

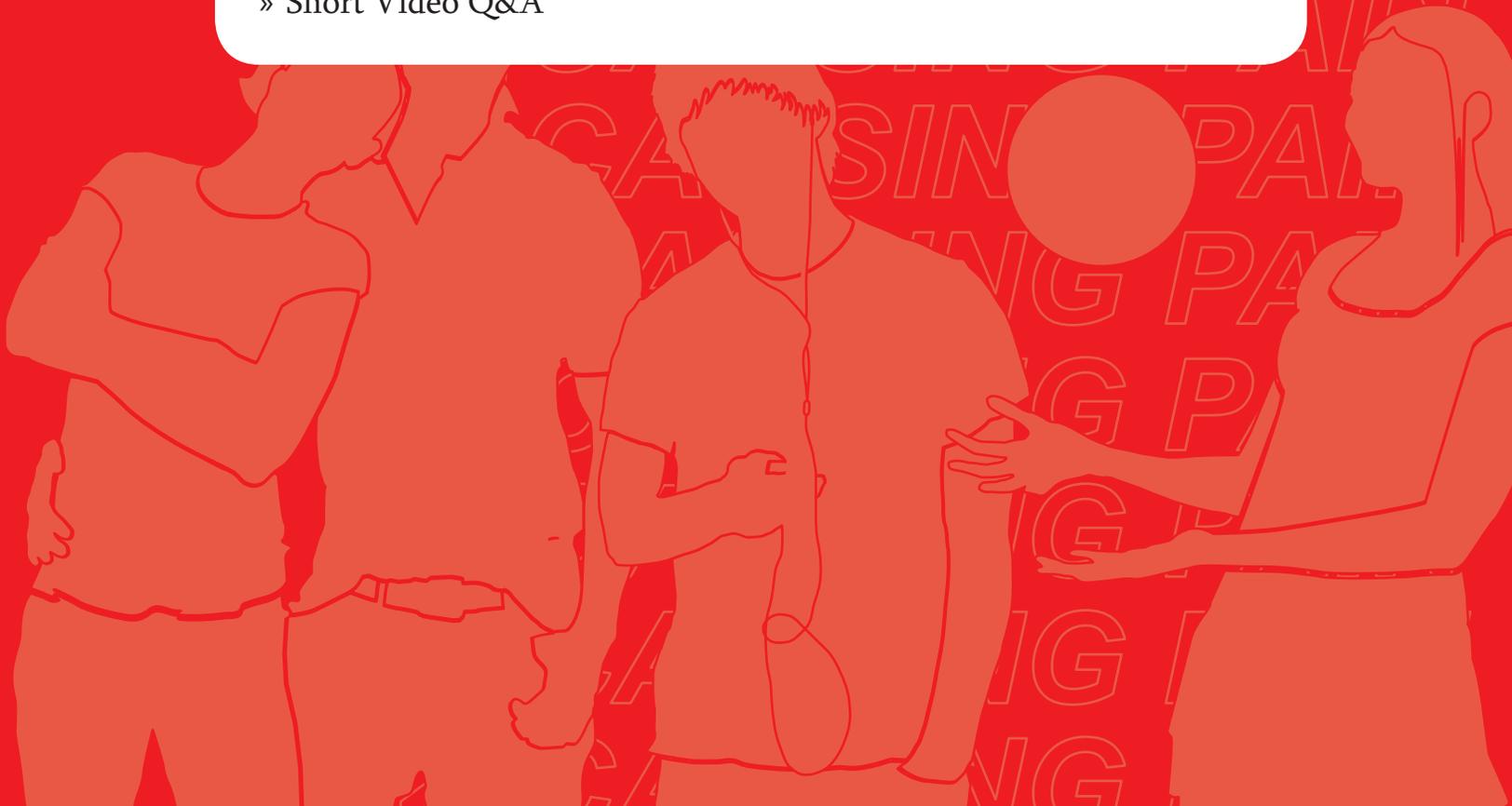
CHOOSE

RESPECT

Appendix A

Background Information for Discussion

- » Dating Abuse Fact Sheet
- » Healthy Versus Unhealthy Relationships
- » Choose Respect Overview
- » Developing Healthy Relationships: A Role for Youth
- » Developing Healthy Relationships: A Role for Adults
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- » Format B Discussion Questions
- » The Dos of Talking About Healthy Relationships
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CHOOSE RESPECT

Dating Abuse Fact Sheet



The Facts

Young people and adults often don't know how regularly dating abuse occurs.

- » One in 11 young people reports being a victim of physical dating abuse.³
- » One in four young people reports verbal, physical, emotional, or sexual abuse each year.^{4, 5}
- » One in five young people reports being a victim of emotional abuse.⁶
- » One in five high school girls has been physically or sexually abused by a dating partner.⁷
- » Dating abuse occurs more frequently among black students (13.9%) than among Hispanic (9.3%) or white (7.0%) students.⁸
- » Seventy-two percent of eighth and ninth graders reportedly "date."⁹ By the time they are in high school, 54% of students report dating abuse among their peers.¹⁰



The Risks

Young people and adults often don't make the link between dating abuse and poor health.

- » Seventy percent of girls and 52% of boys who are abused report an injury from an abusive relationship.¹¹
- » Eight percent of boys and 9% of girls have been to an emergency room for an injury received from a dating partner.¹²
- » Victims of dating abuse are not only at greater risk for injury. They are also more likely to engage in binge drinking and suicide attempts. They are more likely to fight and engage in sexual activity.¹³
- » Rates of drug, alcohol, and tobacco use are more than twice as high in girls who report physical or sexual dating abuse than in girls who do not.¹⁴
- » Dating abuse is linked to unhealthy sexual behaviors that can lead to unwanted pregnancy, sexually transmitted diseases, and HIV infections.¹⁵
- » Abusive experiences may hurt normal development of a stable self-concept, self-esteem, and body image.¹⁶
- » Young people in abusive relationships often carry these unhealthy patterns into future relationships.¹⁷



Preventing Dating Abuse

Often dating abuse can be prevented by helping young people develop skills for healthy relationships.² Adolescence has been described as a "window of opportunity." This is a time for young people to prepare for future relationships by learning skills. These include negotiation, compromise, and conflict resolution.

- » Several studies suggest that young people do not see the negative effects of dating abuse in their friends' lives.¹⁸ Thirty-one percent of youth report having at least one friend who is in an abusive relationship.¹⁹



- » Acceptance of dating abuse among friends is one of the strongest links to future involvement in dating abuse.^{20, 21}
- » Young people often think unhealthy relationships are the norm. Most of the relationships seen on TV, in the movies, and in magazines are unrealistic or unhealthy.
- » Respect, good communication, and honesty are necessary for a healthy relationship. Young people who do not have this part down before they begin to date may have trouble forming healthy relationships with others.^{22, 23}
- » Choose Respect is a nationwide effort by the Centers for Disease Control and Prevention (CDC) to prevent dating abuse. It encourages young people to form healthy relationships before they even start to date.

For more information about Choose Respect, go to www.chooserespect.org.

For more information about CDC's work in dating abuse prevention, go to www.cdc.gov/injury.

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Healthy Versus Unhealthy Relationships

In our lives, we have many different kinds of relationships with our friends, parents, teachers, and boyfriends/girlfriends. Remember that in any relationship, both people may need to compromise and work through difficult issues. However, sometimes a relationship may make you feel uncomfortable or even unsafe. Keeping the following points in mind will help you figure out whether your relationship is healthy or unhealthy.

<i>Healthy Relationships</i>	<i>Unhealthy Relationships</i>
Equality: You make decisions together, like choosing what movie to see.	Control: One of you makes all the decisions and is very demanding, such as telling the other person what to do, wear, or who to hang out with.
Honesty: You can share your feelings, thoughts, concerns, and fears with each other.	Dishonesty: One of you tells lies or hides things from the other person. Or even steals the other person's things.
Physical safety: You feel safe, and you aren't afraid of getting hurt.	Physical abuse: One of you hits, slaps, grabs, or shoves the other person on purpose.
Respect: You treat your boyfriend/girlfriend like you want to be treated. You accept each other's opinions, friends, and interests and listen to each other.	Disrespect: One of you makes fun of the other person's opinions, looks, etc. There's no consideration for the other person's feelings and thoughts.
Comfort: You feel great being yourself. You're okay with saying, "I'm sorry."	Intimidation: One of you makes threats like "I'll break up with you if you..." One of you might be afraid to disagree with the other person.
Sexual respectfulness: You never force sexual activity or insist on doing something your boyfriend/girlfriend isn't comfortable with.	Sexual abuse: One of you uses pressure or force to engage in sexual activity when the other person does not want to.
Independence: You don't depend on the relationship to feel good about yourself. You have other friends and hobbies, and you feel you can end the relationship if you need to.	Dependence: One of you thinks, "I can't live without you." There may be threats to do something drastic if the relationship ends.
Humor: You have fun in the relationship! You laugh a lot together.	Hostility: One of you is just plain mean.

Choose Respect Overview

Choose Respect helps young people form healthy relationships to prevent dating abuse before it starts. This national effort is designed to help youth challenge harmful beliefs about dating abuse. It can help them take steps to form respectful relationships.

The Need

Unhealthy relationship behaviors can start early and last a lifetime. The Centers for Disease Control and Prevention (CDC) found that 1 in 11 youth reports being a victim of physical dating abuse. Even more startling, young people who report dating abuse also report other things. They talk about binge drinking, suicide attempts, physical fighting, and current sexual activity.

The Goal

Choose Respect encourages young people to actively form healthy, respectful relationships. Research for the initiative shows that most youth have positive, healthy attitudes about their relationships with others. Choose Respect seeks to keep these positive attitudes among young people as they get older and start dating.

- » It provides messages for youth, parents, caregivers, and teachers about establishing healthy and respectful relationships.
- » It creates opportunities for youth and communities to support healthy and respectful relationships.

The Audience

Choose Respect reaches out to young people aged 11–14. That’s when they’re still forming attitudes and beliefs. These will affect how they are treated and how they treat others. The initiative also connects with parents, teachers, youth leaders, and other helpful adults who influence the lives of young people.

Materials

Choose Respect messages are found in many places. They are in online games and learning tools, television and radio spots, streaming video clips, and clickable quizzes. These make young people think about choosing respect. This new mix of interactive learning tools also includes *Causing Pain: Real Stories of Dating Abuse and Violence*. This is a 30-minute video with stories of real youth who have experienced dating abuse. These tools are online at www.chooserespect.org.

Community Involvement

Throughout 2007, CDC worked with the Women’s National Basketball Association (WNBA). They took the message of respect to the nation’s young people. Other Choose Respect partners will create more educational opportunities to help young people and parents choose respect.

For more information about Choose Respect, go to www.chooserespect.org.



CHOOSE RESPECT

Developing Healthy Relationships: A Role for Youth

Healthy relationships are built on a foundation of respect. This means that both people can talk openly, honestly, and freely to each other—without feeling pressure to act or think in a certain way. People in healthy relationships give and take. They support each other, take turns making decisions, and talk things through to make sure both people are heard.



Choosing Respect

Healthy relationships are a choice. But to get respect you have to give it. Young people can start by learning key skills that will help them give and get respect in all their relationships.



- » **Controlling Anger:** Think before speaking, especially when angry. Take a deep breath or walk away until calmer. Never express anger through physical abuse. Be aware that anger can be a coverup for other emotions and look for the underlying reason.
- » **Problem Solving:** Break the problem down into manageable pieces. Identify possible solutions. Consider the likely outcome(s) for each possible solution.
- » **Negotiating and Compromising:** Look at problems objectively, acknowledging differing points of view. Strive to find “win-win” solutions. Realize that healthy relationships involve give and take on both sides.
- » **Being Assertive:** Be clear and open about feelings and expectations. Respect one’s own needs as well as those of others. Don’t confuse assertiveness with aggression. Aggression is an abusive way to express feelings and expectations. In contrast, assertiveness is an honest and courageous way to express oneself.
- » **Fighting Fair:** Recognize that all relationships have disagreements, but how a couple deals with conflict is important to the health of the relationship. Stick to the subject, avoid insults, and don’t bring up past hurts. Understand that it’s okay to excuse yourself and return to the discussion when calmer.
- » **Understanding:** Take a minute to understand what others might be feeling—put yourself in their shoes. It can improve your communication skills and help form healthy relationships.
- » **Listening:** Don’t just talk; listen. Keep the lines of communication open. Allow others to express their opinions without forcing yours on others to win an argument.
- » **Being a Role Model:** Take every opportunity to show respect for others. Help others to see where they agree and disagree. This will help everyone know how to choose respect.



By using these skills, young people choose respect—and choose to treat others the way they want to be treated.



For more information about Choose Respect, go to www.chooserespect.org.

Developing Healthy Relationships: A Role for Adults

Healthy relationships are built on a foundation of respect. This means that both people can talk openly, honestly, and freely to each other—without feeling pressure to act or think in a certain way. People in healthy relationships give and take. They support each other, take turns making decisions, and talk things through to make sure both people are heard.

Choosing Respect

Being a young person can be tough. Adolescence is a time when young people learn how to make decisions about relationships with their friends, family, and girlfriends or boyfriends. What they learn now about how to treat others will affect relationships throughout their lives. But young people can't do this by themselves. They need adults—parents, teachers, coaches, and others—to help them choose respect.

Did you know that 1 in 11 youth reports experiencing physical dating abuse? Even something as subtle as putting someone down or trying to change how someone dresses can be a sign of an unhealthy relationship. That's why adults need to talk to young people now about the importance of developing healthy, respectful relationships. Adults can start by helping teenagers learn some key skills that will help them give and get respect in any relationship they have.

- » **Controlling Anger:** Think before speaking, especially when angry. Take a deep breath or walk away until calmer. Never express anger through physical abuse. Be aware that anger can be a coverup for other emotions and look for the underlying reason.
- » **Problem Solving:** Break the problem down into manageable pieces. Identify possible solutions. Consider the likely outcome(s) for each possible solution.
- » **Negotiating and Compromising:** Look at problems objectively, acknowledging differing points of view. Strive to find “win-win” solutions. Realize that healthy relationships involve give and take on both sides.
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- » **Being a Role Model:** Take every opportunity to show respect for others. Help others to see where they agree and disagree. This will help everyone know how to choose respect.

For more information about Choose Respect, go to www.chooserespect.org.



Warning Signs



Warning signs of someone being abused:

- » Depression or loss of confidence
- » Loss of interest in activities and hobbies
- » Noticeable changes in eating or sleeping patterns
- » Worrying about making a dating partner angry or jealous
- » Excuses the dating partner's bad behavior
- » Isolation from family and friends
- » Spending too much time with a dating partner
- » Suspicious bruises or injuries
- » Alcohol or drug use



Warning signs of an abuser:

- » Insults made to a dating partner in public or private
- » Controlling behaviors (controlling how a dating partner dresses or acts, who he/she spends time with, checking in constantly)
- » Personal history of aggression, bullying, or having trouble controlling anger
- » Threats to hurt self or others
- » Damaging a dating partner's personal belongings
- » Extreme jealousy



For more information about Choose Respect, go to www.chooserespect.org.



Format A: Role Play Activities—Scenario 1



Friend A (boy): You and your friend used to hang out every day during lunch and sometimes after school. He started dating someone a few months ago, and you notice that your friend stopped hanging out with you. In fact, your friend doesn't spend much time with anyone but his girlfriend. When your friend hangs out with you, his girlfriend constantly calls. Tell your friend (Friend B) what you think about his relationship with his new girlfriend, including why you think his relationship is unhealthy.



Friend B (boy): You have been dating a new girl for a few months. At first you were excited because you've had a crush on her all year, but now you are feeling smothered in the relationship. You like hanging out with your friends, but your girlfriend gets mad and picks fights when you see them. You have wanted to tell your friend how you feel, but you didn't know how. After your friend voices his concerns about your new relationship, respond to him by telling him why you think your relationship with your girlfriend has become unhealthy.

Format A: Role Play Activities—Scenario 2



Friend A (girl): Your friend is a cheerleader now and has a few more friends than last year. You and she used to be good friends and spend a lot of time together, but now she also hangs out with the popular crowd. Recently, whenever you are around her and her new friends, she is mean to you and gives you the silent treatment. You don't think that she is being a respectful friend anymore. How does this change make you feel? Start the conversation with your friend by telling her how you feel about the change in your friendship.



Friend B (girl): You made the cheerleading squad and now the more popular girls are inviting you to hang out with them. Your new cheerleader friends don't know Friend A that well, so they don't talk to her when you invite her out with them. You have begun to ignore Friend A because you don't know how to stay friends with her and your new set of friends. Listen to your friend's concerns and react to your friend when she tells you how she feels about your friendship by deciding the best way to handle this situation.

Format A: Role Play Activities—Scenario 3



Classmate: You are standing in the parking lot of your school gym. You are on your way to the game, and everyone is rushing to get to the gym. You hear yelling in the parking lot a few feet away. Two classmates are pushing and shoving, arguing over their relationship. It is clear that the boyfriend is bullying his girlfriend. As a bystander, you feel obligated to help prevent dating abuse. Confront your classmates after you see them arguing.



Boyfriend: You just found out that your girlfriend cheated on you. You asked her about it, and she denied the rumors. Start this role play by acting like you are in an argument with your girlfriend, and push (GENTLY) her arm during the heated conversation. A bystander (Classmate) interrupts your argument, just as you were getting angrier. Positively react to your classmate who is trying to prevent you from talking to your girlfriend in a mean way.



Girlfriend: Your boyfriend starts the role play by confronting you about cheating on him, but you have told him before that it was just a rumor. He always accuses you of cheating and this makes you feel bad about yourself. This argument causes an embarrassing scene in the parking lot. Fortunately, a classmate interrupts your argument with your boyfriend. React to your boyfriend's accusations and the classmate's interruption.

The Dos of Talking About Healthy Relationships



Find the correct time and the place

Find the time and the place to talk with (not at) youth about healthy and unhealthy relationships away from phone calls and other interruptions. Do not wait until you have reasons to be concerned; it can make the difference between prevention and intervention.

Listen to what youth have to say.

Don't be afraid to ask them about their relationships, but be ready to listen. You can start from general to more specific. You might want to ask about some of their friends to start the discussion, and later get into their personal experiences. Abuse is a sensitive subject; build up trust if you do not have it already. You do not have to talk about the issue on the first try, but establish a pattern of personal, private conversations before you do.

Use “teachable moments” to start conversations.

Take advantage of movies, TV, video games, and current events—whatever engages youth—as spur-of-the-moment conversation starters. Take a longer route home from school, stay after practice, or go have some ice cream.

Pay attention!

Pay attention not only to the words but also to body language and what they are trying to say between the lines. If a youth is hanging around you more than usual, stop and pay attention—he or she might need someone to talk to or confide in. Sometimes he or she will tell you stories about someone else, just to bring up the subject and see how you react. Make sure to validate youth's feelings and help them find solutions to the issues they have identified. Do not act surprised or shocked. Instead, ask them:

- » How you feel about the story?
- » What do you think your friend should do?
- » What would you do if you were in your friend's position?

Be honest.

Keep it real and relevant—lectures don't work. Instead have a two-way conversation. Be ready to answer some questions about yourself and do so honestly. Acknowledge your mistakes and share the learning experiences, especially if the youth have witnessed abuse at home and you are one of the parents. Talk about how everyone deserves to be treated with respect. That is the minimum they could expect from anyone and the least they can offer. Remember, youth can learn from your mistakes, too.

Keep the conversation going.

Talking often will keep you up to date on youth's thoughts and activities. It will help you better understand pressures they face, their values, and prevent problems from occurring. Make sure to know their friends. Research shows that most youth in abusive relationships have friends who are also in abusive relationships or are violent.

For more information about Choose Respect, go to www.chooserespect.org.

Format B—Group Discussion Questions



GROUP 1

1. What are some examples of these categories of dating abuse?
2. In your opinion, is dating abuse a big deal or a concern with people you know?
3. How does dating abuse start?



GROUP 2

1. What unhealthy relationship behaviors that led to dating abuse did we see in the video?
2. Are these behaviors acceptable or unacceptable? If they are acceptable, are there feelings that justify someone acting this way during the relationship? If they are unacceptable, why?
3. How do you think victims of abuse feel?



GROUP 3

1. How can we recognize abuse? What are the warning signs from the characters' relationships?
2. What other warning signs can you think of that would make you realize that someone is in an unhealthy relationship?
3. What are warning signs that someone is the abuser?



GROUP 4

1. Why does abuse happen?
2. If someone you know is being abused, or if you were a friend of one of the video characters, what would you do to help? What would you say?
3. When your friend or someone you know is being abusive what can you do to help?



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Video Q&A



QUESTION:

Based on the video, what you may have seen in every day life, or on television, what is dating abuse?



ANSWERS:

Make sure responses include some examples of each type of abuse. Confirm their responses. Abuse is not only physical mistreatment, it is a pattern of behavior; something that happens repeatedly.

Dating abuse can include:



- Verbal abuse: yelling, name calling, put-downs
- Emotional abuse: gossiping or telling stories about a dating partner, making threats to hurt self or a dating partner, controlling how a dating partner dresses and/or acts, ignoring or giving someone the “silent treatment”
- Physical abuse: pinching, kicking, slapping, hitting, shoving
- Sexual abuse: unwanted touching, forcing someone into sexual activity against his/her will
- It may include some of all of these and it is a pattern of behavior, something that happens over and over



QUESTION:

What actions did you see in the video that were unhealthy?



ANSWERS:

- Putting him or her down
- Increasing demands for attention
- Controlling what the boyfriend or girlfriend wears and who he or she talks to or spends time with
- Isolating him or her from friends and family
- Discouraging study or work toward good grades
- Threatening to break up
- Shouting or pushing
- Making direct or indirect threats
- Physical abuse



QUESTION:

What are some signs that could help you tell if someone might be a victim of abuse? What did the characters in the video experience?

ANSWERS:

- Feel bad about themselves or have a poor self-image
- Constant calls and texts from a girlfriend/boyfriend
- Don't hang out with their friends as much as they used to
- Look depressed
- Drop in grades
- Lose interest in social activities that used to be enjoyable
- Make excuses for the behavior of the dating partner

QUESTION:

If you notice that someone you know is being abused, or if you were one of the video characters' friends, what would you do to help?

ANSWERS:

- Believe what the friends say. The risk of not believing someone who is being abused is too high—they could get hurt, even if you don't believe them.
- Listen without judging, blaming, or telling them to break up. Give them options of where they can seek help.
- Let them know that it is not their fault.
- Even if they think they did something wrong, no one has the right to insult, push, or hit them. There are correct ways to express anger, and abuse is not one of them.
- Help them think about someone they trust who might be able to help; this could be a parent or other adult; a pastor, priest, rabbi, or trusted youth group leader; a trusted friend; or older sibling. A young person who doesn't feel comfortable talking to his/her own parents may be able to talk with a friend's parents.

QUESTION:

What does respect mean to you? How does someone get and give respect?

ANSWERS:

Respect is a pattern of behavior that's found in healthy relationships.

People who respect each other:

- Are open and honest about feelings and expectations
- Try to put themselves in others' situations
- Give each other the benefit of the doubt
- When having a disagreement, take time to cool off, listen, and then talk things out
- Break down a problem into manageable pieces
- Look for win-win solutions
- Think before speaking or acting out in anger
- Show respect for others and expect the same in return