

EDUCATOR GUIDE

HEALTHY TEEN RELATIONSHIPS

Why should School Educators start talking to students about dating abuse?

- 72% of 7th graders report they are dating
- ONE in THREE teens report experiencing dating abuse
- Most never tell
- Decrease in grades & attendance
- Binge drinking
- Attempted suicide
- Engage in physical fighting
- A greater likelihood of teen pregnancy

What is dating abuse?

The physical, sexual, digital, verbal, psychological/emotional abuse within a dating relationship, as well as stalking. It can occur in person or electronically and may occur between a current or former dating partner.

Educators are often unaware that teens are experiencing dating abuse.

EDUCATOR CHECK LIST

- ✓ Decrease in grades & attendance
- ✓ Depression or anxiety
- ✓ Stops activities they enjoy
- ✓ Dating partner is extremely jealous and possessive
- ✓ Dressing differently
- ✓ Stops spending time with friends



START A CONVERSATION

QUESTION STARTERS . . .

- ❖ How are things going?
- ❖ What are your friends' dating relationships like?
- ❖ Why do you think someone would abuse someone they loved?
- ❖ Why would a person stay in an abusive relationship?
- ❖ How do you know a relationship is healthy?
- ❖ What could you do if one of your friends is being abused by their dating partner?
- ❖ How is your relationship going?

Strategies that promote healthy relationships are vital. School-based programs change norms, improve problem-solving, and address dating violence.

FOUR STEP APPROACH

One: Get the Facts Understand dating abuse and its consequences. Identify the factors that place teens at risk for dating violence and how to identify abusive relationships.

Two: Talk About Healthy Relationships Communicate with teens about the importance of healthy relationships. Understand how this is in alignment with Restorative Approach.

Three: Speak Out Ask your school, parent groups, and community organizers to help raise awareness.

Four: School & Community Resources Understand school policy and the referral process. Connect with community resources to strengthen protective factors.



REFERRAL SUPPORT & HELP

GOALS

- Identify and avoid abusive relationships
- Recognize harm caused by unhealthy relationships
- Identify and practice healthy relationship skills
- Empower teens to ask for help

PROGRAMMING

- ❖ School Assembly
- ❖ 6-week workshop
- ❖ Staff training
- ❖ Parent workshop
- ❖ Print-ready Outreach Materials
- ❖ Evaluation

REFERRAL

COMMUNITY COUNSELING CENTER

A place for learning. A place for healing.

OFFERING INDIVIDUAL AND GROUP COUNSELING

- Anger Management for Teens
- Conflict Resolution and Healthy Relationships
- Sliding scale

CONTACT: Patricia Cooper, MFT

Phone: 805- 962-3363 Ext. 2

923 Olive Street, Suite 1, Santa Barbara, Ca 93101

W: csecsb.org

ANGER MANAGEMENT SPECIALISTS

Helping people cultivate healthy relationships

OFFERING INDIVIDUAL, COUPLE, FAMILY AND GROUP COUNSELING

- Anger Management / Emotional Regulation
- Complex and acute trauma
- Sliding scale

CONTACT: Will Gale, MACP

Phone: [805-845-2900](tel:805-845-2900)

16 W. Mission Street, Suite T, Santa Barbara, CA 93105

W: amspecialists.org

SUPPORT AND HELP

*** TEXT "Listen" to 741741**

***NATIONAL DATING ABUSE HELPLINE 1-866-331-9474**

24 HOUR CRISIS-LINE 805-964-5245

***Domestic Violence Solutions for Santa Barbara County**

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Inspiring healthy relationships