Healthy Relationships Toolkit

360 Communities®

Help in the moment. Hope for the future.

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Scan for digital downloads of all resources in this toolkit

360 Communities®

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 be 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.

HEALTHY

A **healthy relationship** means that both you and your partner are:

Communicating: You talk openly about problems, listen to each other, and respect each other's opinions.

Respectful: You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

Trusting: You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

Honest: You are honest with each other, but can still keep some things private.

Equal: You make decisions together and hold each other to the same standards.

Enjoying personal time: You both can enjoy spending time apart, alone, or with others. You respect each other's need for time apart.

UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

Not communicating: When problems arise, you fight or you don't discuss them at all.

Disrespectful: One or both partners is not considerate of the other's feelings and/or personal boundaries.

Not trusting: One partner doesn't believe what the other says, or feels entitled to invade their privacy.

Dishonest: One or both partners tells lies.

Trying to take control: One partner feels their desires and choices are more important.

Only spending time with your partner: Your partner's community is the only one you socialize in.

ABUSIVE

Abuse is occurring in a relationship when one partner:

Communicates in a way that is hurtful, threatening, insulting or demeaning.

Disrespects the feelings, thoughts, decisions, opinions, or physical safety of the other.

Physically hurts or injures the other partner by hitting, slapping, choking, pushing or shoving.

Blames the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

Controls and isolates the other partner by telling them what to wear, who they can hang out with, where they can go, and/or what they can do.

Pressures or forces the other partner to do things they don't want to do; threatens, hurts, or blackmails their partner if they resist or say no.

Created by www.loveisrespect.org

CYCLE OF ABUSE

Created by Lenore E. Walker, 1979

Red Flags for Abusive Relationships

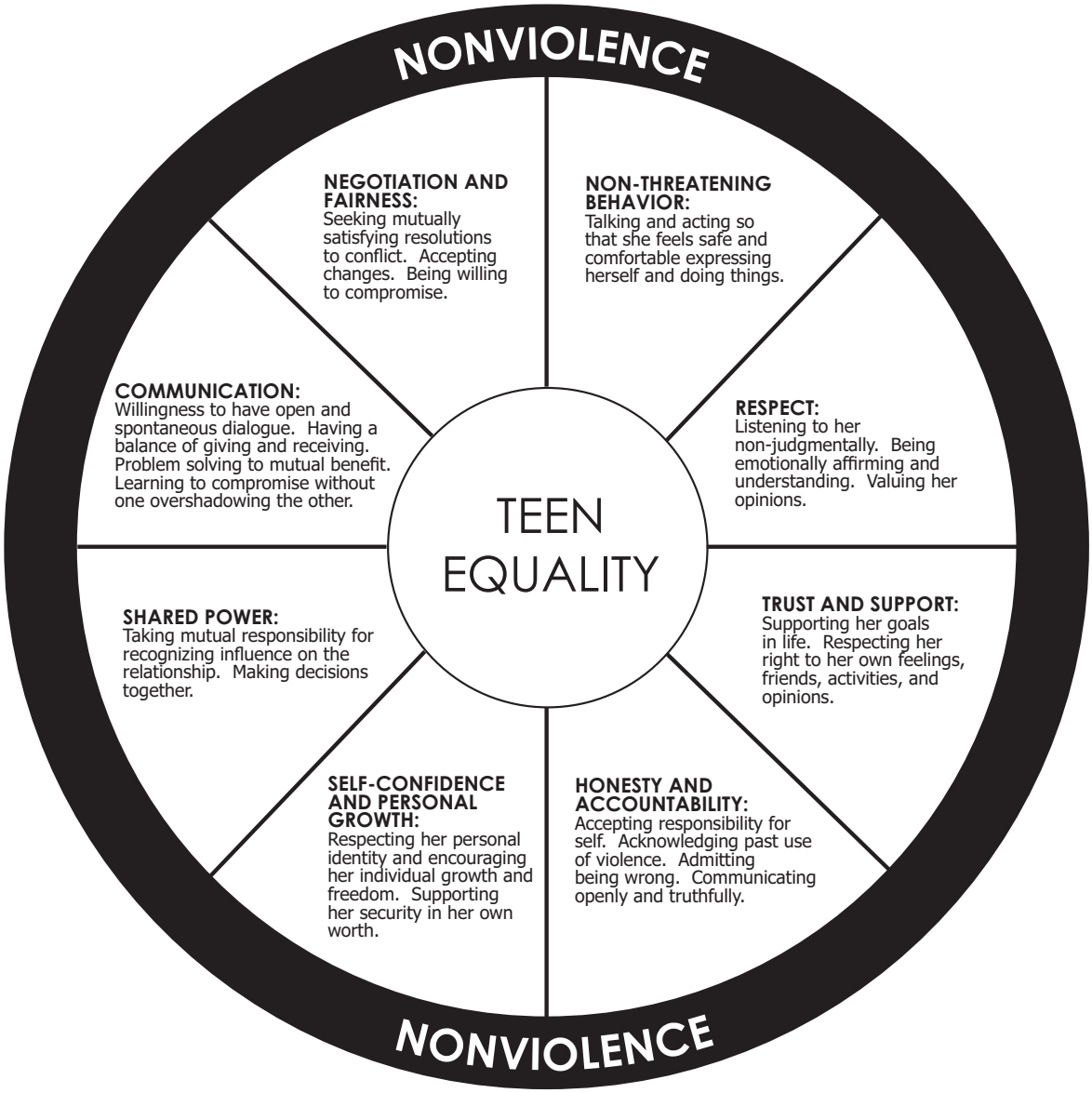
QUESTION RELATIONSHIPS WITH PARTNERS WHO:

- 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

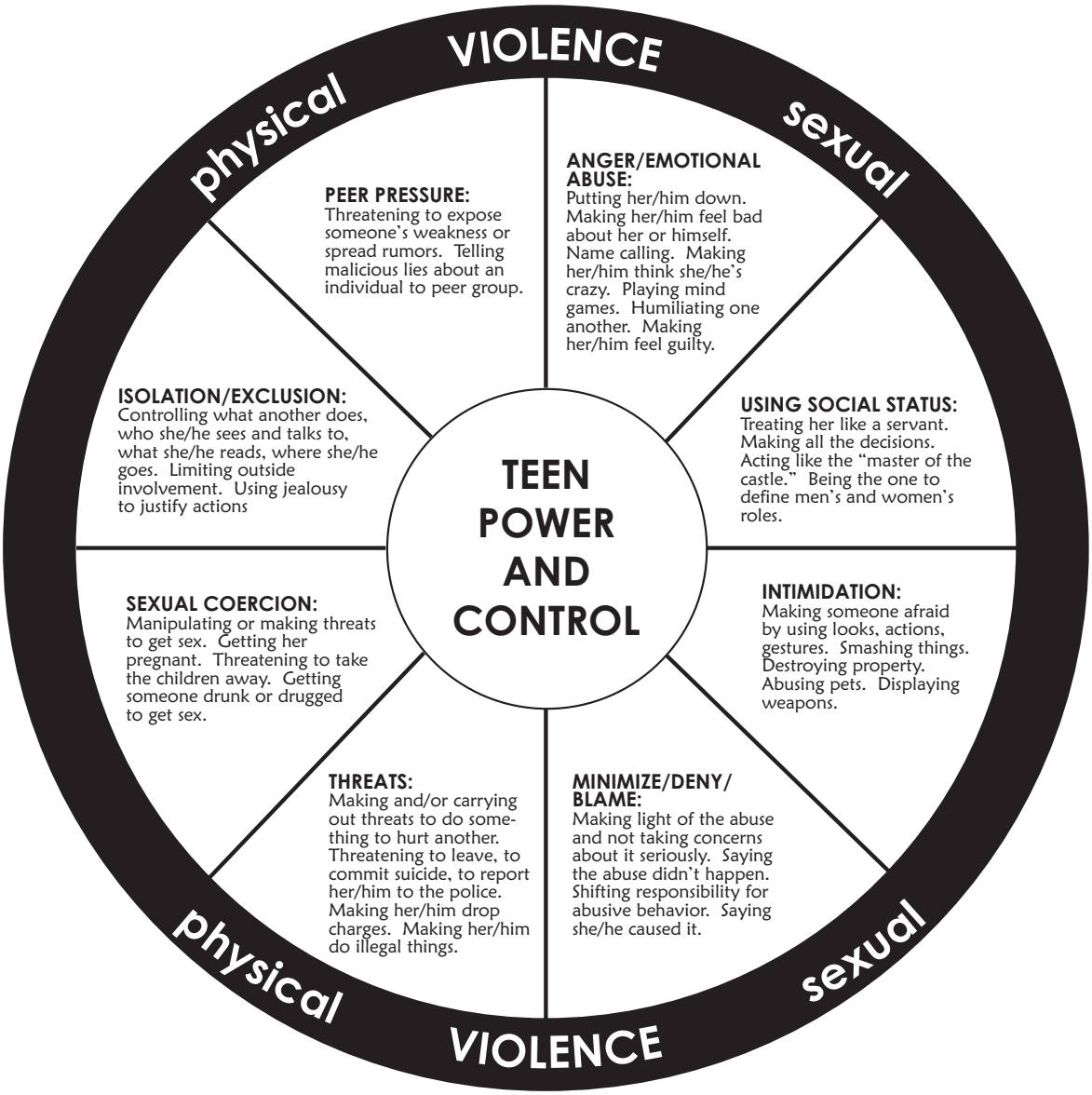


Adapted from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134

Produced and distributed by:

NATIONAL CENTER on Domestic and Sexual Violence
training · consulting · advocacy
4612 Shoal Creek Blvd. · Austin, Texas 78756
512.407.9020 (phone and fax) · www.ncdsv.org

Teen Power and Control Wheel



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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

Scan for Violence Prevention and Intervention Resources

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

Scan for digital downloads of all resources in this toolkit

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