

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