The Dating Scene

Give Respect. Expect Respect.
Contact the Utah Department of Health, Violence and Injury Prevention Program to obtain copies of this workbook.

The Dating Scene

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What qualities do you look for in a person you want to date?

<table>
<thead>
<tr>
<th>Quality 1</th>
<th>Quality 2</th>
<th>Quality 3</th>
<th>Quality 4</th>
<th>Quality 5</th>
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How do you want to be treated by the person you are dating?

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<th>Treatment 1</th>
<th>Treatment 2</th>
<th>Treatment 3</th>
<th>Treatment 4</th>
<th>Treatment 5</th>
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Stereotypes

Society expects males and females to act a certain way. What names do males and females get called if they act differently from these expectations?

<table>
<thead>
<tr>
<th>Names called if males act differently</th>
<th>Names called if females act differently</th>
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All the time we hear negative comments about males and females. List four places you have heard some of these negative comments.

1. 
2. 
3. 
4. 

What positive qualities do you want to see in males and females you have friendships or a dating relationship with?

<table>
<thead>
<tr>
<th>Positive qualities for males</th>
<th>Positive qualities for females</th>
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Give Respect · Expect Respect
**What is Dating Violence?**

<table>
<thead>
<tr>
<th>PHYSICAL CONTACT</th>
<th>USE OF OBJECTS</th>
<th>VERBAL</th>
<th>EMOTIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hitting or slapping</td>
<td>Throwing things, (food, cans, phone, etc.)</td>
<td>Threatening to kill or to use violence</td>
<td>Using personal information against partner</td>
</tr>
<tr>
<td>Biting</td>
<td>Hitting with objects</td>
<td>Calling over and over in middle of night</td>
<td>Blaming, not accepting responsibility for actions</td>
</tr>
<tr>
<td>Choking</td>
<td>Going through or breaking personal items</td>
<td>Constant accusations of cheating</td>
<td>Playing mind games</td>
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<tr>
<td>Shoving</td>
<td>Driving recklessly</td>
<td>Yelling</td>
<td>Using the guilt trip</td>
</tr>
<tr>
<td>Excessive tickling</td>
<td>Slamming doors</td>
<td>Insulting, especially in public</td>
<td>Demanding</td>
</tr>
<tr>
<td>Threatening with clenched fist</td>
<td>Tearing clothes</td>
<td>Calling names like: wore, bitch, slut, asshole</td>
<td>Constant interrogation</td>
</tr>
<tr>
<td>Spanking</td>
<td>Breaking windshield or puncturing tires</td>
<td>Being sarcastic, making demeaning jokes</td>
<td>Dirty talk or sexually degrading jokes</td>
</tr>
<tr>
<td>Kicking</td>
<td>Punching walls</td>
<td>Excessive swearing</td>
<td>Mocking body parts</td>
</tr>
<tr>
<td>Shaking or jerking</td>
<td>Sweeping things off table</td>
<td>Making degrading or negative comments like, “You’re stupid”, “You’re ugly,” “You can’t do anything right.”</td>
<td>Controlling partner’s activities</td>
</tr>
<tr>
<td>Spitting</td>
<td>Kicking car or lockers</td>
<td>Leaving vulgar messages on phone</td>
<td>Intense jealousy or rages</td>
</tr>
<tr>
<td>Kneeing</td>
<td>Disconnecting phone</td>
<td>Silent treatment</td>
<td>Criticizing partner’s looks</td>
</tr>
<tr>
<td>Burning</td>
<td>Standing behind car to prevent leaving</td>
<td>Calling partner 'crazy'</td>
<td>Isolating partner from family &amp; friends</td>
</tr>
<tr>
<td>Shooting or stabbing</td>
<td>Taking car keys</td>
<td>Twisting partner’s words</td>
<td>Checking up on partner</td>
</tr>
<tr>
<td>Restraining</td>
<td>Taking personal things, (money, cell phone, etc.)</td>
<td>Lying</td>
<td>Insulting partner’s family &amp; friends</td>
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<tr>
<td>Chasing</td>
<td></td>
<td></td>
<td>Making fun of partner mistakes</td>
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<tr>
<td>Damaging teeth</td>
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<td></td>
<td>Keeping partner from sleeping</td>
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<tr>
<td>Banging head on wall or floor</td>
<td></td>
<td></td>
<td>Manipulating partner with lies</td>
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<tr>
<td>Forcing sex or sexual acts</td>
<td></td>
<td></td>
<td>Sexually acting out to hurt partner</td>
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<tr>
<td>Sexually touching in uncomfortable ways</td>
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<td>Constant questioning about activities</td>
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<tr>
<td>Incest</td>
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<td></td>
<td>Use of alcohol or drugs to manipulate partner</td>
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<tr>
<td>Standing or sitting on</td>
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<td>Making vulgar gestures at partner</td>
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<tr>
<td>Pulling hair</td>
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<td>Sexualizing partner in public</td>
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<tr>
<td>Pinning against wall</td>
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<td></td>
<td>Keeping partner from working</td>
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<tr>
<td>Stalking</td>
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<td></td>
<td>Saying “No one else would have you”</td>
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<tr>
<td>Standing in doorway to prevent exit</td>
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<td></td>
<td>Denying partner access to phone</td>
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<td></td>
<td>Threatening suicide or to harm self</td>
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<td>Strict expectations of partner</td>
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<td>Ignoring partner’s feelings and concerns</td>
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<td>Forcing pornography on partner</td>
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<td>Using jealousy to justify actions</td>
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<td>Damaging partner’s possessions</td>
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<td>Twisting events around to manipulate</td>
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<td></td>
<td>Telling partner how to feel and think</td>
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<td>Focusing only on own agenda</td>
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*PHYSICAL*
Any use of size, presence or objects to hurt or control someone else.

*VERBAL*
Use of words or voice to degrade or control.

*EMOTIONAL*
Any action (or lack of action) meant to degrade or control.
1. Rob and Andy are in the library checking their email. Rob gets an email from his girlfriend Ally. Rob asks Andy to come read this email. After reading Andy asks what’s up with Ally. The email was written at 3:00 in the morning and Ally stated she didn’t like Kate (who is friend of Rob’s) and that she wants Rob to stop talking to her. What should Rob do? ______________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

2. Joe’s girlfriend scratches him and throws objects at him when she gets angry. He states that it is not violence because he could fight back. What can you say to help him discuss the violence in this relationship? ______________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

3. One day Russ stops by Kelly’s house unannounced. She tells him that she didn’t know he was coming over and has arranged to play tennis with her friends. Russ loses control and breaks the racquet over his knee. Later he apologizes. What should Kelly do? __________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

4. Your brother, Tony has been dating his girlfriend Jenny for a year and a half. One night at 1:00 am, you hear his cell phone ring and you hear him talking to Jenny. At 2:30 you hear him getting up out of bed, shortly after you hear him again; you get up to see what’s going on. You see Tony sitting on the stairs, clearly upset. He tells you that Jenny is too much; she calls him all the time. She won’t let him go out with his friends. He’s tried to break it off, but every time he’s tried, she cries and says she can’t live without him. He no longer wants to be with her, but he’s scared that if he breaks up with her things will get worse not better. What do you tell him? ______________________________________
________________________________________________________________________________
________________________________________________________________________________
______________________________________________________________________________

5. Kristi and Dan are at the mall. For Dan’s birthday, Kristi wanted to take him for a little shopping spree. Dan is looking at a green button up shirt and some jeans. He goes into the fitting room. Kristi tells him to come out and model the outfit. Dan comes out and says he really likes the shirt, but he thinks the pants are too small. Kristi claims the pants are perfect and that a red shirt would be better. After Dan returns from the fitting room, Kristi grabs the pants out of his hands and goes to find the button up shirt in red. She then goes and purchases the two items. Should Dan say something, or just accept the free clothes? ______________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
Warning Signs

If you think the following situation is a warning sign of an disrespectful relationship, write YES. If not, write NO.

1. ____ The person you date gets really upset if you look at someone of the opposite sex, or if someone of the opposite sex looks at you.

2. ____ The person you date gives you a cell phone.

3. ____ The person you date constantly criticizes the opposite sex.

4. ____ The person you date seems to take an interest in what you say and is impressed with your goals for the future.

5. ____ The person you date starts to be critical of other people most of the time especially your friends and family.

6. ____ The person you date starts telling you they love you so much they can't live without you.

7. ____ The person you date has a flexible view of the roles of men and women in all areas of life. (i.e. home, work, sports, social life, etc.)

8. ____ The person you date ridicules your opinions and feelings.

9. ____ The person you date calls you negative or demeaning names when they get angry.

10. ____ The person you date encourages you to have other friends.

11. ____ The person you date often threatens to breakup if you don't do what they want.

12. ____ The person you date blames you for their anger, saying if you didn't do certain things they wouldn't get angry.

13. ____ The person you date respects your right to privacy and doesn't demand you share everything with them.

14. ____ The person you date respects your space and would never touch you in any way that would make you feel uncomfortable.

15. ____ The person you date makes all the decisions about what you do on a date.

16. ____ The person you date tells you what to wear and makes you changes your clothes if they don't approve.
What is a Respectful Relationship?

<table>
<thead>
<tr>
<th><strong>HONEST AND ACCOUNTABILITY:</strong></th>
<th><strong>OPEN COMMUNICATION:</strong></th>
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<tbody>
<tr>
<td>Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong.</td>
<td>Each partner can talk openly and honestly about their thoughts and feelings, without fear of ridicule.</td>
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<th><strong>ECONOMIC PARTNERSHIP:</strong></th>
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<tr>
<td>Making money decisions together. Making sure both partners benefit from financial arrangements.</td>
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<th><strong>NEGOTIATION AND FAIRNESS:</strong></th>
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<tr>
<td>Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.</td>
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<th><strong>NON-THREATENING BEHAVIOR:</strong></th>
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<td>Talking and acting so that you and your partner feel safe and comfortable expressing yourselves and doing things.</td>
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<th><strong>RESPECT:</strong></th>
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<td>Listening to your partner non-judgmentally. Being emotionally affirming and understanding. Valuing their opinions.</td>
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<th><strong>SHARED RESPONSIBILITY:</strong></th>
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<td>Mutually agreeing on a fair distribution of work. Making relationship decisions together.</td>
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<th><strong>TRUST AND SUPPORT:</strong></th>
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<td>Supporting each other’s goals in life. Respecting your partner’s right to their feelings, friends, activities, and opinions.</td>
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Each of the following situations presents three options. Choose an answer for each.

1. ___ The person I am dating goes out with friends more than I would like.
   a. I tell them I feel unhappy about this and explain why.
   b. I tell them if they don’t stop, I’ll break up with them.
   c. I try to get even by doing this same thing.

2. ___ The person I am dating is very popular.
   a. I feel proud to be going out with him/her.
   b. I feel threatened and wish the person wasn’t so popular.
   c. I feel like doing things to become popular.

3. ___ The person I am dating has an old boyfriend/girlfriend who is asking him/her out again.
   a. I try to talk about it and tell the person I am dating how I feel.
   b. I tell the person not to talk to the old boyfriend/girlfriend and threaten to breakup if it happens.
   c. I flirt with my old boyfriend/girlfriend.

4. ___ The person I am dating has a new job and we can no longer go out on Saturdays.
   a. I tell him/her how I feel about it and ask if it is possible to change hours.
   b. I tell him/her to change jobs.
   c. I get a job on Friday nights so the person will know how it feels.

5. ___ The person I date doesn’t like to talk on the phone for more than a few minutes.
   a. I respect the person’s wishes, but occasionally bring it up again.
   b. I call anyway and try to keep the person on the phone as long as I can.
   c. I refuse the person’s phone calls once in awhile to stay even.

6. ___ I don’t like the way the person I am dating has started to dress.
   a. I ask him/her if there is a reason for changing styles. If asked, I tell them I liked the way he/she was dressing before, but make it clear the person can dress anyway he/she wants.
   b. I buy something I like and insist the person wear it.
   c. I make fun of the style and wear something of mine I know that person doesn’t like.

8. ___ My boyfriend/girlfriend and I aren’t getting along very well lately.
   a. I try to discuss what is wrong and what we can do to change the situation.
   b. I tell the person what he/she needs to do to make me happy.
   c. I let the person know I’m mad by refusing to discuss the issue.

If you choose mostly a’s your relationship is equal and respectful.
If you choose mostly b’s your relationship is unequal and controlling.
If you choose mostly c’s your relationship is unequal and manipulative.
Is Your Relationship Respectful?

Write the number of your answer in the space at the left.

___ 1. Are you expected to drop what you are doing to meet his/her needs?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 2. Does he/she insist that everything is your fault?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 3. Do you have to get permission to go with friends and family?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 4. Does he/she tell you that no one else will ever want you?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 5. Does he/she threaten to harm themselves or you if you were to leave them?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 6. Are you accused of cheating on them or flirting with others, when your not?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 7. Does he/she humiliate you in front of others?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 8. Are you fearful if you’re late joining him/her for an activity together?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 9. Does he/she use the silent treatment when you disagree?
   1) Often  2) Sometimes  3) Rarely  4) Never

___ 10. Does he/she use the guilt trip to manipulate you?
   1) Often  2) Sometimes  3) Rarely  4) Never

______ TOTAL

Fewer than 15 could represent a disrespectful relationship
Between 15 to 22 means you should evaluate your relationship
Over 22 may represent a positive respectful relationship
“Love is not a Leash”

Teen Dating Bill of Rights

• I have the right to be treated with respect and not be criticized.
• I have the right to have a partner who values me, encourages me, and wants the best for me.
• I have the right to be safe.
• I have the right to maintain my own body, feelings, property, opinions, boundaries, and privacy.
• I have the right to be listened to seriously.
• I have the right to disagree, assert myself respectfully, and say “no” without feeling guilty.
• I have the right to not be abused physically, emotionally, or sexually.
• I have the right to keep my relationships with friends and family.
• I have the right to have my needs be as important as my partner’s needs and not be my partner’s property or servant.
• I have the right to have a partner who gives as much to me as I give to him/her.
• I have the right to decide how much time I want to spend with my partner.
• I have the right to pay my own way.
• I have the right to NOT take responsibility for my partner’s behavior, choices, mistakes, and any acts of violence.
• I have the right to set my own priorities, make my own decisions, and grow as an individual.
• I have the right to fall out of love or leave any relationship.
Dating Violence

Dating violence happens when one person in a relationship repeatedly threatens to, or actually acts in a way that physically, mentally, verbally and/or sexually injures the other person. It doesn’t happen just once but again and again. It is not the same as getting angry or having fights. In a violent relationship, one person is afraid of and intimidated by the other person.

Dating violence occurs everywhere and to all kinds of people.
Young women of all cultures, races, religions, sexual orientations and social classes can be battered by their partner. It is also true that males can be battered and that dating violence occurs in same sex relationships.

Alcohol and/or drugs do not cause dating violence.
These substances may make the abuse worse, but they are not the cause or the excuse for abusive behavior.

Dating violence often gets worse.
Dating violence may escalate as the relationship becomes more serious. Dating violence may also result in serious injury and even death.

The abuse is never the victim’s fault.
Violence is a choice and is used to control another person. No one deserves to be abused.

Leaving an abusive relationship is not as easy as it seems.
There are many reasons why it may be difficult to leave, such as fear of the other person, feeling responsible for the relationship, pressure from friends to stay together, and being afraid to be alone. Most of the time the victim wants the relationship to continue but wants the abuse to end.

Domestic violence affects all of us, our families, our communities and our relationships.
More than three million children witness acts of domestic violence every year. One-third of teenagers and young adults has experienced violence in an intimate relationship.

There is no room for fear in a healthy relationship.
Respect, communication, honesty and trust are the basis for a healthy relationship. This means being able to talk to your partner without feeling afraid.

Respectful Relationships

Your partner should like you for who you are.
Respect in a relationship means that each person values who the other is and understands - and would never challenge - the other person’s boundaries. Each partner should have mutual respect for the other.

There’s no way you can have a healthy relationship if you don’t trust each other.
It’s OK to get a little jealous sometimes - jealousy is a natural emotion. But how a person reacts when he or she feels jealous is what matters.

Honesty goes hand-in-hand with trust because it’s tough to trust someone when they are not being honest.
Be honest and open about your feelings. Tell the truth even if you think it will hurt the person. It hurts worse when that person finds out you lied to them.

Your partner should support you in the good times and the bad.
Be supportive of your partner’s choices. You should be a shoulder to cry on, a cheerleader, and a friend to your partner; as they should be to you.

You need to have give-and-take in your relationship. It’s not like you have to keep a running count and make sure things are exactly even. But you’ll know if it isn’t a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.

You should NEVER feel like you’re losing out on being yourself.
In a healthy relationship, everyone needs to make compromises. When you are in a dating relationship, you both should have your own lives - your own families, friends, interests, hobbies, etc. Neither of you should have to pretend to like something you don’t, or give up seeing your friends, or drop out of activities you love. And you also should feel free to keep developing new talents or interests, making new friends, and moving forward.

Speak honestly and openly so that the miscommunication is avoided in the first place.
Never keep a feeling bottled up because you’re afraid it’s not what your partner wants to hear or because you worry about sounding silly. And if you need some time to think something through before you’re ready to talk about it, the right person will give you space to do that if you ask for it.
Resource Information List

EATING DISORDERS
Overeaters Anonymous, 484-1442
IHC Behavioral Health (Individual Therapy), 265-3049
Teen Emotions Anonymous, 281-4778
Utah Youth Village, 272-9980

GANG PREVENTION
Boys & Girls Club, Greater Salt Lake 322-4411
Boys & Girls Club, South Valley 284-4253
Colors of Success 596-9081
End Graffiti (S.L. County hotline) 363-4723
MAGIC – Mobilized Against Gangs in Community 1-800-98-MAGIC
Graffiti Removal – Salt Lake City 972-7885
Removal of Gang Related Tattoos 743-5864
Salt Lake Area Gang Project 743-5864
Utah Youth Village 272-9980

LEGAL SERVICES
Legal Aid Society of Salt Lake, 328-8849
Utah Legal Services, 328-8891

MISCELLANEOUS INFORMATION
Choices Classes for Teens (discusses Teen Dating Violence), 537-8600
Crime Victims Reparations, 238-2360
Volunteer opportunities 211
Information and Referral Center, 211

RAPE RECOVERY CENTERS
CAPSA, Logan (435) 753-2500
CWCIC, Provo 227-5038
DOVE Center, St. George (435) 628-1204
New Horizons, Richfield (435) 896-9294
Rape Recovery Center, Salt Lake City 467-7282
Safe Harbor, Kaysville 444-3191
Seekhaven, (435) 259-2229
Your Community Connection, Ogden 394-9456
Your Community in Unity, Brigham City 723-5600

RUNAWAYS & RELATED SITUATIONS
Gay, Lesbian, Bisexual, Transgender Community Center of Utah, 539-8800
National Runaway Switchboard, 1-800-621-4000
The Nine Line, 1-800-999-9999
Homeless Youth Resource Center, 364-0744
Youth Services Center, 269-7500
Utah Youth Village, 272-9980

COUNSELING CENTERS
(Specializing in Teen Dating Violence, Trauma, and Abuse)
Act-Now Counseling, 601-3163
ACES- Assessment, Counseling & Education Services, Inc. 265-8000
Changes, Counseling Center, 261-8906
Cornerstone Counseling, 355-2846
Family Abuse Center For Treatment, 293-9123
Family Counseling Center, 261-3500
Family First (HOPE) Counseling, 747-2300
Family Support Center, 255-6881
Frontline Services, Inc., 746-3077
Intermountain Specialized Abuse Treatment, 268-4454
New Hope Counseling Services, 748-4250
Pioneer Youth Services, 474-2500
Sandy Counseling Center, 944-1666
Sequoia Counseling Services, 463-7520
Trauma Awareness and Treatment Center, 263-6367
Valley Mental Health Children’s Out-Patient Services, 284-4990

DOMESTIC VIOLENCE SHELTERS
(Shelter can provide a safe place from abuse)
YWCA, 537-8600
South Valley Sanctuary, West Jordan 255-1095
Pathway’s, Tooele 1-800-833-5515
Peace House, Park City (435) 647-9161
Safe Harbor, Davis 444-9161

CRISIS LINES (24 HOURS)
Girls & Boys Town National Hotline 1-800-448-3000
Crisis Suicide Prevention 1-800-SUICIDE or 261-1442
Crisis Line – Jordan School District 565-RISK
Child Abuse Hotline 281-5151
Rape Recovery Center 467-7199
The Trevor Helpline – Suicide prevention for gay youth 1-866-488-7386
Weapons Hotline – Granite School District 481-7199

Utah Domestic Violence LINK Line: 1-800-897-5465
Utah Rape and Sexual Violence Crisis Line: 1-800-421-1100

Crisis Suicide Prevention
Girls & Boys Town National Hotline 1-800-448-3000
Crisis Suicide Prevention 1-800-SUICIDE or 261-1442
Crisis Line – Jordan School District 565-RISK
Child Abuse Hotline 281-5151
Rape Recovery Center 467-7199
The Trevor Helpline – Suicide prevention for gay youth 1-866-488-7386
Weapons Hotline – Granite School District 481-7199
RESOURCE INFORMATION LIST

SKILL DEVELOPMENT OR EMPLOYMENT

Job Corps, 1-800-426-5627
Life Care (provide lawn care for seniors), 978-2452
Salt Lake Co. Youth Employability Services (YES), 538-2062
Youth Works, 539-1590
Workforce Services, 468-0000

SUBSTANCE ABUSE

Alateen (for teens living with alcoholics/addicts), 262-9587
Alcohol & Drug Youth Support, 269-7500
Alcoholics Anonymous, 484-7871
Assessment & Referral, 468-2009
Narcotics Anonymous, 296-4044
Odyssey House, 363-0203
Truth About Tobacco, 1-888-567-TRUTH
Turnabout, 484-9911
Utah Federation for Youth, 468-0699
Utah Youth Village, 272-9980
Youth Support Systems, 969-3307

SUPPORT FOR YOUTH FROM DIVORCED FAMILIES

Caught in the Cross Fire, 565-7442
Utah Youth Village, 272-9980

VICTIM ADVOCATE PROGRAMS
(Inspect victims with advocacy, court, and abuse in the community.)

Draper Victim Advocate Program, 576-6355
Midvale Victim Advocate Program, 256-2505
Murray Victim Advocate Program, 284-4203
Salt Lake City Victim Advocate Program, 799-3756
Salt Lake County Victim Advocate Program, 743-5860
Sandy Victim Advocate Program, 568-7283
South Salt Lake Victim Advocate Program, 412-3660
West Jordan Victim Assistance Program, 566-6511
West Valley Victim Advocate Program, 963-3223
Tooele Domestic Violence & Sexual Assault Victim Advocacy, (435) 882-6888
Tooele City Victim Advocate Program, (435) 882-8900

WEBSITES

Choose Respect
www.chooserespect.org/scripts/index.asp

End Abuse
endabuse.org/programs/teens/

Men Can Stop Rape
www.mencanstoprape.org/index.htm

My Strength
www.mencanstoprape.org/index.htm

National Institute of Justice
www.ojp.usdoj.gov/nij/new.htm

National Sexual Violence Resource Center
www.nsvrc.org/

Utah Coalition Against Sexual Assault
www.ucasa.org/home.html

Utah Department of Health

Utah Domestic Violence Council
www.udvc.org/home.htm

Utah Office on Domestic and Sexual Violence
www.nomoresecrets.utah.gov/

References:

kidshealth.org/teen “Am I in a Healthy Relationship?”

2000 Sunburst Communication, Inc. Student Workshop: Dating Violence and Abuse


Salt Lake Area Domestic Violence Coalition Teen Dating Violence PRevention Toolkit.
Give Respect

Expect Respect