

CHOOSE

RESPECT

## Section One: How to Use the Guide

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### *Video Discussion Guide Components*

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The *Causing Pain: Real Stories of Dating Abuse and Violence* Video Discussion Guide is a tool to educate youth and adults about healthy and unhealthy relationships, help them recognize warning signs for dating abuse, and take steps to prevent dating abuse in their community.

Included in this package:

- » CD
  - Video Discussion Guide
  - PowerPoint slide show
  - Appendices
- » Video DVD, *Causing Pain: Real Stories of Dating Abuse and Violence*
  - 13-minute version for youth audiences
  - 30-minute version for adult audiences



# Section One: How to Use the Guide

## Video Discussion Guide Components

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## Video Discussion Guide Layout

Each page of the Video Discussion Guide is easy to use.

**Slides:**



**Newsprint:**



### Dating Abuse

The characters in the video discussed a very important and real topic that some youth experience—dating abuse.

**STATE:**

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

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.

**POWERPOINT SLIDES** (labeled with numbers) for Sections Two and Three appear on the left side of the page. The slides in this column serve as a map to guide your discussion and cue you to share information at the right time. These thumbnail sketches are identical to the PowerPoint slides (located on the accompanying CD) you will use in the presentation. The slides on the CD can be customized for your presentation, if needed.



This icon also serves as a cue that it is appropriate to advance to the next slide. Note that some slides require multiple clicks.

### NEWSPRINT:

(labeled with letters) throughout the document provide a visual aid to further explaining information. On an easel pad, Discussion Leaders should create all newsprints before the presentation. Be sure to leave enough room to write legible text on each newsprint. Leave extra sheets if needed.

## STATE :

Callout boxes contain detailed text that Discussion Leaders should say to participants. The “STATE” boxes also mirror the bulleted statements on the PowerPoint slides. Discussion Leaders can modify this text to fit their style, language, and audience, if desired.

ADDITIONAL TEXT throughout the guide serves as notes to the Discussion Leader to facilitate the presentation or activities included in the Video Discussion Guide.

## *Overview of Video Discussion Guide Sections*

As the Discussion Leader, review Section One for background knowledge. Begin your presentation to youth or adults with Section Two. Then choose a discussion format from Section Three based on your target audience and needs. If you want to do more with Choose Respect or the subject of dating abuse, read and present these activities located at the end of each Format. Discussion Leaders should use the tools and resources available to compliment the session.

### **Section One: Learn Background Information and How to Use the Guide**

Section One provides you with the facts about dating abuse and helps you prepare for your presentation. Included in Section One:

- » Overview of dating abuse in youth
- » Resources checklist
- » Guidelines for confidentiality and referrals
- » Helpful hints for promoting the session

### **Section Two: Introduce Choose Respect to Your Group**

Section Two guides you in presenting Choose Respect to a group. We show you how to:

- » Get things going with an icebreaker
- » Agree on ground rules for a discussion
- » Share the Choose Respect overview

### **Section Three: Discuss the Video and Dating Abuse**

Section Three gives participants a chance to talk about the characters in the video and the topic of dating abuse. Steps included in this section:

- » Share the video, *Causing Pain: Real Stories of Dating Abuse and Violence*
- » Talk about dating abuse, warning signs, and creating healthy relationships
- » Come up with activities to do in the community to promote Choose Respect





Format	Target Audience	Leader	Size of Group	Session Time
Format A	Youth, 11–14	Adult or youth age 15 and above with some skill and experience in group leadership	5–25 youth	2 hours
Format B	Youth, 11–14	Adult with skill and experience in group leadership	20–25 youth, divided into groups of 4	2 hours
Format C	Parents and/or other caring adults	Adult with skill and experience in group leadership	5–40 adults	2 hours
Format D	Youth, 11–14	Adult or youth age 15 and above with some skill and experience in group leadership	5–20 youth	1 hour
Format E	Parents and/or other caring adults	Adult with skill and experience in group leadership	5–20 adults	1 hour
Video Q&A	Youth, 11–14 Parents and adults	Adult or youth age 15 and above with some skill and experience in group leadership	5–20 youth or adults	30 minutes

Section Three provides five choices for a discussion format—the option you choose will depend on your group and the leaders who are available. Each format includes a complete script and instructions for the leader. At the end of each Format there are activities that give participants a chance to express themselves and show the information they learned to the group. This also gives participants ideas for doing more to promote the Choose Respect initiative in local communities. **Appendix A** also includes a 30-minute Video Q&A for shorter presentations.

### Section Four: Appendices

Distribute handouts located in **Appendix A** as indicated by Discussion Leader notes. A 30-minute Video Q&A for shorter presentations is also included in **Appendix A**. Use the checklists and other documents in **Appendix B** to promote the Choose Respect presentation section. At the end of Section Three allow 5 minutes for participants to complete evaluation forms located in **Appendix C** and return to you. There is also a “Trainer Self-Evaluation” for you to reflect and comment on your presentation.

#### Appendix A: Background Information for Leaders

- » 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
- » Warning Signs
- » Format A Role Play Activity Scenarios
- » The Dos of Talking About Healthy Relationships
- » Format B Group Questions
- » Short Video Q&A

## Appendix B: Promoting the Session

- » Sample E-Mail Invite
- » Sample Video Discussion Guide Talking Points
- » Sample Permission Slip
- » Session Flyer
- » “Got a Minute” Postcard
- » Sign-in Sheet for Youth
- » Sign-in Sheet for Adults

## Appendix C: Evaluation

- » Evaluation Form for Youth
- » Evaluation Form for Adults
- » Trainer Self-Evaluation

## *Background Information for Leaders*

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### Choose Respect Overview

Youth have relationships with their friends who are very important to them and many are looking forward to the time when they will begin dating. How they interact with their friends at a young age will most likely determine their dating and friendship relationship behavior as adults. The lessons youth learn about respect, healthy and unhealthy relationships, and what’s right or wrong will carry over into future relationships. As the leader of the discussion, you are in a position to influence youth—you can help them recognize their worth and develop the skills to make the right choices in their relationships.

The initiative is designed to encourage positive action by youth to form healthy, respectful relationships. Refer to **Appendix A** for the “Healthy Versus Unhealthy Relationships” document. Choose Respect supports positive attitudes among youth as they become young adults and enter dating relationships by:

- » Providing effective messages for youth, parents, and other caring adults that encourage them to choose to treat themselves and others with respect
- » Creating opportunities for youth and parents to learn about positive relationship behaviors
- » Increasing youths’ ability to recognize and prevent unhealthy, abusive relationships
- » Promoting ways for a variety of audiences to get information and other tools to prevent dating abuse

Refer to the “Choose Respect Overview” and “Healthy Versus Unhealthy Relationships” documents (located in **Appendix A: Background Information for Leaders**) for additional information. Feel free to make copies for participants’ use during or after the session. For more information on the Choose Respect initiative, go to [www.chooserespect.org](http://www.chooserespect.org).



## Dating Abuse in Youth

Dating abuse—which includes verbal, emotional, physical, and sexual abuse—can start early. It happens among people of any race, ethnicity, economic status, gender, sexual orientation, religion, or disability. While dating abuse may not be as prevalent among youth ages 11–14, name calling, shoving, and other verbal and low-level physical abuse may be a sign for more abuse later in life.

### The Numbers Behind Dating Abuse

- » One in eleven youth reports being a victim of physical dating abuse—that’s nearly 1.5 million high school students each year.
- » One in four youth reports verbal, physical, emotional, or sexual abuse each year.
- » One in five youth reports being a victim of emotional abuse.

Dating abuse acts as a roadblock to the healthy development of youth. Those who have been abused are more likely to:

- » Binge drink
- » Get into fights
- » Report current sexual activity
- » Get lower grades
- » Have low self-esteem
- » Be depressed
- » Commit suicide
- » Be victimized again
- » Abuse their future dating partners

It’s clear that dating abuse is a serious issue and needs attention. The good news is that dating abuse can be prevented by teaching youth how to develop healthy, respectful relationships before they start dating. Refer to the “Dating Abuse Fact Sheet” document (located in **Appendix A: Background Information for Leaders**) and make copies for participants’ use during or after the session.

### ***Causing Pain: Real Stories of Dating Abuse and Violence*** Video and Presentation

*Causing Pain: Real Stories of Dating Abuse and Violence* contains true stories of youth who have been abused and parents who have witnessed abusive dating relationships. They share their stories to spark discussions and educational opportunities for youth to prevent abuse.

To protect their privacy, we have obscured the faces of the people interviewed in the video and changed their real names. We’ve also used actors to reenact scenes from the lives of the abusers and victims. **The facts and events presented are true, and victims and abusers interviewed are real.** They share their stories in the video so that other youth and adults will be better prepared to prevent abuse in their relationships.



- » The goal of the presentation to youth is to educate them about the stages of abuse so they can recognize warning signs and potentially prevent abuse in their relationships.
- » The goal of the presentation to adults is to make them aware of the dynamics of abusive relationships so they can recognize warning signs and potentially prevent abuse in the lives of their children or youth they influence.

This guide will help you start discussions so participants can engage in conversation and share their thoughts about respect and dating abuse.

To prepare for your presentation:

- » Become familiar with the topic of dating abuse by reading this guide and visit [www.chooserespect.org](http://www.chooserespect.org)
- » Read all sections of the Video Discussion Guide, paying particular attention to the “Background Information for Discussion Leaders” section
- » Decide which format you plan to use and read it prior to leading a discussion
- » Review PowerPoint slides that accompany the format to note cues for making the presentation to participants
- » Watch the video (13-minute or 30-minute version) prior to your discussion session

### **Resources:**

- » Video Discussion Guide
- » Video DVD, *Causing Pain: Real Stories of Dating Abuse and Violence*
  - 13-minute video for youth
  - 30-minute video for parents and other caring adults
- » DVD player and television
- » PowerPoint presentation or transparencies (optional)
- » LCD or overhead projector
- » Evaluation forms
- » Copies of PowerPoint presentations (optional)



## Confidentiality/Disclosure From Participants

What if the subject of child abuse comes up in your discussion or someone comes to you with sensitive information? They may tell you about a dating or family situation or something they have seen.

First, review the policies of your organization, corporation, or institution. In addition, follow these steps:

- » Respect the right to privacy. Do not ask for private information from attendees.
- » If someone shares private information with you, follow the policy standards for confidentiality and mandatory reporting. Information should be shared on a “need to know” basis only.
- » Do not disclose the name of an attendee to others unless there is a compelling need for disclosure.
- » If participants share information that indicates they need assistance or other resources for themselves or for others, please refer them to [www.chooserespect.org](http://www.chooserespect.org).
- » If participants share information about situations where there is serious, foreseeable, and imminent harm to them or other identifiable persons, please call 911.
- » If you suspect that a report needs to be made, please encourage the individual to contact the appropriate child protective services agency or local coalition against domestic violence, or refer to the agencies provided to you on [www.chooserespect.org](http://www.chooserespect.org).

Some states require that all child abuse disclosures be reported. Any person, however, may report incidents of abuse or neglect.

Refer to [www.chooserespect.org](http://www.chooserespect.org) for more information or to make copies for participants.

## Helpful Hints

### *Address Participant Concerns*

The subject of abuse, specifically dating abuse, is a sensitive one. Discussion Leaders may meet resistance from parents who believe their children are too young to learn about dating relationships or abuse. Please emphasize that this national initiative focuses on building positive, healthy relationships, and knowing what to do when they or someone they know are in an unhealthy relationship. Below are some common concerns and potential responses.

**Concern:** Some parents are uncomfortable with the topic and don't want their children involved in Choose Respect activities.

**Response:** Choose Respect messages will encourage youth and their parents to learn more about the importance of building healthy relationships. Choose Respect does not contain any sexually explicit information or promote dating. However, parents may express concern about Choose Respect because they are unfamiliar with its content or unsure about what “dating abuse” really is. Parents who express concerns should be encouraged to visit the Choose Respect website,



[www.chooserespect.org](http://www.chooserespect.org), and review Choose Respect materials to understand the importance of forming healthy relationships and to discover ways to talk with their children.

**Concern:** Sensitive issues should only be discussed in the home. That's a parent's job. If anyone outside the home should address this, it should be a counselor or a professional.

**Response:** By incorporating the Choose Respect initiative into existing community activities, you are not only preventing dating abuse; you are also promoting healthy relationships. This initiative brings the issue of dating abuse to the forefront and allows the audience to be educated about it and to voice their concerns. Just discussing this important issue can be beneficial or cause change in people's attitudes. Some youth may not have a relationship with a parent that is strong or safe enough for them to share their problems. Some parents might not feel comfortable discussing dating abuse with their children.

**Concern:** Youth ages 11–14 are not dating. They are too young to be talking about dating abuse.

**Response:** Dating relationships take many forms in youth ages 11–14. Many youth are beginning to enter dating relationships or are thinking about it. Data from one study indicated that one in four eighth and ninth graders who were dating has been a victim of dating abuse. Others who are not dating observe relationships and think about their future relationships. They might also find themselves in a situation where they are bystanders and witness dating abuse. The idea is to build a healthy foundation for youth before they begin to date.

### ***Make It Safe to Share***

Make it easy to talk about this sensitive topic by encouraging a nonjudgmental environment. Tell participants there are no right or wrong answers to the questions. The goal of the presentation is to identify healthy behaviors they can recognize in the lives of others and adopt in their own lives.

Some youth may have trouble relating to the video because they have never experienced or witnessed abusive relationships. They may make fun of the situations or laugh. It's up to you to discourage behavior that could offend someone who is in an abusive situation and keep that person from seeking help.

### ***Be Ready to Make Referrals***

Before screening the video and leading the discussion, review the resources on [www.chooserespect.org](http://www.chooserespect.org) for additional information about abuse or seeking help:

- » Locate phone numbers for the local violence shelter, youth advocate, or support groups, and professional organizations in the area for referrals or a resource.
- » Post the numbers in the room.
- » Let the organization(s) know that you will be using them as a resource.



### ***Promote the Session***

Refer to **Appendix B: Promoting the Session** for an e-mail template, session flyer, post card, and sample talking points. Spread the word about the Choose Respect session by talking to colleagues, friends, and other people in the community. Consider tapping into media resources (TV, newspapers, radio, etc.) to promote the session.

- » Schools or youth groups may require parents' permission.
- » Advertise the video viewing and discussion at least three weeks prior to the session.
- » Create and post colorful, eye-catching flyers or posters at community sites, such as grocery stores, school and library bulletin boards, beauty salons, clinics, religious gatherings, and community recreation centers.
  - Enlist local groups to promote the presentation through their websites, newsletters, bulletin boards, weekly announcements, or listservs.
  - Encourage youth to bring friends to the presentation.
  - Ask local media to advertise the session. Many newspapers and local cable companies run weekly health event calendars that can list the session for free if you send the information at least a month ahead of time.
  - Enlist local radio stations to play the Choose Respect public service announcements (located on the website, [www.chooserespect.org](http://www.chooserespect.org)) and advertise the session. The Choose Respect *Media Access Guide* (located at [www.chooserespect.org](http://www.chooserespect.org)) will give you more ideas on how to contact local newspapers and television and radio stations to get their support.

