

The TLC* weighs in...

**Teen Leadership Council*

A member program asked WSCADV to help them out with their brochure on teen dating violence. We asked the TLC what they thought about it. Here is what they had to say...

Title

- Don't say teen dating violence
- Instead they liked:
 - Check your relationship
 - Is your relationship in Check?
 - Love Shouldn't hurt

Look

- Use bright colors
- Use pictures - they liked the broken heart with the bandaid!
- Use memes - <http://memegenerator.net/>

Feel

- Teens won't necessarily pick up a brochure
 - Can it be a fold-out business card or a post card instead?
- Like the idea of a quiz instead of a checklist (e.g. if you scored X, then Y)
- See <http://www.loveisrespect.org/> for an idea for a quiz
- Don't just put in bad examples, put in good ones too.

Words

- Don't use too many!
- Dating violence - what you should know
 - Say "it's not just physical" instead of it can be emotional or verbal only
 - Say "most of the time" or "often" instead of it usually gets worse.

Pictures

- Yes please!
- They like them!
- Include pictures that are representations of love (like a flower with petals being picked off) rather than stock photos

Contact info

- Add website information too
- Would be great if they could text for information too!
- Nice to have the info in a place that is easy to conceal



Statistics

1 in 3 teens report being physically and/or verbally abused by a dating partner.

1 in 3 teens report knowing a friend or peer who has been hit, punched, slapped, choked or physically hurt by his/her partner.

Abused girls are more likely to get pregnant, develop an eating disorder, use drugs and alcohol, or be at risk for suicide or self-harm.

Safety Planning

- Tell someone you trust what is happening.
- Make up a code word so you can alert friends or family you need help without your partner knowing.
- Keep a cell phone hidden. DVS can provide a free 911 cell phone.
- Memorize phone numbers for someone you can call if you don't have access to a phone.
- Make a plan for what you will do if you need to leave school or your home quickly in an emergency.
- Have friends walk with you to and from school, classes or the bus stop.
- Trust your own instincts and judgment.
- If you have a protection order, carry it with you at all times.

Mission

The mission of Domestic Violence Services of Benton & Franklin Counties is to advocate for and empower domestic violence victims by providing free, safe and confidential shelter and support services.

Services

As a member of the Washington State Coalition Against Domestic Violence, Domestic Violence Services (DVS) is dedicated to providing a wide array of services to victims of domestic violence in our community.

- 24-hour crisis line & advocacy
- Emergency shelter
- Women's support groups
- Legal advocacy
- Children's program (in shelter)
- Community education & training
- Emergency 911 cell phones

How you can help

- Speak up and speak out!
- Do a drive for: used cell phones, food, diapers, money, or household products such as towels, silverware, bedding, pots, pans, etc.
- Raise awareness at your school:

Hold an awareness poster contest.

Set up a table at lunch to provide dating abuse materials to students at your school.

Ask your school library to purchase books on teen dating violence.

Bring the Red Flag campaign to your school campus:



www.theredflagcampaign.org

When you see a red flag, say something

TEEN DATING VIOLENCE



Domestic Violence Services

OF BENTON AND FRANKLIN COUNTIES

24-Hour Crisis Line & Shelter

(509) 582-9841 or (800) 648-1277

Business Office

3311 W Clearwater Ave, Suite C140
Kennewick, WA 99336
(509) 735-1295 Fax: (509) 736-0649
www.dvsbf.org



Dating Violence

It's not the victim's fault

The perpetrator is responsible for their behavior and is the only one who can stop the abuse.

It's about power and control

Perpetrators use intimidation, isolation, control resources, and/or manipulate the legal system to maintain dominance in the relationship.

It can be emotional or verbal only

It takes many forms including isolation, intimidation or using technology to track, harass or stalk.

It's a pattern of behavior

It is not an isolated incident, but a series of events. The relationship may not be bad all the time, but it usually gets worse.

It's NOT caused by anger, alcohol use, or mental health issues

These may escalate the abuse or increase risk for victims, but are not the cause of abusive behavior. Perpetrators choose to be abusive.



Do you...

- Feel scared or unsafe around your partner?
- Make excuses for your partner's behavior?
- Avoid doing things that would cause a conflict?
- Always do what your partner wants you to?

Does your partner...

- Regularly criticize you, call you names or put you down?
- Embarrass or humiliate you in public?
- Treat you roughly – grab, pinch, shove, bite, choke, or hit you?
- Threaten to hurt your friends, family, pets or themselves?
- Destroy or steal your belongings?
- Prevent you from going where you want, when you want?
- Monitor and control your relationships with friends and family?
- Keeps track of you on-line or via cell phone?
- Gets angry when you don't answer calls or text right away?
- Threaten to "out" you or criticize your sexuality?
- Force you to do things you don't want to do? Alcohol? Drugs? Sex?
- Threaten to break up with you if you don't do what he/she wants?
- Tell you the abuse is your fault? You made him/her do it?



How to help someone

- Reach out. Let your friend know you are concerned.
- Don't judge or criticize.
- Take time to listen.
- Ask, "How would you like me to help and/or support you?"
- Help your friend make a safety plan.
- Find out about resources on-line at www.dvsbf.org
- Call the DVS Crisis Line for information and resources. 582-9841
- If you think someone is in danger, report it to school officials, a trusted adult, or the police.