that destructive relationships hurt her self-esteem and mental and physical well being
- Knows that any violence is UNACCEPTABLE

For more information please see _____, RAPP Coordinator- Room _____



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Controlling Your Boundaries¹

You are in charge of your life! You are the only person who should be able to control your boundaries. Abuse happens when one person violates another person's boundaries. That's why it's important to be very clear for yourself, and others, what your boundaries are. If you have weak or uncertain boundaries, others are more likely to abuse you. If you have strong and clear boundaries, you will be more likely to remain in control of your life.

Decide whether each situation is an example of weak or strong boundaries. Write WEAK or STRONG on the line.

- Jose and Miguel are playing around and Miguel smacks Jose on the back of the head. Respectfully, but without smiling or laughing, Jose makes eye contact with Miguel and says "Listen Miguel, I know you're only playing, but I don't like people putting their hands on me. Don't smack me like that again." _____
- LaToya and Raheim are kissing. Raheim starts to push up LaToya's blouse but LaToya doesn't want to go any further. She quietly says "I don't know if we should be doing this, Raheim." Raheim says, "It's okay, don't worry..." and continues. LaToya lets him even though it makes her uncomfortable, then finally says "It's getting late- I really have to go home." _____
- Judy and Rona are shopping when Judy tells Rona she's going to slip a pair of earrings into her bag. Rona says, "I'm not into shoplifting. Please don't do that when I'm around." _____

Help the characters set boundaries by writing on the line what they should do or say to set strong boundaries.

- Jesse forgot his homework at Michael's house and smacks "Why didn't you remind me to get my homework - now I'm going to fail!" (What can Michael say to set boundaries in terms of what he will take responsibility for?)

Adapted from Practicing Boundary Setting, Teen Relationship Workbook by Kerry Moles, pg. 72



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- Chris has been friendly with Louis for a while, and thinks he's a nice guy. When his friend Paul gets into an argument with Louis and starts talking bad about him, Paul expects Chris to be against Louis too. (What can Chris say to set boundaries in terms of his friendship?)

- Kimberly and Ken are at a party and his friends begin to start using drugs in front of Kimberly. Kimberly tells Ken that she is uncomfortable and wants to go home. Ken says, "All my friends are here and I don't want you to embarrass me by whining to go home." (What can Kimberly say to set boundaries in terms of their relationship?)

- Tanisha has an assigned lunch period from one until two in the afternoon. Her supervisor always has a rush work assignment to be done during that time period. (What can Tanisha say to set boundaries in terms of her of work time?)



It Ain't Love...

FACES is a theater group working on issue such as teen relationship abuse. FACES also provides individual and group counseling services to victims, batterers, family, incest survivors, and rape survivors. Their phone number is (718) 780-1459.



The people in the video are actors, dealing with real life issues. This video is used to help learn about relationship abuse, not to scare or upset you. If at any time during the video you feel unable to watch, please let either the RAPP Coordinator or your teacher know.

Questions for Discussion:

- 1. What are the different forms of abuse shown in this video?**
- 2. How were power and control used in the relationships?**
- 3. How did the violence progress in the scenarios shown?**
- 4. Were the abusers or the survivors influenced by anyone or anything in their lives? If so, in what way?**
- 5. How did the women say they felt in these relationships?**
- 6. How did the men say what they felt in these relationships?**
- 7. What other comments, thoughts or feelings would you like to share after watching this video?**



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Anger Diary

Name: _____ Date: _____

Anger Trigger: _____

Anger Rating (on a scale of 1-10): _____

Underlying Feelings: _____

Physical Reactions: _____

The "Talk Up" (thoughts you had as you were becoming increasingly angry):

The Peak Anger Reaction: _____

The "Talk Down" (How you soothed yourself and lowered your anger level):

What/who did you feel was trying to get power over you? _____

How? _____

What/who did you feel the need to get power over? _____

What tactics did you use to get the power over? _____

What personal power could you rely on instead? _____



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Safety Plan for Teens

If my partner and I have an argument at school and I feel unsafe , I can:

Talk with the school guidance counselor or social worker, my home room teacher or my parents.

If my partner threatens me on the way home from school and I feel unsafe, I can:

Call the police on my cell phone or go to the police station house and call my parents to pick me up from there.

If my partner and I get into an argument at my house, I can:

Go to a place where others will hear the arguing and/or to a place where there is less risk of injury.

If I am on a date and feel uncomfortable about being pressured for sex, I can:

Take a taxi or public transportation home or call a family member to pick me up.

If I decide not to date a partner and s/he begins to stalk me, I can:

Go to a populated area, notify the school authorities, notify the police and/or my parents.

If my partner comes over to my house when I am alone, and I feel unsafe, I can:

Call the police immediately, family member and/or notify the school authorities at the earliest opportunity.



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If I begin to get threatening telephone calls and feel unsafe, I can:

Call the telephone company, dial *57 to trace and register the calls and call the police department.

This is the code word that I will use to let people know I am in danger and need help: _____

These are the people that I will rely upon to be a part of my safety plan:

Names	How they will help
At home: _____	_____
At school: _____	_____
At work: _____	_____
Around the neighborhood _____	_____
Other: _____	_____

If I need a safe place where my partner cannot find me, I can go: _____

If I need an Order of Protection, I can get help from: _____

These are the people that I will give a copy of the Order of Protection:

At school: _____

At work: _____

At the daycare: _____



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Teen Relationship Abuse Important Legal Facts

- In general, teen victims of abuse in relationships have the same rights as adult victims.

For Actions Which Constitute a Crime

- Teen victims can file a complaint with the police by calling 911 in an emergency or by contacting their local precinct. The police must have probable cause to make an arrest and the prosecutor must determine if there is sufficient evidence to file a criminal complaint or a delinquency petition. An arrest will be referred to the local prosecutor if the offender is an adult (over 16) or to the Family Court if the offender is a juvenile (under 16 at the time of the offense). Orders of Protection can be issued by either Criminal Court or Family Court on behalf of the victim. However, no orders can be issued without a prosecution. The victim must be willing to file the complaint with NYPD and cooperate with a prosecution.
- While police cannot make an arrest on violations, a remedy is available. Harassment cases (violations) are usually referred to the Court Dispute Referral Centers in each borough if the offender is over 16. Cases are then screened by the CDRC staff and eligible cases are sent to the DA's office for prosecution. Orders of Protection may be issued in harassment cases.

Family Offense Proceedings in Family Court

- Victims must be related to (through marriage or blood), married to, or have a child in common with the offender to file a Family Offense petition seeking an Order of Protection.
- The Family Court Act is silent regarding the minimum age of a petitioner to file a Family Offense petition. In general, the court will require that a parent or guardian file on behalf of a minor. If the child is making a complaint against a parent or guardian, or if the parent is refusing to file a petition when a family member has abused a child, the matter may be referred to the State Central Register.



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One Long Sexual Harassment Experience

Cheyenne Goodman

My life is one big sexual harassment experience, from the time I leave my house to the time I come back home. A man exposed himself to me when I was five. I was molested by a stranger at age seven. I've been followed home. I've had to change my phone number due to strange phone calls. I've had men try to grab me and pull me into their cars. A man once grabbed my breast in broad daylight on a busy street. I've been yelled at, leered at, whistled and stared at. I've had strange men pucker up their lips in a sad attempt to blow me a kiss. I've been poked and prodded in the most personal places by strangers. I have had my space invaded, my boundaries disregarded and have been treated like a sex object by many, many men, and the worst part is I know tomorrow will be no different.

There are two incidents of sexual harassment that I want to explain in depth. In the summer of 1988 I worked at the Democratic National Convention in Atlanta, Georgia, for ABC television. I was basically a courier, running video tapes here and there in the huge Atlanta Omni building. I came into contact with several middle-aged businessmen who didn't think twice about strongly coming on to me. A few even offered to pay me for sexual favors. I was sixteen. Even when I told them I was just a kid it didn't bother these men; in fact some seemed excited by this fact. I remember feeling incredibly unsafe when these incidents occurred, yet I knew I was supposed to respect, listen to and obey adults, especially men. So instead of saying what I wanted to say, which was that they disgusted me and should be ashamed of themselves, I only mumbled no and walked quickly away.

I have grown up a lot since that summer almost four years ago. Sadly, society continues to teach me that it is acceptable to treat women as objects.

The other sexual harassment I want to mention occurs daily and is what I call "hit-n-run" harassment. I am a bicyclist. It is my transportation. Every day as I am riding, some man will stick his head out a car and shout some offensive comment. "Wooooo Baby! Hey Cutie, nice tits, oh yeah, pump it on that bike. Wooooo Hooooo, hey baby, wanna party? Nice ass, bitch, come here. Hey sweetheart, come sit on daddy's face. Check her out!" Sometimes that just stare as they lick their lips or tap their friend to "check me out." On two occasions I've had men grab me and almost knock me off my bike. Although I'm very often harassed by these hit-n-run offenders it hurts and angers me every time. None of these men ever treat me with the respect I deserve.

As a little girl, no one told me I would have to deal with this, or more importantly, how to deal with this. I was given no tools with which to handle these situations, no forewarning of what life is like in this world for women. But I learned, and am still learning.

Cheyenne Goodman, 19, is a cook and occasional waitperson at a vegetarian restaurant.



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Sexual Harassment

Sexual Harassment: *Unwanted and unwelcome sexual behavior.*

What types of activity are classified as sexual harassment?

- Touching, patting, pinching, grabbing, or brushing up against or cornering another person in an unwelcome sexual way.
- Making sexual comments, remarks, insults, and/or jokes.
- Displaying or distributing sexually oriented or suggestive objects, pictures, drawings.
- Making obscene gestures
- Pressuring for sexual activity.
- Spreading rumors of a sexual nature.
- Engaging in sexually violent or coercive behavior (sexual assault, rape, attempted rape).

What is student-to-student sexual harassment?

- Student-to-student sexual harassment occurs when a student directs any of the behaviors described above against another student.
- Such behavior can be considered sexual harassment whether it is directed at persons of the same or opposite sex.
- This harassment interferes with a student's ability to participate in and benefit from the educational process and/or school activities, thus creating a *hostile, offensive or intimidating* school environment.

Center Against Domestic Violence
Relationship Abuse Prevention Program (R.A.P.P.)
Phone: (718) 254-9134 Safe Horizon Hotline: (800) 621-HOPE



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Sexual Harassment Scenarios

Read the scenarios below. Decide if they describe sexual harassment/abuse. Circle "yes", "no" or "unsure" for each example and then explain your answer.

1. Whenever Tamara enters the classroom, Mike comments on her large breasts. Tamara tells him to "shut up." She can hear Mike and his friends laughing about her in the background.

Yes

No

Unsure

2. Christy got into a fight with Kendra when she found out that Kendra kissed her boyfriend. Christy told every one in the sophomore class that Kendra is sleeping around. Now, other students are calling Kendra a "slut" and she is finding notes in her locker calling her a "stupid ho."

Yes

No

Unsure

3. Carlos and Missy are hanging out together in the lunchroom. Carlos begins to tell Missy that she is "fine" and that he wants to hook up with her. Missy thanks Carlos but tells him that she is not interested.

Yes

No

Unsure

4. Rosa and Tony are at a party and begin to fool around. Tony begins to remove Rosa's shirt, but Rosa stops him. She tells Tony that she is drunk and not ready to go any further. Tony tells Rosa that she is "messed up" for teasing him; that she's been leading him on all night. Rosa tells Tony that she still doesn't feel right; Tony continues to remove her shirt as he tells her not to worry.

Yes

No

Unsure

5. Melody is walking down the hallway when three male students approach her. One corners her and tells her that she is "looking good today" while the other two stand by laughing. When Melody tries to walk away, the student blocks her saying, "C'mon now, don't leave me, sweetie." Melody pushes his arm away and begins to quickly walk away. She can hear the three boys laughing and talking about her body as she leaves.

Yes

No

Unsure



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Tips for Teens*

What girls can do to avoid acquaintance rape

Most rapes are committed by friends, dating partners or other acquaintances of the victim. Acquaintance rape is any forced, manipulated or coerced sexual contact by someone you know. Here are some simple steps you can take to reduce your chances of becoming a victim of date or acquaintance rape.

- **Know your sexual limits and state them clearly.** Decide before you go out with someone whether or not you want to have sexual contact with them. Although it can be awkward, use assertive words to convey what you want or don't want.
- **Avoid alcohol and drugs.** They are involved in a majority of acquaintance rape cases. When you are drunk or high, you are more vulnerable and less able to make good judgements about your safety. Acquaintance rapists often use drugs or alcohol as an excuse to get "out of control."
- **Be aware of your surroundings.** Sexual assault most often occurs in the victim's home or the offender's home or car. Meet your dates in public places and be responsible for your own transportation.
- **Be aware that your nonverbal actions may send messages that you do not intend to send.** No one ever asks to be raped and rape is never the victim's fault. Unfortunately, sometimes people think that a female is "asking for it" by the way she dress, dances or behaves. Sometimes people take flirting or kissing as a message that people want sex, no matter what they say.
- **Make a plan for prevention with your friends.** Talk about what you would do in different dangerous situations so you are prepared. Go out together, look out for each other and make sure you leave together.
- **Trust your intuition.** If you feel afraid, say so, and get out of the situation. Don't worry about being polite, looking stupid or hurting someone's feelings.
- **Be aware that nothing you do is a guarantee against sexual assault.** If you are assaulted, get help. Call a rape crisis hotline, get medical attention, talk to someone you trust and remember it is not your fault.

* Developed by Kerry Moles



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An Acquaintance Rape Scene

John and Tasha, both 17, live in a group home. One weekend, while they are both on home visits, John invites a few of the girls from the group home to a party that his older brother is having. Tasha, who has a crush on John, goes with two of the other girls. Tasha is dressed in a short skirt and a tight, low-cut shirt.

There's a lot of drinking at the party, and while Tasha doesn't usually like to drink, she doesn't want to look uncool. She also wants to impress John, who has been drinking, so she joins in. Both John and Tasha wind up pretty drunk. John and Tasha dance and flirt during the party, and he invites her upstairs to see his brother's room. She goes, and they begin fooling around. She enjoys the attention, but when he starts to pull up her skirt, she pushes his hand away. When he persists, she tells him, "I don't want to." He ignores her protests and forces her to have sexual intercourse. The next day she calls the police and decides to press charges against John.

Discussion:

- Debate:
 - Argue Tasha's point of view
 - Argue John's point of view
- What kind of "mixed signals" are being sent/received?
- What kind of assumptions are being made?
- As a staff member at this group home/agency, is there anything you could have done to help prevent this? How would you handle the situation after the fact? What kind of special considerations would you take into account because of the fact that these two teens are in foster care?
- As a friend of Tasha's, is there anything you could have done to help prevent this? What can you do to help afterwards?



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Rape Trauma Syndrome

Every rape victim is unique in the way s/he copes with rape, but this is a guideline to reactions the victims are likely to experience. These reactions are all normal responses to trauma.

Acute Reaction

- Shock, disbelief, anxiety, fear of repeated rape, fear of not being believed, guilt, shame, helplessness.
- Expressing feelings or masking feelings
- Behaving in a very calm, subdued manner.
- Going over and over the event in his/her mind
- Thinking about what s/he could have done differently.
- Insomnia, nightmares, eating disorders, physical aches and pains.

Outward Adjustment

- Wishes to get back to ordinary life
- Returns to school/work/regular activities
- Appears to have adjusted but inwardly is still preoccupied with the rape
- Denies feelings

Resolution

- May be depressed, need to talk, angry at assailant, self, society
- The survivor integrates the rape with the rest of his/her life and with his/her self
- May have flashbacks and nightmares triggered by external events



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Let's Take a Look at the Media....

1. When you watch TV, movies, or listen to music, what messages do you see about sex, love, and relationships?

2. How do you think this affects the way we treat each other in our relationships?

3. Does the media represent men and women in the same way? If not, what are the differences?

4. What are the potential consequences of this?



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Center Against Domestic Violence

Myth or Fact

Read the statements below and write either 'Myth' or 'Fact' in the spaces provided.

1. _____ Most rapes are committed by strangers.
2. _____ A girl who was raped, "deserved" it, if she agreed to go to a boy's house or got into his car.
3. _____ A woman can be raped by her husband.
4. _____ People who don't fight back aren't really getting raped.
5. _____ A girl is "asking for it," if she wears revealing or tight clothing.
6. _____ Rapists rape because of uncontrollable sexual desire.
7. _____ A girl can't be raped by her boyfriend because she has had sex with him before.
8. _____ Sometimes "no" doesn't really mean "no."
9. _____ Only women can be raped.
10. _____ Teenagers are at a greater risk of being raped than the general population.

If you would like more information, have any questions or need to talk about the material discussed today, please see _____, R.A.P.P. Coordinator, in Room _____ Mondays-Thursdays. Or call RAINN (Rape Abuse Incest National Network) at: 1-800-656-HOPE.

ANSWER KEY: 1. Myth, 2. Myth, 3. Fact, 4. Myth, 5. Myth, 6. Myth, 7. Myth, 8. Myth, 9. Myth, 10. Fact



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Teen Role Play: A good time or date rape?

This role-play was developed by the Youth Leadership Council of the Community Opportunity Center of the Tarrytowns, 1997-98, under the advisement of Kerry Moles. It may be adapted to only two or three male characters by combining the dialogue of two characters into one.

Characters:

1. Keira
2. Julie
3. Jason
4. Johnny
5. Tony
6. Eric

Stage right: Julie is sitting on a bench outside of school. Keira enters, her head hanging low, looking sad and deep in thought. She doesn't see Julie at first.

Julie: Hey girl, what's goin' on?

Keira: *(startled at first, then sees Julie and sits down, still looking sad and pensive)* Oh, nothin'.

Julie: So, tell me everything!

Keira: What?

Julie: About your big date last night!

Keira: Oh...yeah... *(hesitating)*

Julie: Where did you and Jason go?

Keira: Oh, we went to that new restaurant, Davio's.

Julie: Wow- I heard that place is mad expensive!

Keira: Yeah... it was nice, I guess.

Julie: What did you have?

Keira: We had some steaks, and he ordered a bottle of wine, they didn't even ask to see i.d.

Julie: Sounds romantic...

Keira: Yeah. I guess...

Julie: What- you sound like you weren't into it! I thought you totally had the hots for him!

Keira: Well, yeah, I did...

Julie: But-?



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Keira: But- well, it was nice and all. After dinner we went back to his house. His parents weren't home.

Julie: (laughing) So what, he's a sloppy kisser?

Keira: No- he was a good kisser. At first. But then...(trails off)

Julie: What?

Keira: Nothing.

Julie: What? Tell me!

Keira: Well, we were kissing and everything, and- I was into it at first, we were messin' around. I was pretty tipsy.

Julie: Yeah?

Keira: And then- well, all the sudden he was getting out of control. He started pushing up my dress and started taking his pants off! He was going way too fast, it was weird- he was so different. I mean, I liked him and all but I didn't even want to have sex with him, it was our first date!

Julie: Oh no... so you left him cold, huh?

Keira is silent, looking down

Julie: What? What's wrong?

Keira: Well I tried to- I told him to stop, I tried to push him off of me.

Julie: (concerned now) And...?

Keira: He wouldn't listen to me.

Julie: What do you mean he wouldn't listen to you?

Keira: Well he just kept kissing me really hard, and he was on top of me, he's so much heavier than me, I couldn't move him. He just kept saying, "don't worry, it's OK." He said he wouldn't tell anyone.

Julie: Wouldn't tell anyone what? Keira, what happened? Did he hurt you?

Keira: Sort of, I mean- he just did it anyway, he wouldn't listen to me. We had sex, I didn't want to, but he wouldn't listen.

Julie: Keira, you're telling me that he raped you?

Keira: (looks confused) Rape? I mean it's not like he jumped out of a dark alley and beat me up. We were out together, we were fooling around...

Julie: But he forced you to have sex? You told him no, and he forced you anyway?

Keira: (looking down) Yeah.

Julie: That's rape, Keira. He raped you.

(Scene freezes)



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Stage Left: Johnny, Eric and Tony are in the school locker room talking. Jason walks in, everyone exchanges greetings and Jason sits down.

Tony: So Jason, tell us all about the big date with Keira!

Eric: Yeah, how was it?

Jason: It was cool.

John: Did the expensive restaurant impress her?

Jason: Yeah, it did.

Tony: You must have dropped mad loot on her!

Jason: Yeah. Had some good, juicy steaks, polished off a bottle of wine...

John: Aaiaiaiaight!

Tony: Good strategy, the wine loosened her up a little, huh? *(laughing)* Then what?

Jason: We went back to my place.

Tony: That's right, your parents are out of town!

Jason: No doubt. And they left the liquor cabinet full for me!

John: So you got her good and wasted... and that's when you hit it? *(Everyone laughs)*

Jason: Yeah, kid! *(High 5)*

Tony: Word? You had sex?

Jason: Well, when you got it you got it.

Eric: Stop playin'- Keira ain't like that, she would never give it up on the first date!

Jason: Yeah, all the girls want you to think that. I didn't say I didn't have to do little convincing... But she broke down.

John: Besides, after laying down all that cash, she better make it worth his while!

Eric: *(Annoyed)* Shut up, Johnny. *(Turns to Jason)* What do you mean she broke down?

Jason: You know...I just wouldn't take no for an answer. *(Smiling proudly)*

Eric: Did she *say* no....

Jason: Of course, but you know how girls are... they want to be persuaded...so they don't have to feel guilty about it.

Tony: Yeah, no means maybe... *(laughing)*

Eric: J, seriously. If a girl says no, you should respect her.

Jason: Relax, man... I still respected her in the morning! *(laughing)*

John: Really Eric, she wouldn't have gone there if she didn't want to...



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Eric: Maybe she just wanted to chill, have some fun-

Jason: She had fun all right. I'm gonna see if she wants to come over again tonight.

Scene freezes.

Discussion Questions:

- Was this rape? Why or why not?
- Why do Keira and Jason have such different versions of what happened?
- If this is rape, do you think it's possible that Jason doesn't realize he's committed rape?
- Does Keira think of this as rape in the beginning of the scene? Why not?
- How did the roles of Jason's friends contribute to this situation?
- What about Eric- how did he react differently from the others? Do you think it's easy for a guy to speak up like this rather than going along with the other guys? What risk is he taking?
- How has alcohol contributed to this situation?
- How did Jason and his friends justify what Jason did? (Discuss each of the following):
 - ▶ The fact that Jason spent a lot of money on Keira
 - ▶ The idea that girls who say "no" really just want to be persuaded, so they don't have to feel guilty.
 - ▶ The idea that Keira went to Jason's house so she must have wanted to have sex.



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Is My Relationship Healthy?¹

A healthy relationship should ALWAYS include the following:

RESPECT means acting in ways that show you value your partner. You listen to his/her ideas even when they are different than yours. You care about his/her feelings, and try not to hurt him/her in any way.

SPACE for YOU, a ME, AND an US. This means that you don't feel pressured to spend all of your time together.

UNDERSTANDING means that you think about your partner's feelings and you care about how your behavior might affect him/her. You accept the differences between you.

COMMUNICATION is the key to any relationship. You can tell your partner what you need or how you feel. You feel safe expressing your opinions, thoughts and feelings about things.

SAFETY. If you are not happy in the relationship and want to end it, you are safe to do so. You NEVER feel threatened or at risk of danger in your relationship.

The following list includes different things that may be important in a romantic relationship. Rate each one from 1-4 based on how important it is to YOU...

1=very important, 2=important, 3=kind of important, 4=not important at all

COMMUNICATION	1	2	3	4
WHAT YOUR FAMILY THINKS	1	2	3	4
WHAT YOUR FRIENDS THINK	1	2	3	4
HONESTY/TRUST	1	2	3	4
GOOD LOOKS	1	2	3	4
HAVING FUN TOGETHER	1	2	3	4

¹Planned Parenthood of New York City



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PARTNER POPULARITY	1	2	3	4
SPENDING TIME TOGETHER	1	2	3	4
EMOTIONAL SUPPORT	1	2	3	4
SEX	1	2	3	4
UNDERSTANDING	1	2	3	4
CARING ABOUT EACH OTHER'S FEELINGS	1	2	3	4
HAVING TIME APART	1	2	3	4
BEING FAITHFUL	1	2	3	4
SHARING THE SAME INTERESTS/VALUES	1	2	3	4

Look at your list and choose the things MOST important to you (#1's). Which things aren't important (#4's).



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What If My Relationship Is Not Healthy?

Couples should have the opportunity to share feelings and thoughts and to communicate with each other in a healthy and respectful way. But not all relationships are like this.

Relationship abuse is when a person uses power to control his/her partner. Sometimes abuse is obvious, like physical violence that causes cuts or bruises. Sometimes it's not so obvious. There are some more subtle forms of abuse, including verbal and emotional abuse. Ask yourself the following questions:

IS MY BOYFRIEND/GIRLFRIEND:

- ☐ Jealous and possessive?
- ☐ Controlling and bossy?
- ☐ Quick tempered, with a history of fighting?
- ☐ Violent toward me and/or other people?

DOES MY BOYFRIEND/GIRLFRIEND:

- ☐ Give me orders and make all of the decisions?
- ☐ Check up on me all the time?
- ☐ Refuse to "allow me" to hang out with my friends?
- ☐ Try to humiliate me?
- ☐ Call me names and insult me?
- ☐ Blame me for everything he/she does, saying I caused it?
- ☐ Force me to have sex when I don't want to or without protection?

HAS MY BOYFRIEND/GIRLFRIEND:

- ☐ Threatened to commit suicide if I leave the relationship or don't do what he/she wants?
- ☐ Attempted suicide and blamed me?
- ☐ Harassed or threatened me, or a former dating partner?
- ☐ Refused to accept that the relationship isn't working or is over?

If you checked any of these boxes your relationship may be abusive and it is important to get help.

Abuse does not stop or go away by itself. It typically gets worse over time. An abusive relationship can be extremely dangerous. It can get in the way of your goals. It can make you feel alone and scared. It can destroy your self-esteem.

WHERE CAN I GO FOR THE HELP?

Contact the RAPP Coordinator _____ in Room _____.

Adapted from Kerry Moles. Teen Relationship Workbook. Page 5.



RAPP is a program of the Center Against Domestic Violence. For more information call (718) 254 - 9134 or contact the RAPP Coordinator in your school.

Is This Love that I'm Feeling?

Love is....

Responsibility
Work
Pleasurable
Commitment
Caring
Respect
Honesty
Consensual sex
Communication
Closeness
Recognizing differences
Friendship
Fun
Equality
Trust
Faith
Saying "I love you"

Love isn't....

Jealousy
Possession
Pain
Violence
Forced sex
Scoring
Obsession
Cruelty
Loneliness
Dependency
Losing your identity
Intimidation
Fear
Dishonesty
Control
Cheating
Just saying "I love you"



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Worksheet: What to do?

1. If you just found out that your partner cheated on you...

a. How would you *feel*? _____

b. What would you *do* first to deal with this situation? _____

c. What would you *say first* to your partner? _____

d. What might your partner *say back*? _____

e. What would you *say next*? _____

2. If your partner kept calling to check on your whereabouts...

a. How would you *feel*? _____

b. What would you *do* first to deal with this situation? _____

c. What would you *say first* to your partner? _____

d. What might your partner *say back*? _____

e. What would you *say next*? _____



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Making my own decisions

Many teens pattern their relationships after those of their parents or role models: You don't have to. You can decide what relationships are healthy for you. You can choose your own relationship values.

1. What relationship values have you learned from your role models that you want to keep?

2. What relationship values have you learned from your role models that you don't want to keep?

3. What relationship values have you developed on your own and plan to live with?

4. What values have you seen or experienced that you believe are unhealthy and plan to reject?

For further information contact your RAPP Coordinator, _____
in Room _____.

Adapted for Choosing My Relationship Value, "The Teen Relationship Workbook" pg. 56



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RAPP Tips for Safe Dating!

Whether you have just met someone special or have been in a serious relationship for years, read these tips on how to have fun and at the same time deal with fears. You should read this if you are single, too, because someday cupid will also find you!

- Get to know things about a person before you go out - what were their past relationships like?
- On a first date, especially if you don't know the person that well, go to a crowded place or go with a group. Always tell someone where you are going!
- Bring your own money on dates, even if the other person is treating. You may need money for a call or ride home.
- If you have a cell phone, fully charge it and take it with you. Keep it on during the date.
- Don't drink or do drugs during the date - it can interfere with your judgement.
- At a party, get your own drinks and watch your drink at all times. If you walk away from your drink, don't pick it up after you return but order another. Don't drink anything if it tastes strange.
- Have fun, but don't do anything you don't feel like doing. Trust your instincts: Be honest with yourself and your partner. End the date if it is not going well.

For more tips or for help with a relationship, see your RAPP Coordinator in Room _____ or call the NYC Domestic Violence Hotline, 1-800-621-HOPE (24 Hrs.)



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How Can I Help My Friend?

Seeing someone you care about in a violent relationship is hard. You may want to help, but don't know what you say or do. You may be afraid to get involved in someone else's business. Here's some information about how to help.

- 1 **SAY SOMETHING.** People who are being hurt in a relationship often feel alone, like they can't talk to anyone. They may think that the abuse is their fault, or that they deserve it. Let your friend know that you are there, you're willing to listen and you're not going to judge.
- 2 **SUPPORT, BELIEVE.** Support your friend by making it clear that the abuse is not deserved, and is not his /her fault. Recognize that there are **MANY** reasons why your friend may not be ready to leave the relationship. Let her/him know that you will be there regardless.
- 3 **TAKE ACTION.** Your friend might tell you about the abuse only if you promise to keep it a secret. Violence and abuse are not problems to be kept secret. Help your friend find and talk to a supportive adult. Go with your friend to talk to this person. Provide your friend with numbers of support lines and crisis hotlines.



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