



Breaking Up A Dating Relationship

Just as dating relationships need to be healthy and respectful, breaking up a dating relationship should be done with kindness and respect. Ending a relationship is usually difficult for both people. Below are some suggestions to help you with a break up. And remember, you both have a right to end the relationship any time you want.

Remember the good times!

Although you are breaking up with your dating partner, try to remember some of the positive parts of your relationship. We all grow from our experiences, so keep the positive experiences in mind for future relationships. This will help to ensure healthy and happy relationships throughout your dating years.

Steps for Ending a Healthy Relationship:

1. What am I going to say?

Think through your reasons for breaking up. Be certain you are making a decision based on your feelings and needs, and not as a way of controlling or manipulating the other person.

What are your reasons for ending the relationship?

Practice what you will say. Give your partner specific reasons for breaking up. It's best to be clear and honest, but kind. Be firm; don't give your partner false hope that you might get back together.

2. When and where am I going to talk with my partner?

Break up in-person. Don't do it through a text, a friend or social media. Find a semi-private place to talk with your partner. Keep in mind he/she may become upset and even cry, so choose a place where other friends won't be around. Everyone reacts differently, so be prepared for your partner to just leave or to want to talk. Your partner may try to talk you into staying in the relationship, but remember, you have the right to end it.

3. Try to be friends in the end.

Try to still be friends, but don't be surprised if your ex-partner does not want to be friends right away. If you can't be friends, you can still respect the relationship you had and be polite when you see one another. It's important not to bad mouth your ex-partner. In time, you will probably be friends again.

Steps for Ending an Unhealthy Relationship:

1. If your partner has ever been abusive or threatened violence even once, let a trusted adult know you plan to break it off. If you feel safe breaking up in person, ask a trusted adult to accompany you.

2. When and where am I going to talk with my partner?

If you feel unsafe, break up by text or phone. If you feel safe breaking up in-person, meet in a public place and bring along a Trusted Adult. Stay within vision and ear shot of your Trusted Adult and others. Everyone reacts differently, so be prepared for your partner to just leave, to become angry or upset or to want to talk. Your partner may try to talk you into staying in the relationship, but remember, you have the right to end it.

3. Expect Respect.

You deserve to feel safe and respected in all relationships. To stay strong to your personal safety, write a list of reasons why you broke things off and refer to it when needed. (For help with an abusive relationship, text LOVEIS to 22522, call 1-866-331-9474 or visit loveisrespect.org/for-yourself/contact-us/)



Is My Relationship Healthy?

All relationships should be healthy - regardless of who is in the relationship.

Following are two lists of relationship characteristics; Healthy vs. Unhealthy. Think about a family, friend or dating relationship in your life. Compare both lists, checking off the statements that are true about this relationship you are evaluating. Which traits make you feel happy? Which make you feel down? How does your relationship measure up? Do you think your relationship is a healthy one?

Healthy

You and this person...

- Treat each other with respect and dignity.
- Trust and support each other.
- Are gentle and kind with one another.
- Respect each others' boundaries.
- Always feel safe together.
- Give each other some privacy; texts, phone calls, journals, etc. are considered private.
- Usually have fun together.
- Are both liked by the other's friends and family.
- Feel free to talk openly and honestly with one another.
- Calmly settle disagreements and apologize when wrong.
- Encourage each other's interests - sports, dance, travel, etc.
- Feel comfortable making decisions, both together and independently.
- Feel free to spend time with friends outside your relationship.
- Like one another's friends and enjoy spending time with them.
- Support one another's goals in life, i.e. education, job, etc.
- Build each other up.
- Treat each other as equals, in a balanced relationship.
- Are proud to be with the other person.
- Allow each other space, when you need it.
- Both accept responsibility for own actions.
- Encourage and support one another seeing and spending time with friends and family.

Unhealthy

One (or both) of you...

- Shows a lack of respect and trust.
- Is extremely jealous and accuses the other person of cheating.
- Excessively texts or calls; needing to know where the other person is at all times.
- Acts very controlling and possessive.
- Ignores or withholds affection as a way to punish the other.
- Embarrasses or humiliates the other.
- Makes all the decisions about what the two of you do.
- Has an explosive temper and frequently yells at the other person.
- Isolates his/her partner from family or friends
- Constantly puts the other person down.
- Makes verbal threats, or is physically or emotionally abusive.
- Blames the other person for own behavior.
- Tries to limit or prevent the other from spending time with friends or family.
- Does not respect boundaries; Goes through the other person's belongings without permission.
- Is not liked by the other person's friends or family.
- Makes decisions for the other, like what clothes to wear or how to act.
- Has hit, pushed, grabbed or otherwise physically hurt the other.
- Discourages or criticizes the other person's outside interests.

All relationships should be healthy.

If you determine there is an unhealthy relationship in your life, obtain help from a parent, teacher, school counselor or other professional or helpline.

KEY QUESTIONS TO ASK WHEN ANALYZING MEDIA MESSAGES

		SAMPLE QUESTIONS
AUTHORS & AUDIENCES	AUTHORSHIP	Who made this?
	PURPOSES	Why was this made? What does this want me to do?
		Who is the target audience? Who are they talking to? or Who is this for?
	ECONOMICS	Who paid for this?
	EFFECTS	Who might benefit from this message? Who might be harmed by it? Is this message good for me or people like me?
What does the storyteller want me to remember?		
MESSAGES & MEANINGS	CONTENT	What does this want to think (or think about)?
		What would someone learn from this? What does this tell me about [insert topic]?
		What ideas, values, information, or points of view are overt? Implied? What is left out that might be important to know?
	TECHNIQUES	What techniques are used and why? How do the techniques communicate the message?
REPRESENTATIONS & REALITY	INTERPRETATIONS	How might different people understand this message differently? What is my interpretation and what do I learn about myself from my reaction or interpretation?
	CONTEXT	When was this made? Where or how was it shared with the public?
CREDIBILITY		Is this fact, opinion, or something else?
	How credible is this (and how do you know)?	
	What are the sources of the information, ideas or assertions?	
	Can I trust this source to tell me the truth about this topic?	



Setting Personal Boundaries

Personal boundaries are limits we set to take care of, and protect, ourselves.

Personal boundaries are based upon what we decide are acceptable and safe ways for others to behave around us. Personal boundaries are formed in part by having clear personal values. An important part of respecting yourself and others is understanding and honoring these boundaries and each other's values.

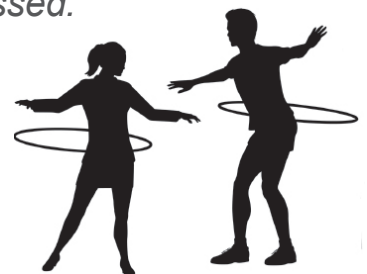
In doing so, each person remains an individual in the relationship and does not change what they believe based on the other person.

Each relationship in our life has a different set of boundaries.

Five Key Guidelines to use when setting personal boundaries:

- 1. Know you have a right to set personal boundaries.**
Set clear limits and expect others to respect them.
- 2. Put Yourself First.**
Be kind and respectful to others, but always put yourself first, especially when faced with aggressive or abusive behaviors. Recognize that your feelings and safety are the most important.
- 3. Recognize that you know yourself best.**
Don't let other people make decisions for you. You decide what is right for you.
- 4. Learn to say no, and stick to it.**
Don't let others pressure you into actions you don't want to take. If something doesn't feel right for you, then don't do it.
- 5. Be clear about what actions and behaviors are acceptable, and not acceptable, to you.**
Let people know when they've done or said something unacceptable to you. If touched without permission, pull back immediately to make it clear a personal boundary has been crossed.

It can be helpful to think of an invisible hula hoop around us at all times, as this is the approximate amount of personal space most people are comfortable with.





e-Safety Pact



1. I WILL use technology responsibly, treating others with respect.
2. I WILL pause, and think twice, before posting anything online.
3. I WILL send or post only kind and respectful messages.
4. I WILL always use my true identity, and discourage and report use of false profiles.
5. I WILL send or post only appropriate images to people I know.
6. I WILL ask permission before posting or tagging images of friends.
7. I WILL respect a person's decision to not have their picture or video posted or shared.
8. I WILL NOT share images with people I don't personally know.
9. I WILL NOT give out personal information about myself or others.
10. I WILL keep my passwords private, even from my friends.
11. I WILL NOT discuss private family matters online; I'll talk to a friend or trusted adult instead.
12. I WILL NOT respond to inappropriate/threatening messages. I WILL report them to an adult.
13. I WILL get permission from my parents before registering on a website, entering a contest or using a gift card online.
14. I WILL NOT meet an online friend in-person unless I:
 - a. Get permission from my parents or guardian(s),
 - b. Bring my parent(s) or another trusted adultAND
 - c. Meet the person in a public place.
15. I WILL review this Pact periodically as a reminder to be use technology responsibly. If I make a mistake and misuse technology, I will apologize and recommit to this Pact.

Teen's Signature

Parent's Signature








Date



Date



Teen Digital Safety Tips for Parents




The best tech safety policy between parents and teens is education, communication, supervision and trust. Set clear expectations of responsible digital behavior and communicate these to your teen.

-  Become informed and familiar with all technology your teen is using: texting, chatting, online gaming, social networking and digital cameras on phones and other devices.
-  It is not sufficient to situate computers and electronic devices in high visibility areas of the home. Today's youngsters have internet access from many sources, including phones, tablets, gaming systems, friends' devices and public Wifi.
-  Supervise and interact with your teen online and electronically. Become familiar with chat/texting acronyms. (See Box to the right.)
-  The most common online/electronic threats to youngsters are peer-to-peer: cyberbullying, textual harassment and sexting.
-  Stress to teenagers the importance of telling you or another trusted adult about any threatening or inappropriate messages or images. Save all evidence and report these immediately to your local police and www.cybertipline.com.
-  If your youngster is taking risks online, find out why. What is happening in their life to cause such behavior? Consider obtaining professional help/counseling, if needed.
-  Via social networking sites, gaming and webcams, the online offender may expose teenagers to adult content and even convince teens to share intimate images of themselves.

-  If you have installed parental controls on your teen's electronics, don't be surprised if your teen or their friends are able to quickly bypass them.
-  Online predators become a serious threat if (1) they succeed in learning a teen's full name, phone number or address or (2) they manage to arrange a private, in-person meeting with the teenager.

Sample Text Acronyms

NAZ = Name, Address & Zip Code
RU/18 = Are you 18 years old?
WYRN = What's Your Real Name?
TDTM = Talk Dirty to Me
LMIRL = Let's Meet in Real Life
1174 = U r invited to a wild party
Pron = Porn
420 = Marijuana
Slice = 1/8 of an ounce of marijuana

-  Young people are most at risk online when they have sexual conversations with people they don't know, send inappropriate images of themselves or agree to an in-person meeting.
-  High-quality parenting relationships and open communication can reduce the risk that teens will meet online friends privately and in-person.
-  Keep Digital Safety in perspective: the most likely abusers are someone the teen knows in real life; friend, dating partner, family member, relative or family friends.



Tips For Pics



Our online and electronic actions contribute to the real-life impression we make on others.



Once sent, messages and images cannot be taken back.



We should not let peer pressure force us into doing things we know are wrong, even if it's "just for fun."



Sending inappropriate images threatens our reputation, privacy and future education and employment opportunities.



Pictures and video are part of our online footprint that follows us far into the future.



Use a professional email address for application forms.



Suggestive addresses like *partygurl@gmail.com* or *orviperdude@msn.com* give the wrong impression to potential employers and institutions of higher education.



Nothing posted or sent is private, and it stays online - forever.



Tips for Parents on Sexting & Teens

The best tech safety policy is education, communication, supervision and trust.

Make behavioral expectations clear to teens.

Have frequent discussions about the responsibilities and privileges associated with using technology.

Be familiar with technology teens are using.

Texting, social media sites, apps, image sharing, chatting, gaming & game systems.

Become familiar with texting acronyms.

NAZ = Name/address/zip code, CTN=Can't Talk Now, TDM=Talk Dirty To Me, 1174 = You're invited to a wild party, NIFC=Nude In Front of the Camera, pron=porn, 420=marijuana, 8=oral sex, zerg=to gang up on someone. For more translations, visit teenluresprevention.com/parents

Supervise teens online and electronically.

Let teens know you are monitoring them, because you love them and care about their future. Don't rely entirely on parental control software; teens can quickly bypass these.

Google Search your child's name in quotations: "Jane Doe"

You may be surprised what you find.

If you think your youngster is Sexting...

Monitor his/her electronic devices, including game systems. Check Messages (*sent/received*), Images (*Photos/videos; camera, shared and albums*) and photo sharing apps.

Pics don't stay private.

Once sent, they can't be retrieved, they can be forwarded to many other people, and they can not be erased. Discuss the importance of not giving in to peer pressure to sext, no matter how tempting it is to be "liked."

Think before Forwarding.

If a teen forwards a nude pic of a minor, he/she becomes the original sender of child pornography, which is against the law. While the majority of teens are not arrested for sexting, it is criminal behavior.

Images and blogs have future consequences.

They are available for the entire world to see and share. This includes parents, relatives, school officials, law enforcement, college admissions departments and current and future employers.

Use teachable moments.

Local and national news stories about Internet and electronic crimes provide opportunities to discuss these issues. Help your teen establish digital boundaries to encourage healthy and respectful communications.



Sexual Harassment

What is it?

Sexual harassment is unwanted sexual behavior. It may take different forms, including:

- **Physical contact**, like grabbing, pinching, touching your breast or butt or other body parts, or kissing you against your will;
- **Sexual comments**, like name-calling (slut, whore, fag), starting rumors about you, making sexual jokes at your expense, or making sexual gestures at or about you;
- **Sexual propositions**, like repeatedly asking you out when you have said no, or asking you for sex;
- **Unwanted communication**, like texts, phone calls, letters, or e-mails. These can be mean, nasty, or threatening, or they can seem flattering or nice but still make you uncomfortable.

These are only examples; there may be other forms of behavior that are not listed here but still can be considered sexual harassment.

Both the harasser and the victim can be either male or female, and they do not have to be the opposite sex. The harasser can be another teenager or an adult. (NOTE: An adult flirting with a minor is not normal or appropriate behavior.)

Some flirting between teenagers is normal and healthy, but sometimes it can be hard to tell the difference between flirting and sexual harassment. The lists below can help you figure it out.

Flirting

- Flirting is welcome attention.
- Flirting goes both ways.
- Flirting makes you feel flattered or attractive.
- Flirting makes you feel in control.
- Flirting makes you feel good about yourself.
- Flirting is legal in school.

Harassment

- Sexual harassment is not wanted.
- Sexual harassment is one-sided.
- Sexual harassment makes you feel put down or ugly.
- Sexual harassment makes you feel powerless.
- Sexual harassment makes you feel bad or dirty.
- Sexual harassment is a violation of school rules and state/federal laws.

If you think you are flirting with someone, **but they do not respond the way you want them to**, consider this...

- ⇒ If the person does not seem happy with your attention,
- ⇒ if you flirt but they do not flirt back,
- ⇒ if you make a sexual joke and they do not laugh,
- ⇒ if the person seems to be avoiding you...

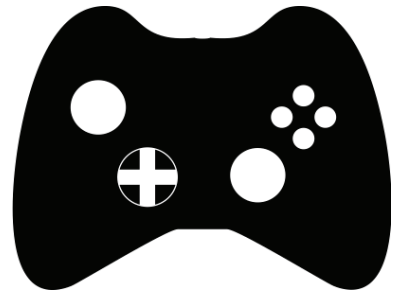
...you might be making them uncomfortable. The bottom line is that **if the person receiving your sexual or romantic attention doesn't want it and you continue, that's harassment and you should stop what you are doing.**







Gaming Safety Tips for Teens

Online gaming is a fun way to connect with friends and other gamers throughout the world.

To keep online gaming safe:
Protect your personal information and passwords.
Use private settings. Report harassment & cyberbullying.



-  **Make Passwords Long & Strong:** Use a strong password for your gaming accounts. Make certain your password has at least eight characters and uses numbers, letters, and symbols. Always keep passwords private.
-  **Keep Personal Information Private:** Never reveal your full name, address, phone number, gender, age, or other private information. Keep your user name neutral. Use an avatar instead of an actual picture of yourself.
-  **Don't Accept Downloads from People You Don't Know:** This includes cheat programs that may claim to help you perform better in a game, but could actually be carrying malware. Stay informed about malware.
-  **Report Harassment & Cyberbullying:** Know how to block and/or report another player if they make you feel uneasy. Keep a record of what the other player says, and don't engage them in conversation.

Research (5) additional Gaming Safety Tips for Teens.

1. _____

2. _____

3. _____


4. _____


5. _____





Emergency Plan

DIAL 911 in case of illness, accident, fire, storm, or other emergency.
A pre-arranged plan of action includes:

 **Contacts:** In a real emergency, the following people will contact me.
If anyone else tells me there's an emergency, I will verify their claim.

 **Rides:** In a real emergency, I will go with these friends or family.
If someone else offers me a ride, I will refuse and call someone I trust.

 **Safe Places:** In a real emergency, I can go to these locations.

 **Guardians:** In a real emergency, I can stay with these friends or family.

EMERGENCY? DIAL 911!



Consent: Do You Have It?

What is Consent?

Consent is a free and clearly given YES, not the absence of a “No.”

Consent means that both partners engaged in intimate contact agree to it by giving permission.

Either partner may decide **AT ANY TIME** that they no longer consent and they want to stop the activity.

Consent: Do You Have it - Every Time?

Q: Does consenting to one intimate behavior mean you have to consent to any other intimate behaviors?

A: No.

Q: Does consenting on one occasion mean you have to consent on any other occasion?

A: No.

Q: Can someone consent to intimate or sexual activity if they are under the influence of drugs or alcohol?

A: No.

How Can Teens Keep Dating Healthy and Safe?

- ▶ Clearly define and communicate personal boundaries. Expect Respect.
- ▶ Respect personal boundaries set forth by dating partners, friends and others.
- ▶ Socialize with people who are respectful of ALL others.
- ▶ Watch out for one another. Speak up if you see something wrong.
- ▶ Avoid people with disrespectful attitudes about gender and dating.
- ▶ Make certain there is mutual consent before and during every intimate encounter.
- ▶ Only “Yes” means yes. Always take “No” as a no.
- ▶ Avoid alcohol and other drugs, as well as people who use or abuse them.
- ▶ Trust your instincts!

Lack of Consent = Date Rape

Ask for
permission to
kiss or touch
a partner.

Consent
can
NOT
be forced!

Be true
to yourself.
Speak up for
your values.

Consent
can **ONLY**
be given
when **SOBER.**



Human Trafficking Awareness

In what year was slavery abolished in the United States? _____

In what year was it outlawed in 145 countries around the globe? _____

According to the International Labor Organization, how many adults and children are enslaved in human trafficking worldwide? _____

What are the three main types of human trafficking?

1. _____
2. _____
3. _____

Approximately how much money is made off of human trafficking each year?

Name three Teen Lures used on victims of human trafficking:

1. _____
2. _____
3. _____

Name two places traffickers search for potential teen victims:

1. _____
2. _____

How many teens run away from home each year in the United States? _____

One in every 3 runaways are approached by traffickers within how many hours of being on the street? _____

What is the phone number for the National Runaway Hotline?

To what number can you text "HELP" or "INFO" at the National Human Trafficking Resource Center? _____

Are trafficked teens ever at fault? _____

Are trafficked teens victims of abuse? _____



Helplines for Teens...

Everyone needs a helping hand at some point in their life.

Should you or a friend need someone to talk to, the following resources exist solely to help improve your current situation, and your life.

Help is just a text, click or phone call away:

- ▶ **National Teen Dating Abuse Helpline, (For anonymous advice):**
If you think you may be in an abusive relationship, you can call to talk with someone about it.
Text: LOVEIS TO 22522 | Chat Online 24/7/365: loveisrespect.org
Call: 1-866-331-9474
- ▶ **TEEN LINE, 1-800-852-8336 (1-800-TLC-TEEN) 6-10pm PST, 7 days a week:**
Call if you have a problem or just want to talk with another teen who understands issues like abuse, anxiety, depression, divorce, bullying, gangs, gender identity, homelessness, pregnancy, relationships, sexuality, violence, substance abuse, self harm, and suicide. No issue is too small, too large or too shocking.
Text: TEEN to 839863 (5:30-9:30pm PST) | teenlineonline.org (chat, message board, blog)
- ▶ **RAINN National Sexual Violence Hotline, 1-800-656-4673 (HOPE)**
RAINN has over 1100 trained volunteers on duty to help victims at crisis centers across the U.S.
<https://ohl.rainn.org/online> - Live help for Sexual Assault Victims & their families. Free. Confidential. Secure.
- ▶ **National Runaway Safeline, 1-800-786-2929 (1-800-RUNAWAY) or Text 66008.**
Call if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.
- ▶ **National Human Trafficking Resource Center, 1-888-373-7888, 24 hours a day/7 days a week.**
Text "HELP" or "INFO" to 233733 (BeFree), Hours of Operation: 3:00pm - 11:00pm EST
- ▶ **National Suicide Prevention Lifeline, 1-800-273-TALK (8255) Available 24 hrs a day, 7 days a week.**
If you, or someone you know, is having thoughts of suicide, call to be connected to an available local certified crisis center.
- ▶ **Childhelp National Child Abuse Hotline, 1-800-422-4453 (4 A CHILD)**
Available 24 hours a day, 7 days a week.
For help or questions about child abuse or child neglect.
- ▶ **National Hotline to Report a Missing Child, 1-800-843-5678 (1-800-THE-LOST®)**
Call if you have information about a missing child or suspected child sexual exploitation.
- ▶ **National Domestic Violence Hotline, 1-800-799-7233 (SAFE)**
Available 24 hours a day, 365 days a year. There are no fees, no names, no judgment. Just help.

It is NEVER too late to tell about physical or sexual abuse, even if it's been kept secret for years.

Important Local Phone Numbers:

Police Department: _____
School Counselor: _____
Medical Doctor: _____
Victim's Advocate: _____
Social Services: _____

If ever in immediate danger, call 911.
...if you need someone to talk to.