Dating Violence Pre Test

Age___ Race/Ethnicity_________________________ Gender_____
What’s your birthdate? _________________ First and Last Initials:_____
(month) (day) (year)

1. Possessiveness is a common warning sign of an abusive relationship. True False

2. It’s natural for men/boys to be aggressive and hit others when they are angry. True False

3. The most dangerous time in an abusive relationship, is when the person being abused decides to leave. True False

4. Drugs and alcohol are the cause of abusive behavior. True False

5. It’s only rape if someone says “no”. True False

6. People act violently because it is an automatic response that cannot be controlled. True False

7. You can obtain a restraining order, without any parent/guardian permission, at the age of 13. True False

8. If I knew someone who was being abused, I would know what to say to help:
(circle one)
Yes Maybe/ Don’t Know No

School: Date:

CORA Community Overcoming Relationship Abuse
24 HR Hotline: 650.312.8515 or 800.300.1080
Teen Website and Chatroom: www.teenrelationships.org
Teen Hotline 650.259.8136 National Hotline 1.800.799.SAFE
Statistics On Dating-Domestic Violence

Dating-Domestic Violence can affect anyone, regardless of age, race, class, gender, education, religion, sexual orientation, etc…

- 1 in 3 teen relationships is violent
- 36% of teens reported violence in their relationship
- 1 in 3 adult relationships is violent
- 85% of reported cases of dating-domestic violence are committed by men against women
- The remaining 15% are committed by women against men (not in self defense), by women against women in lesbian relationships, and by men against men in gay relationships
- 60% of children who grow up in abusive homes will repeat the behavior; for example, a child who witnesses their parent being abused could abuse their future partner
- 1 out of every 3 women murdered is killed by a current or ex husband or boyfriend

CORA Community Overcoming Relationship Abuse
24 HR Hotline: 650.312.8515 or 800.300.1080
Teen Website and Chatroom: www.teenrelationships.org
Teen Hotline 650.259.8136
National Hotline 1.800.799.SAFE
## A Healthy Relationship

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Sexual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respect</td>
<td>Respect</td>
<td>Respect</td>
</tr>
<tr>
<td>No Abuse</td>
<td>No Putdowns</td>
<td>Trust / Honesty</td>
</tr>
<tr>
<td>Space</td>
<td>Comfortable</td>
<td>Communication</td>
</tr>
<tr>
<td>Comfortable</td>
<td>Communication</td>
<td>No Pressure</td>
</tr>
<tr>
<td>Trust</td>
<td>Trust / Honesty</td>
<td>Safe Sex (Condoms, etc.)</td>
</tr>
<tr>
<td>Communication</td>
<td>Love</td>
<td>History, STD’s, etc.</td>
</tr>
<tr>
<td>Affection</td>
<td>Friendship</td>
<td>Comfortable</td>
</tr>
<tr>
<td>Attraction</td>
<td>Security</td>
<td>Expectations</td>
</tr>
<tr>
<td></td>
<td>Understanding</td>
<td>Consequences</td>
</tr>
<tr>
<td></td>
<td>Caring</td>
<td>Right to Say “Yes” or “No”</td>
</tr>
</tbody>
</table>

**Bottom-line:** “IF... THEN...”

CORA Community Overcoming Relationship Abuse  
24 HR Hotline: 650.312.8515 or 800.300.1080  
Teen Website and Chatroom:  
[www.teenrelationships.org](http://www.teenrelationships.org)  
Teen Hotline 650.259.8136  
National Hotline 1.800.799.SAFE
Abuse = Power & Control
Pattern of behaviors and actions used to gain POWER and CONTROL over a partner

Physical Abuse
✦ Hitting
✦ Grabbing
✦ Pushing
✦ Weapons (object used to hurt)
✦ Stalking
✦ Intimidation (block doors, hit/throw objects at/near)

Sexual Abuse
✦ Rape = Forced penetration without consent
   (Statutory Rape/Unlawful Sex and Rape by intoxication)
✦ Sexual Assault
   (unwanted touching and/or grabbing)
✦ Sexual Harassment
   (unwanted sexual words/references)
✦ Pressure (to have sex, unsafe sex, etc)

Emotional/Mental/Verbal Abuse
✦ Putdowns/Insults/Name Calling
✦ Threats to hurt/kill: you, self, family, friends, new partner, pets, etc.
✦ If you leave me: “I won’t give you money anymore, will report you/your family to I.N.S., will spread rumors, will tell your parents we had sex”
✦ Blame/Guilt
✦ Minimizing/Denying
✦ Mind Games
✦ Jealousy/Possessiveness
✦ Isolation from friends and family

Financial Abuse
✦ Controlling all money
✦ Controlling Possessions: car, phone, clothes, jewelry, etc
✦ Gifts with “strings attached”: “I gave you this now you owe me”

Social Abuse
✦ Peer Opinions (spread rumors, etc.)
✦ Keeping partner “in check”
   (by calling on cell phone)
   (use friends to keep tabs on them)
✦ Use Religion/Culture to control

CORA Community Overcoming Relationship Abuse
24 HR Hotline: 650.312.8515 or 800.300.1080
Teen Website and Chatroom: www.teenrelationships.org
Teen Hotline 650.259.8136
National Hotline 1.800.799.SAFE
The Cycle of Violence

Honeymoon
“Hearts & Flowers”
Ideal, romantic, “perfect”
Abusive Partner promises to change/stop abusive behavior
This phase can shorten and disappear over time

Denial

Escalation

Tension

Explosion
Explosion into some type or types of abuse
This phase often increases in length & severity

CORA Community Overcoming Relationship Abuse
24 HR Hotline: 650.312.8515 or 800.300.1080
Teen Website and Chatroom:
www.teenrelationships.org
Teen Hotline 650.259.8136
National Hotline 1.800.799.SAFE
David Brings Me Flowers

David brings me flowers
And he tells me he loves me
And I want to believe him
My friends say I’m stupid
But they don’t know David
David brings me flowers
And tells me he’s sorry
When he loses his temper
And accidentally hits me
My friends say I’m stupid
But they don’t know David
David hit me last night
And I thought it wouldn’t stop
It all seems like a blur
And my friends they were right
But David brings me flowers

From the LACAAW (Los Angeles Commission on Assaults Against Women) curriculum *In Touch with Teens*
Dating Violence Post Test

Age _____ Race/Ethnicity ____________________________ Gender _____
What’s your birthdate? __________________ First and Last Initials: _____
(month) (day) (year)

1. Possessiveness is a common warning sign of an abusive relationship. _______ _______
2. It’s natural for boys/men to be aggressive and hit others when they are angry. _______ _______
3. The most dangerous time in an abusive relationship, is when the person being abused decides to leave. _______ _______
4. Drugs and alcohol are the cause of abusive behavior. _______ _______
5. It’s only rape if someone says “no”. _______ _______
6. People act violently because it is an automatic response that can’t be controlled. _______ _______
7. You can obtain a restraining order, without any parent/guardian permission, at the age of 13. _______ _______
8. If I knew someone who was being abused, I would know what to say to help: (circle one)
   Yes _______ Maybe/Don’t Know _______ No _______
9. This workshop was: (circle one)
   Excellent _______ Good _______ Average _______ Not good _______ Awful _______
10. Overall, was the workshop helpful? (circle one) Yes _______ No _______
    In what way was it helpful or not helpful? What did you learn?

11. What was your favorite part of the Teen Dating Violence Prevention Workshop?

12. What would have made the Teen Dating Violence Prevention Workshop better?

School: ___________ Date: ___________
☐ My partner calls me names, embarrasses me or makes me feel stupid.

☐ My partner questions my whereabouts, who I talk to, and/or why I want to be with my friends or family.

☐ My partner asks if [or checks (pager/caller ID) to see if] other people call me.

☐ I am afraid or scared of my partner. They make excuses for mistreating me.

☐ The person I’m dating is really nice sometimes and really mean at other times.

☐ When there are fights, my partner blames me, says I provoked them, claims I know about their short temper, or says they have anger problems and they can’t help it.

☐ My partner tells me that I am “making too big a deal” out of things or dismisses me when I try to talk about things.

☐ I feel pushed or forced into having sex.

☐ My partner makes promises to change.
I feel jealous often. I am jealous of other people in my partner’s life. I want them to only be with me.

I constantly question them about whereabouts, phone calls, conversations. I feel I have the right to tell my partner what to do, who to talk to, where to go, what to wear.

I give my partner ultimatums. I make them choose between me and other things in their life.

I take my anger out on things in front of my partner (i.e. I have broken, punched, or thrown things, when angry).

I have grabbed, pushed, slapped, or hit my partner when I’m angry.

I blame others for my problems or my feelings.

If I hurt my partner, I blame them. I make excuses for my reactions, especially if others are hurt by them.

I believe I should be in control of the relationship. I believe my partner is inferior to me. I believe my partner is my property.