Lorain County Safe Harbor

Empower & Inspire

UNDERSTANDING DATING VIOLENCE & HEALTHY RELATIONSHIPS





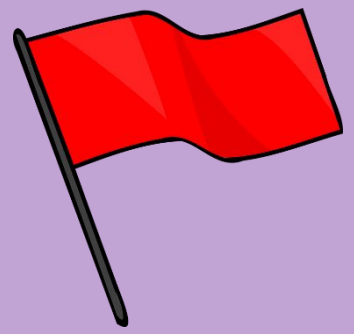
AGENDA

- Review
  - TDV Definition
  - Red Flags
  - Types of Abuse
- Safety Planning
- What is a Healthy Relationship?
- Boundaries
- Green Flags
- How to Support Friends
- Resources

What is Teen Dating Violence? (TDV)

Domestic violence is a **pattern** of abusive and coercive behaviors, including physical, sexual, and psychological attacks, as well as economic coercion, that adults and teens use against their partners. This is also referred to as **intimate partner violence**.

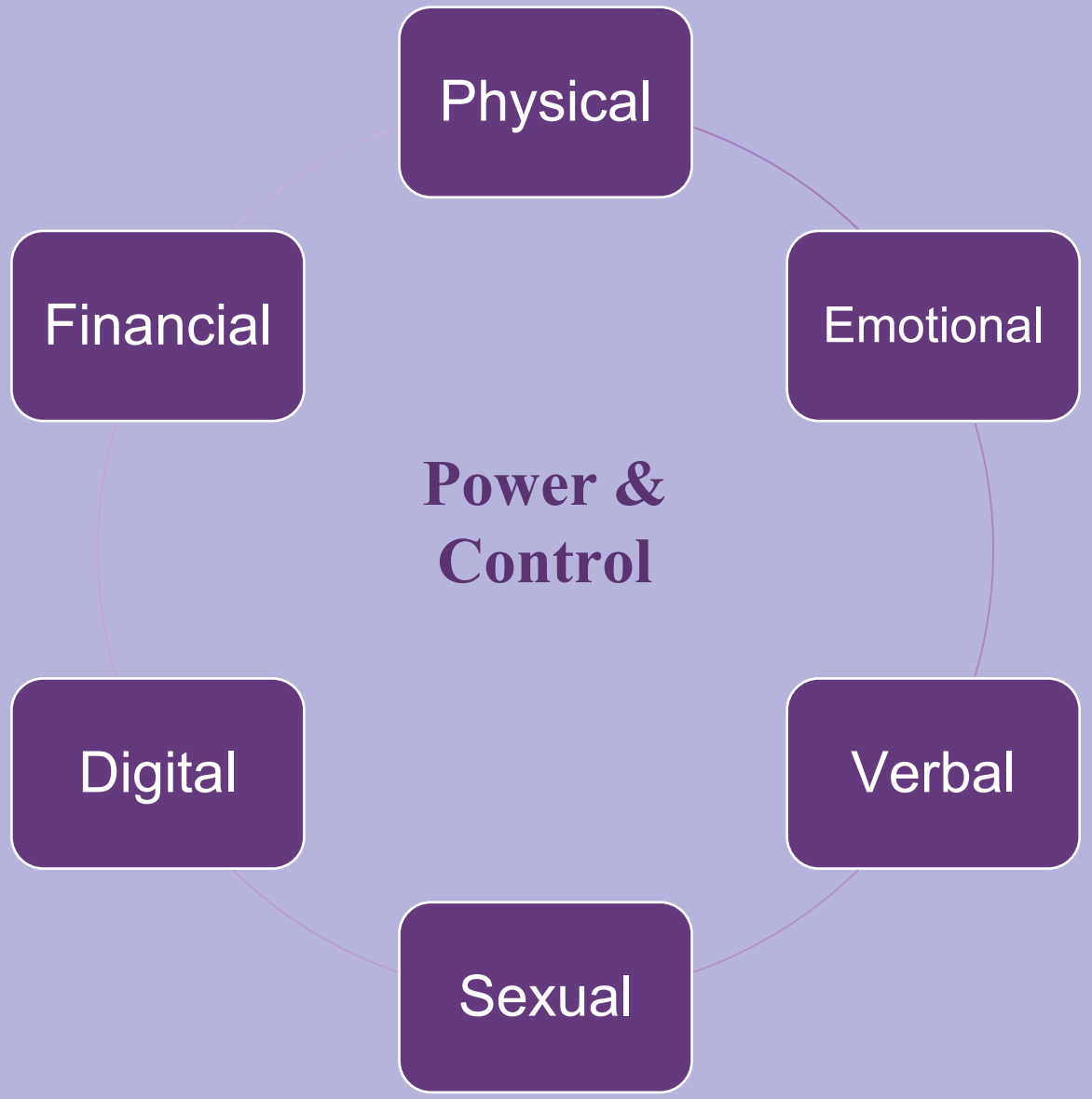
Abusive behaviors are used by the offender to **establish and maintain power and control** over their intimate partner or family member.



Red Flags of an Abusive Person

- Isolation
- Controlling & Demanding Behaviors
- Jealously
- Monitoring & Surveillance
- Verbal Abuse
- Love Bombing

Types of Relationship Abuse



Safety Planning for Teens in a Violent Relationship

A **safety plan is a simple, personal guide to help you stay safe if you are in an unhealthy or abusive relationship. It's all about knowing what to do and who to go to when you feel unsafe, so you can protect yourself quickly and easily**

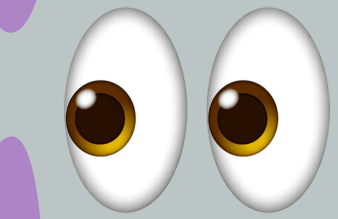
Steps of a Safety Plan

- Identify trusted friends and supports
- Plan for communication
- Identify safe places to go
- Set boundaries
- Trust your instincts
- Make an exit strategy
- Document and report instances of abuse



What Does a Healthy Relationship Look Like?

In a healthy relationship both partners are **equal** and free to make their own decisions. There is mutual **trust** and **respect** as well as **lack of judgement**. These relationships progress at a pace that is **comfortable** for both partners. Healthy relationships also include supporting one another, communicating openly, and being mindful of **boundaries**.



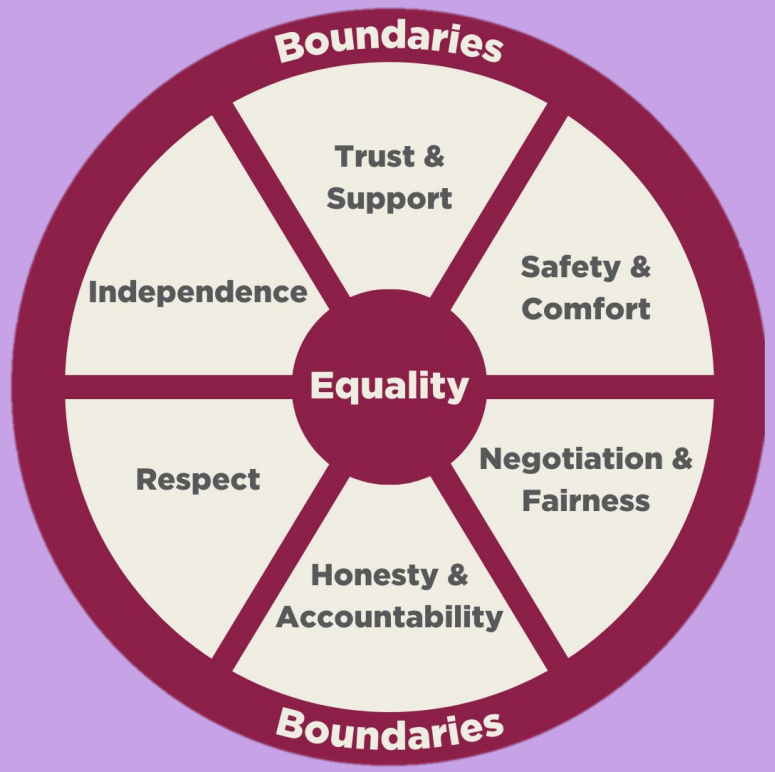


EQUAL POWER THROUGH COMMUNICATION

- **S**tay Calm
- **A**sk Questions
- **F**ind out Feelings
- **E**xchange Ideas for a Possible Solution

- Use calming strategies to feel cool and collected
- Ask honest and open questions to better understand the situation and not jump to conclusions
- Express your feeling in an honest and specific way and use “I feel” statements
  - I feel upset/hurt/disrespected when...
- Talk about a solution that works best for BOTH people in the relationship

BOUNDARIES



- **Limits** we set to protect our physical, mental, and emotional wellbeing or safety
- Defines treatment that **is** and is **not** acceptable in your life and your relationships
- Boundaries are **actions** you will take if your limits are not being respected
    - They are not rules for others
- Boundaries help us to understand what we are and are not comfortable with

HOW TO SET BOUNDARIES



- **Take some time to sit with yourself and define your boundaries**
  - Not always easy, but necessary
  - Process what your limits are
- **Find an appropriate time to have the conversation with your partner**
  - A time when you can both be fully present
- **Voice your boundaries to your partner**
  - Your voice matters!
- **Be clear and direct when discussing your limits**
    - Stay calm
- **Identify the actions you will take if your boundaries are crossed**
  - Leaving the room, ending the conversation, etc.
- **Always enforce your boundaries!**

WHAT TO SAY

Ways to clearly communicate boundaries to your partner or to any other individual you have a relationship with



This is not a topic I am willing to discuss right now.

I don't find those comments funny.

If you can't respect my space, I will have to leave.

I feel uncomfortable when you (action or behavior).

I want to help, but I do not have the emotional capacity right now.

I do not have the energy/time to help with this right now, see if (resource) can help.

I need some alone time after school.

I respect your opinion, but please do not force it on me.

Safe Dating Habits and Green Flags

Be assertive	Trust & respect both ways	Thoughts can be expressed openly	Things aren't rushed	Mutual consent
Trust your instincts	Use social media cautiously	Have & respect boundaries	Equality	Space & privacy are your RIGHT
	Honesty & open communication	Support personal growth	Discuss disagreements peacefully	

HOW TO BE A SUPPORT FOR OTHERS AND YOURSELF

- Supporting Friends on Their Terms
- Respecting Boundaries and Decisions
- Empowering, Not Shaming
- Make a Safety Plan
- Offer Resources
- Your Personal Support System
- Self Check-Ins and Self-Care
- Set Firm Emotional Boundaries
- Stay Educated on Red Flags
- Practice Self-Awareness

RESOURCES

Local Resources:

Lorain County Safe Harbor – Domestic Violence
genesishouseshelter.org
(440) 244-1853 x1

Family Planning – Sexual Health
www.familyplanningservices.org
(440) 322-7526

Riveon Mental Health & Recovery – Rape Crisis and Sexual Assault Services
(440) 233-7232
988 for Suicide & Crisis Lifeline

Digital Resources:

Love is Respect – Teen Dating Violence
https://www.loveisrespect.org/
Text LOVEIS to 22522

RAINN – National Sexual Assault Hotline
https://rainn.org/
800-656-HOPE (4673)

The Hotline – DV & *Interactive Safety Plan*
https://www.thehotline.org/
1-800-799-SAFE (7233)
Text START to 88788

Thank You!

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