Healthy Relationships Toolkit
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Scan for digital downloads of all resources in this toolkit
OUR VISION

This toolkit was created by 360 Communities as a resource for teen dating violence, and to educate youth and adults alike on what a healthy relationship is and is not.

We cannot address relationship abuse until we learn what it is, how it affects our community, and what we can do to support and help those who have experienced it.

At 360 Communities, we believe relationship health starts early. Our mission is to deliver safety and stability that improves lives. Together we can work toward healthy relationships, supporting youth, and equipping them to bring hope for the future.
SIGNs Someone May BE Struggling

- A change in behavior toward close friends
- Abrupt ending of friendships
- Only spending time with dating partner or love interest
- Change in grades, responsibilities and interest
- Hiding body, or elusive behavior
- Bruising or other physical injuries
- Wearing extra clothing or makeup to cover injuries
- Showing signs of withdrawal and fear
- Openly talking about struggles and challenges in relationships
HOW TO HELP AND SUPPORT

How to help someone with an unhealthy or abusive relationship:

- Be willing to listen and believe what the individual shares with you.
- Be nonjudgmental and sensitive to what is being shared.
- You may be the first person they are sharing with, so your reaction is going to shape their experience in seeking help.
- Tell them that you are concerned and you care about them, and explain the changes you’ve noticed.
- Ask them directly if they are safe in their relationships or if they are fearful in any way. Address their safety concerns with them.
- Tell them you are there to support them in any way, and when they are ready, let them disclose information to you at their own pace.
- Tell the person they deserve to be happy and in good and healthy relationships.
- Reach out to an advocacy program in your area together, or give them resources to contact on their own.
- Offer to go with the person to meet with their parent(s), counselor, or another support person.
HOW TO MODEL AND PRACTICE HEALTHY RELATIONSHIPS

- Openly discuss your own relationship wins and struggles, ways you’ve learned and grown, and the goals you have in mind for your own relationships.

- Model and be committed to healthy boundaries in your relationships.

- Take ownership and accountability when you make mistakes.

- Safely call out and rise up against unhealthy or abusive behavior when you see it. “This is not allowed in my home, car, office, classroom, or presence, etc.”

- Keep a good balance of your relationships and social life without your partner.

- Normalize talking about your relationship challenges, with friends, family, and seeking professional support if needed.
CONVERSATION STARTERS

We all have many different relationships in life and they all have different characteristics, dynamics, successes, challenges, goals, and more!

These questions will to help you get a conversation started to promote healthy relationships.

- What qualities do you look for in a partner? Why?
- What is something you are proud of in your relationships? Why?
- What are your personal goals in life? What are your shared goals in your relationships? Do you feel supported in accomplishing those goals? Who is in your support system? Why?
- How do you share your feelings in your relationships? What is the response like from others when you share your feelings?
- How do you decide to trust someone (or not)?
- How do you establish boundaries for yourself in relationships?
- How do you handle it if you feel pressured to do something you are not comfortable with?

Here are some tips to keep in mind to keep this a safe conversation:

- Be patient and actively listen
- Be non-judgmental and try not to react negatively
- Offer feedback if and when appropriate
QUICK FACTS

1 in 3 young people will be in an abusive or unhealthy relationship.

Violent behavior often begins between 6th and 12th grade.
72% of 13 and 14-year-olds are “dating.”

Females between the ages of 16 and 24 are 3 times more likely than the rest of the population to be abused by an intimate partner.

Roughly 1.5 million high school boys and girls in the U.S. admit to being intentionally hit or physically harmed in the last year by someone who they are dating.

TYPES OF ABUSE

PHYSICAL: Hitting, slapping, threats of physical abuse, kicking, biting, pushing, strangulation.

SEXUAL: Any unwanted sexual behavior or contact, pressuring you to send sexual pictures.

EMOTIONAL: Name-calling, put-downs, yelling, playing mind games, threats to commit suicide.

SOCIAL: Controlling, disrespecting, or pressuring you in your mobile, IM, or social networks.

The “building blocks” of a healthy relationship:

- Trust
- Boundaries
- Mutual Respect
- Open Communication

Scan for Violence Prevention and Intervention Resources
WHAT IS CONSENT?

Consent is defined as permission or agreement.

In order for a relationship to be healthy, there needs to be healthy consent given by all individuals involved.

Consent has two parts:

There needs to be a question AND an answer.

The absence of an answer is a clear, “no.”

It is impossible to give good, clear consent when one party is vulnerable, sleeping, unconscious, drunk or high, or if there is pressure in any way.

In order for us to have healthy relationships, consent needs to be a normalized part of our conversations and expectations.

The root of consent is RESPECT for your partner.

When I value my partner’s beliefs, boundaries, and feelings, I will choose to ask for consent and respect my partner’s wishes in our relationship.
RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, are behaviors that occur in healthy, unhealthy and abusive relationships.

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>UNHEALTHY</th>
<th>ABUSIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A healthy relationship means that both you and your partner are:</td>
<td>You may be in an unhealthy relationship if one or both partners is:</td>
<td>Abuse is occurring in a relationship when one partner:</td>
</tr>
<tr>
<td>Communicating: You talk openly about problems, listen to each other,</td>
<td>Not communicating: When problems arise, you fight or you don’t discuss</td>
<td>Communicates in a way that is hurtful, threatening, insulting or</td>
</tr>
<tr>
<td>and respect each other’s opinions.</td>
<td>them at all.</td>
<td>demeaning.</td>
</tr>
<tr>
<td>Respectful: You value each other as you are. You respect each other’s</td>
<td>Disrespectful: One or both partners is not considerate of the other’s</td>
<td>Disrespects the feelings, thoughts, decisions, opinions, or physical</td>
</tr>
<tr>
<td>emotional, digital and sexual boundaries.</td>
<td>feelings and/or personal boundaries.</td>
<td>safety of the other.</td>
</tr>
<tr>
<td>Trusting: You believe what your partner has to say. You do not feel</td>
<td>Not trusting: One partner doesn’t believe what the other says, or feels</td>
<td>Physically hurts or injures the other partner by hitting, slapping,</td>
</tr>
<tr>
<td>the need to “prove” each other’s trustworthiness.</td>
<td>entitled to invade their privacy.</td>
<td>choking, pushing or shoving.</td>
</tr>
<tr>
<td>Honest: You are honest with each other, but can still keep some things</td>
<td>Dishonest: One or both partners tells lies.</td>
<td>Blames the other partner for their harmful actions, makes excuses for</td>
</tr>
<tr>
<td>private.</td>
<td>Trying to take control: One partner feels their desires and choices are</td>
<td>abusive actions and/or minimizes the abusive behavior.</td>
</tr>
<tr>
<td>Equal: You make decisions together and hold each other to the same</td>
<td>more important.</td>
<td>Controls and isolates the other partner by telling them what to wear,</td>
</tr>
<tr>
<td>standards.</td>
<td>Only spending time with your partner: Your partner’s community is the only</td>
<td>who they can hang out with, where they can go, and/or what they can do.</td>
</tr>
<tr>
<td>Enjoying personal time: You both can enjoy spending time apart, alone,</td>
<td>one you socialize in.</td>
<td>Pressures or forces the other partner to do things they don’t want to</td>
</tr>
<tr>
<td>or with others. You respect each other’s need for time apart.</td>
<td></td>
<td>do; threatens, hurts, or blackmails their partner if they resist or say no.</td>
</tr>
</tbody>
</table>

Created by www.loveisrespect.org
CYCLE OF ABUSE

1. Tensions Building
   - Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser

2. Incident

3. Reconciliation
   - Abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says that it wasn’t as bad as the victim claims

4. Calm
   - Incident is “forgotten,” no abuse is taking place. The “honeymoon” phase

Created by Lenore E. Walker, 1979
Red Flags for Abusive Relationships

QUESTION RELATIONSHIPS WITH PARTNERS WHO:

- Blame you for everything, including how they treat you or anything bad that happens between you
- Have a history of trouble with the law, get into fights, or break and destroy property
- Abuse siblings, other family members, children, pets or property
- Put down people, including your family or friends, or call them names
- Are always angry at someone or something
- Try to isolate you and control who you see, where you go, or who you talk to
- Nag you or force you to be sexual when you don’t want to be. Continue to pressure you after you’ve said no
- Are physically rough with you (push, shove, yank, squeeze, restrain)
- Take money or take advantage of you in other ways
- Accuse you of flirting or “coming on” to others or accuse you of cheating on them
- Threaten to kill themselves if you break up with them or tell you they cannot live without you
- Experience extreme mood swings...tell you that you’re the greatest one minute and rip you apart the next
- Call you names or verbally attack you for no apparent reason

OTHER CUES THAT MIGHT INDICATE AN ABUSIVE RELATIONSHIP MIGHT INCLUDE:

- You feel afraid
- You feel tied down, like you have to “check-in”
- You feel afraid to make decisions or bring up certain subjects so that the other person won’t get mad
- You tell yourself that if you just try harder and love your partner enough everything will be just fine
- You find yourself crying a lot, being depressed or unhappy
- You find yourself worrying and obsessing about how to please your partner and keep them happy
- You find the physical or emotional abuse getting worse over time
EQUALITY WHEEL FOR TEENS

NONVIOLENCE

NEGOTIATION AND FAIRNESS:
Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

COMMUNICATION:
Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

SHARED POWER:
Taking mutual responsibility for recognizing influence on the relationship. Making decisions together.

SELF-CONFIDENCE AND PERSONAL GROWTH:
Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.

HONESTY AND ACCOUNTABILITY:

RESPECT:
Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

TRUST AND SUPPORT:
Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

Produced and distributed by:
NONVIOLENCE

4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ncdsv.org

Adapted from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134
**TEEN POWER AND CONTROL WHEEL**

**Physical Violence**: Threatening to expose someone’s weakness or spread rumors. Telling malicious lies about an individual to peer group.


**Peer Pressure**: Threatening to expose someone’s weakness or spread rumors. Telling malicious lies about an individual to peer group.


**Isolation/Exclusion**: Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy to justify actions.

**Sexual Coercion**: Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

**Threats**: Making and/or carrying out threats to do something to hurt another. Threatening to leave, to commit suicide, to report her/him to the police. Making her/him drop charges. Making her/him do illegal things.

**Minimize/Deny/Blame**: Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying she/he caused it.

**Using Social Status**: Treating her like a servant. Making all the decisions. Acting like the “master of the castle.” Being the one to define men’s and women’s roles.


**Negotiation and Fairness**: Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

**Non-Threatening Behavior**: Talking and acting so that she feels safe and comfortable expressing herself and doing things.

**Communication**: Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

**Shared Power**: Taking mutual responsibility for recognizing influence on the relationship. Making decisions together.

**Self-Confidence and Personal Growth**: Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.


**Trust and Support**: Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

**Respect**: Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

**Non-Violence**: Producing and distributing by:

- National Center on Domestic and Sexual Violence
- Domestic Abuse Intervention Project
- 202 East Superior Street
- Duluth, MN 55802
- 218.722.4134

Adapted from:
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HEALTHY RELATIONSHIP CHECKLIST

THE PERSON I’M WITH...

☐ Supports the things I do and encourages me to try new things.

☐ Supports my social life. Understands we have separate interests and can spend time apart or with other people.

☐ Talks to me when they’re unhappy with something in our relationship.

☐ Is willing to compromise and can admit when they are in the wrong.

☐ Respects my friends and family.

☐ Does not exhibit abusive behavior toward others.

☐ Is OK with me having friends without getting extremely jealous of them or accusing me of flirting or cheating.

☐ Does not constantly check on me or make me check in about where I am or who I’m with.

☐ Doesn’t try to control what I do, who I see, what I wear, how I look, who I talk to, or my money.

☐ Makes me feel safe and doesn’t physically hurt me.

☐ Does not pressure, guilt, or force me into having sex or going further than I want to.

☐ Does not pressure or force me to do anything that I don’t want to do.

These are all signs of a healthy relationship. Remember that while you may have a healthy relationship, it’s possible a friend or someone you know does not.

IMPORTANT:
Leaving an abusive relationship is the most dangerous time.
This is when abusers feel like they are losing power and control.
Contact 360 Communities to make a safety plan.
We have trained advocates who can help 24/7.

Call our 24/7 Crisis Line (651) 452-7288
Sexual Assault Services (651) 405-1500

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Healthy Relationships Toolkit

360Communities.org
RESOURCES

If you need immediate help in a dangerous situation, call 911 or contact your local police department.

Other 24/7 Crisis Lines in Dakota County:

360 Communities Sexual Assault Services Hotline: 651-405-1500
   Eagan Lewis House Crisis Line: 651-452-7288
   Hastings Lewis House Crisis Line: 651-437-1291

Dakota County Crisis Response: 952-891-7171

www.360Communities.org
   - Advocacy
   - Support group
   - Emotional support
   - Connections to other resources and more

Online:

www.loveisrespect.org

www.joinonelove.org

www.thehotline.org - National Domestic Violence Hotline

www.rainn.org - Rape and Incest National Network
   - Find local resources in our community
AWARENESS
EVENTS AND RECOMMENDATIONS

February: Teen Dating Violence Awareness Month
Color: Orange
- Share healthy relationships toolkit and posters in your school or community
- Promote awareness of resources available for youth
- Invite guest speakers from 360 Communities to teach on healthy and unhealthy relationships and consent
- Hold “wear orange” day to promote awareness
- For more resources, visit Love Is Respect www.loveisrespect.org

April: Sexual Assault Awareness Month
Color: Teal
- Promote “What Were You Wearing?” project in your community [https://360communities.org/violence-prevention/what-wearing/]
- Participate in “Clothesline” project in your community [https://www.vfmn.org/clothesline-project]
- Invite guest speakers in to teach about sexual assault, victim blaming, and consent
- Promote healthy, consensual relationships and awareness around the trauma that non-consensual relationships bring to our community.
- Attend 360 Communities’ Domestic and Sexual Violence Awareness Luncheon
- Create a #MeToo post it wall for your school or community for anonymous sharing
- Hold “wear teal” or “denim day” events to promote awareness
- For more resources, visit National Sexual Violence Resource Center [www.nsvrc.org]

October: Domestic Violence Awareness Month
Color: Purple
- Share healthy relationships toolkit and posters in your school or community
- Promote resources available for support groups and domestic violence
- Invite guest speakers from 360 Communities
- Hold “wear purple” day to promote awareness
- For more resources, visit the National Coalition Against Domestic Violence [www.ncadv.org]