

# Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

## HEALTHY RELATIONSHIPS TOOLKIT

*Handbook for  
7<sup>th</sup> Graders*

Write your name here:



U.S. CENTERS FOR DISEASE  
CONTROL AND PREVENTION



# About the Program

## Welcome to the Healthy Relationships Toolkit for 7th Graders!

The Healthy Relationships Toolkit (HeaRT) is a program that teaches skills to help you have healthy and safe relationships both now and in the future. This program will talk about all kinds of relationships, including those with family, friends, and dating partners.

This handbook will be a very important tool as you go through the program—it is full of activities and information about healthy, safe relationships. When you have completed HeaRT, be sure to take this handbook home with you and keep it in a safe place. It will remind you how to keep relationships healthy and fun. It will also be a helpful guide if you or a friend have questions or are wondering what to do about an unhealthy or unsafe relationship.



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# Group Agreements

**Instructions:** Group Agreements help everyone feel respected so each group member can get the most out of participating. List below the Group Agreements so that you can remember them. They will also be posted in the front of the class.

1.	
2.	
3.	
4.	
5.	

6.	
7.	
8.	
9.	
10.	

# Go-To Trusted Adults

These are people that I can talk to about relationships—the parts of relationships that make me feel good and the parts of relationships that make me feel not so good. These are people who I could go to if I was having trouble with a friend, a dating partner... anyone.

**Instructions:** Think of three trusted adults you can talk to about relationships. This can include parents, neighbors, teachers, adults in your school, adults in your community, and even older siblings/cousins who are at least 18 years old. Put #1 by your go-to person—the first person that you would call or talk to. Put #2 by your back-up (if the first person is not around when you have a question).

**Name:**

**How to Find This Person:**  
(e.g., phone number, room at school, address)

**Name:**

**How to Find This Person:**

**Name:**

**How to Find This Person:**

# My Healthy Dating Relationship

**Instructions:** Fill in the blanks by using your own words or examples from the word bank for questions 1, 2, and 4. You do not have to be dating right now to think about how you would want to feel and be treated in a relationship.

1. Three words to describe my ideal dating partner (the best dating partner for me) are: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

## Possible Responses for Question #1

Funny	Popular	Honest	Respectful of me
Nice	Romantic	Smart	Adventurous
Compassionate	Outgoing	Athletic	A family person
Unique	Supportive	Artsy	Thoughtful
Creative	Fun	Trustworthy	Confident

2. When I am around my dating partner, I want to feel: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

## Possible Responses for Question #2

Excited	Calm	Loved	Supported
Respected	Listened to	Trusted	Special
Accepted	Understood	Happy	Comfortable

# My Healthy Dating Relationship

3. When I am upset about something, I want the person I am dating to: \_\_\_\_\_

\_\_\_\_\_

4. My dating partner will know and respect that \_\_\_\_\_ and \_\_\_\_\_ are important to me.

Possible Responses for Question #4			
Family	Friends	School/Grades	Religion
Sports	Working out	Art	Music
Dance	Other clubs	Alone time	My privacy
My views about sex	Graduating high school	Going to college	Getting a good job
My views about alcohol/other drugs		Working hard (at school or something else)	

5. The three most important things to me in a dating relationship are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# How Would You Feel?

	Scenario 1	Scenario 2	Scenario 3	Scenario 4	Scenario 5
Worried					
Angry					
Jealous					
Happy					
Confused					
Excited					
Embarrassed					

# Devon's Story



**Devon and Rachel just started seeing each other. They agreed to meet outside after school. When Devon walked outside, he saw Rachel talking to Aki, someone that she dated for a few weeks about a year ago.**

**Devon's heart started beating faster and his muscles got tense.**

**Before he knew it, he was yelling and swearing at both Rachel and Aki.**

# Staying in Control of Your Feelings: 4 Steps

## 1. Notice what your body is telling you. Then, **PAUSE!**

When you experience a strong feeling, your body sends you clues—you start to feel different inside. You might feel your muscles tense up, your heart beat faster, or your hands shake. You might feel other changes, too.

When you start to feel physical clues, say to yourself: **PAUSE!** Just like when you pause a movie, you need to pause the action and words in your own life.

## 2. Name Your Feeling

Use the clues to name your feeling. Are you feeling sad, frustrated, disappointed, nervous, jealous, or something else?

## 3. Pick the Best Way to Calm Down (and do it!)

- Take deep breaths
- Use positive self-talk
- Do something physically active or relaxing
- Talk to someone you trust

## 4. Check-In

Do you feel calmer and are you thinking more clearly? If not, you may need to try something else to calm down. It may be time to talk to someone you trust.

Notes:

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# Negative Self-Talk, Positive Self-Talk

**Instructions:** Read the scenario and write down one or two examples of how you could change the negative self-talk into positive self-talk.

Scenario	Negative Self-Talk	Positive Self-Talk
Four goals were scored by the other team when Winnie was the soccer goalie.	<i>I am horrible at this game. I should quit.</i>	
Ming got a text from his friend Layla. It said, "I can't make the movies again, sorry." It is the second time this week that Layla has cancelled.	<i>Obviously Layla does not like me at all. No one likes me.</i>	



# We Enjoy...

**Instructions:** In the blank spaces below, write down the activities that fall into the Physically Active and Relaxing categories.

Physically Active	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Relaxing	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

# Skills for Healthy Communication

These nonverbal and verbal skills for healthy communication can help you have more positive conversations with others and prevent and handle conflicts.

Nonverbal Skills	
Stay in control of your feelings	If you need to, use the 4 Steps for Staying in Control of Your Feelings (page 7).
Make eye contact	The right amount shows that you are listening and shows the other person that what they say is important.
Watch your facial expressions and body	Your body and face are sending a message too! What is happening with your body and your face says as much about what you are saying as what comes out of your mouth.
Verbal Skills	
Watch your tone of voice	If you raise your voice or use a sarcastic tone, others may be less likely to listen to you.
Listen actively	<p>Make sure you understand what is being said. Try rephrasing what has been said: "It sounds like you are saying..."</p> <p>Take turns talking.</p> <p>Ask questions about what is being said and how the other person feels.</p> <p>Do not jump to conclusions: After listening to the other person's answers, you may realize that the disagreement (if there is one) was all a misunderstanding.</p>
Express your feelings	<p>Use "I" statements when expressing your feelings. Be specific.</p> <p>"I feel _____ when you _____ because _____."</p>

*Your nonverbal and verbal communication should match! For example, it would be confusing if someone said "yes" while shaking their head no, or said, "great idea" while rolling their eyes.*

# "I" Am Important

## "I" statements...

- Are a way to clearly express how you feel
- Make it easier to express how you feel because you are just talking about yourself

## Let's practice. Turn these "You" statements into "I" statements.

1

Your brother's music is loud and making it hard for you to study.

You say, *Marco, you only think about yourself!*

**I statement:** I feel frustrated when you play your music so loud because I am trying to study.

2

Your friend Sam told another friend about a fight you had with your boyfriend.

You say, *Sam, you are horrible. You have a giant mouth!*

**I statement:**

I feel \_\_\_\_\_ when you \_\_\_\_\_

because \_\_\_\_\_

3

Your friend Tony chose the movie that you and he are going to see.

You say, *Tony, you never let me say what I want to do. You always make the plans.*

**I statement:**

I feel \_\_\_\_\_ when you \_\_\_\_\_

because \_\_\_\_\_



# Communication Situation Observer Checklist

**Instructions:** Use this checklist to record the actors' use of the healthy nonverbal and verbal communication skills reviewed in this session. Circle Yes or No for each scenario.

Skills for Healthy Communication	Scenario 1	Scenario 2	Scenario 3	Scenario 4
Rephrased what was said	Yes   No	Yes   No	Yes   No	Yes   No
Asked questions	Yes   No	Yes   No	Yes   No	Yes   No
Took turns talking	Yes   No	Yes   No	Yes   No	Yes   No
Used "I" statements	Yes   No	Yes   No	Yes   No	Yes   No
Stayed calm	Yes   No	Yes   No	Yes   No	Yes   No
Body and facial expressions matched their words	Yes   No	Yes   No	Yes   No	Yes   No
Tone of voice matched their words	Yes   No	Yes   No	Yes   No	Yes   No



# What Is Teen Dating Violence?

## A few things to know about Teen Dating Violence...

- Dating violence is the use of physical, sexual, or emotional violence within a dating relationship, including stalking.
  - » It can result in injury, death, or psychological harm.
- Dating violence can happen in person or electronically (such as through text message, e-mail, and social media).
- It happens in both casual and serious relationships and may occur between a current or past dating partner.
- It often starts with hurtful teasing and name calling. If it is part of an abusive pattern, these things can lead to physical and sexual violence.

**TEEN DATING VIOLENCE**  
happens when unhealthy  
relationship behaviors have  
**CROSSED THE LINE**  
and become **UNSAFE.**

Notes:

You may have heard some of the words below used to describe teen dating violence.

**DATING  
ABUSE**

**RELATIONSHIP  
VIOLENCE**

**INTIMATE  
PARTNER  
VIOLENCE**

**RELATIONSHIP  
ABUSE**

Using violence against a dating partner (no matter how casual or serious) *is not okay*. If you or someone you know is perpetrating dating violence or is the person experiencing dating violence

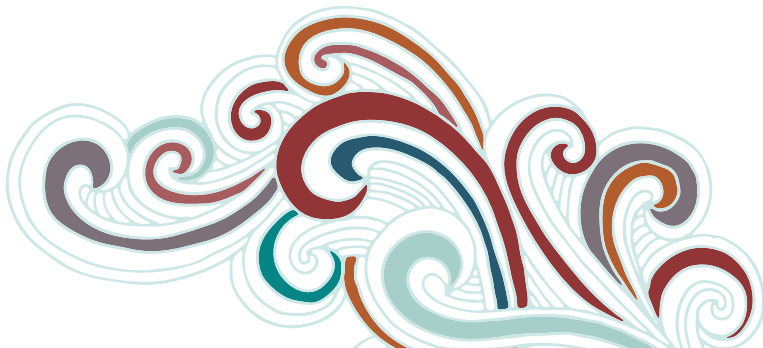
## **STOP AND GET HELP!**

# Understanding Teen Dating Violence

Behavior and Definition	Example Behaviors	
<p><b>Physical violence</b> is any physical act intended to scare, hurt, or injure someone.</p>	<ul style="list-style-type: none"> <li>• scratching</li> <li>• hitting</li> <li>• pushing</li> <li>• kicking</li> <li>• pinching</li> <li>• choking</li> <li>• spitting</li> </ul>	<ul style="list-style-type: none"> <li>• shaking</li> <li>• biting</li> <li>• grabbing</li> <li>• pulling hair</li> <li>• throwing things</li> <li>• bending fingers backwards</li> </ul>
<p><b>Sexual violence</b> involves forcing someone to do something sexual, including any unwanted sexual contact or acts done to someone without their consent or when they are unable to consent.</p>	<ul style="list-style-type: none"> <li>• forcing someone into sexual contact (e.g., kissing, touching, sex) by holding them down, hurting them, or threatening to hurt them</li> <li>• having sexual contact with someone who is passed out or too intoxicated to consent</li> <li>• using pressure or alcohol/drugs to get someone to do something sexual</li> <li>• showing your private parts to someone without permission</li> <li>• touching someone in a sexual way without permission</li> <li>• showing someone sexual pictures or images that they do not want to see</li> <li>• taking pictures, videotaping, or recording a sexual act or nude image of someone without their permission</li> <li>• sharing information about another person's body without permission</li> </ul>	
<p><b>Sexual harassment</b> is a form of sexual violence. It includes sexual comments or acts intended to hurt, offend, or intimidate someone else.</p>	<ul style="list-style-type: none"> <li>• making comments about someone's appearance/body or sexual orientation</li> <li>• calling someone sexist or homophobic names to hurt them</li> <li>• spreading gossip or rumors of a sexual nature</li> </ul>	

# Understanding Teen Dating Violence

Behavior and Definition	Example Behaviors
<b>Verbal or emotional abuse</b> involves using threats, insults, humiliation, or other behaviors to control or isolate someone, or to harm their self-esteem.	<ul style="list-style-type: none"><li>• calling someone names</li><li>• criticizing someone's beliefs or opinions</li><li>• ignoring someone's feelings</li><li>• refusing to let someone see or talk to other people</li><li>• spreading rumors</li><li>• threatening to hurt oneself</li><li>• not letting someone make their own decisions or trying to "control" them</li><li>• intentionally humiliating someone in public or private</li><li>• threatening someone or someone's family member or friend</li><li>• making someone feel like everything is their fault</li><li>• posting fake or altered images of someone</li><li>• creating an abusive group or profile about someone online</li><li>• shaming a person based on their body or how they dress</li></ul>
<b>Stalking behaviors</b> are threatening acts used by someone that is both unwanted and causes fear in the other person.	<ul style="list-style-type: none"><li>• following a person when they do not want you to</li><li>• calling or texting over and over</li><li>• sending unwanted emails, instant messages, or messages through social media</li></ul>



# Teen Dating Violence: True or False?

**Instructions:** Read each statement below and write whether or not you think the statement is True or False in the box on the right. Don't peek at the answers on the next page!

1.	Dating violence does not happen to teenagers very often. It is more of an adult problem.	
2.	Teenage boys rarely experience dating violence.	
3.	Dating violence can happen in all kinds of relationships, not just long-term or serious ones.	
4.	Being insulted over and over by someone you are dating is not that big of a deal, as long as there is no physical violence.	
5.	Most people who experience sexual violence do not know the person/people who perpetrated the violence.	
6.	Teen dating violence happens in same-sex relationships as often as it happens in straight relationships.	
7.	Teens who see violence in their home, such as between their parents, are more likely to be involved in dating violence, either as a person who experiences violence or as the person who perpetrates violence.	

# Teen Dating Violence: T/F Answers

- 1. Dating violence does not happen to teenagers very often. It is more of an adult problem.**

**False**

One out of every 4 teenagers says that they have experienced physical, sexual, or emotional abuse by a dating partner each year. Approximately one out of every 10 teenagers says they have experienced physical abuse by a dating partner each year.

- 2. Teenage boys rarely experience dating violence.**

**False**

About equal numbers of high school boys and girls experience physical violence. But, girls are more likely to experience any form of relationship abuse or dating violence including physical and sexual violence.

- 3. Dating violence can happen in all kinds of relationships, not just long-term or serious ones.**

**True**

Even if your relationship is casual or you have only gone out once or twice, you can still experience dating violence.

- 4. Being insulted over and over by someone you are dating is not that big of a deal, as long as there is no physical violence.**

**False**

Insulting someone is a type of emotional violence. Many people who experience physical violence say that the person they were with used emotional violence before they used physical violence. Often dating violence reoccurs and does not just go away.

- 5. Most people who experience sexual violence do not know the person/people who perpetrated the violence.**

**False**

More than half of females and males who experience sexual violence know the person/people who perpetrated the violence.

- 6. Teen dating violence happens in same-sex relationships as often as it happens in straight relationships.**

**True**

Anyone can experience abuse and violence in their relationships and lesbian, gay, and bisexual people are no different.

- 7. Teens who see violence in their home, such as between their parents, are more likely to be involved in dating violence, either as a person who experiences violence or as the person who perpetrates violence.**

**True**

When we are young, we learn a lot about how to communicate with others by watching our parents/guardians. Still, many teens who are involved in dating violence have never witnessed any violence between their parents. And, it is never an excuse. Everyone has the power to decide how to treat others.

If you have seen violence between people in your home, talking to someone about it can help keep you safe. Try your trusted adult, or someone else you trust. Although you may not have control over what has happened to you or what you have seen, talking to someone can help keep you safe and help you make healthy decisions about how to treat others. [loveisrespect.org](http://loveisrespect.org) | **Help Hotline: 1-866-331-9474** | **Text LOVEIS to 22522**

# Red-Yellow-Green Light






**Red light: STOP! – GET HELP!** This behavior has crossed the line and is unsafe.

**Yellow light: CAUTION.** This behavior is unhealthy and worrisome. You could try using healthy communication skills or talking to a trusted adult.

**Green light: GO** ahead and keep up with these healthy behaviors.

**Instructions:** Read each behavior below and imagine that your friend or a sibling is saying this to you. In your groups, decide if you should give red, yellow or green light advice. It is okay if everyone in your group does not agree on the same color.

Behaviors	  
1. I have been going out with my boyfriend for a few weeks. We got into a disagreement about what we were going to do on Friday night, but we talked through it and were nice to each other even though we did not agree.	<input type="radio"/>
2. I got into my first argument with my boyfriend. It was about what movie to watch. I called him a jerk and then apologized.	<input type="radio"/>
3. I saw my girlfriend going through my text messages.	<input type="radio"/>
4. My partner and I love hanging out together, but we do not like the same kind of music.	<input type="radio"/>
5. My boyfriend threatened to kill himself if we ever broke up.	<input type="radio"/>
6. Every time I wear shorts, my boyfriend yells at me, calls me fat and tells me to change into pants. I stopped wearing shorts because I am afraid that my boyfriend will yell at me again.	<input type="radio"/>
7. When I was with my girlfriend, I let her take a “sexy” picture of me. When we broke up, she sent it to her friends. That picture was supposed to just stay between us.	<input type="radio"/>
8. When I get into an argument with my partner, they threaten to “out” me to people at school who don’t know I am gay.	<input type="radio"/>

# 8 Messaging Safety Tips

**1. Never assume that a message from someone (even your best friend) is coming directly from the source.**

Phones can be lost or stolen so if someone messages you asking for personal or valuable information, call them back to confirm that the source is really who you think it is.

**2. Do not send messages about private or very important things.**

Messages can be forwarded to other people—you might not want them to see what you have to say.

If you have something private or important to say to someone, give them a call or meet them in person.

**3. Ask questions if you do not understand a message.**

Sometimes it is hard to understand how someone is feeling when you are “talking” through messages.

If you feel like someone is mad or upset after reading their message, ask questions before jumping to conclusions.

**4. Do not send messages or pictures that hurt other people or are against the law.**

You may feel like sending mean or hurtful things when you are very upset, but keep in mind that you might regret this later and cannot un-send a message.

“Sexting” is sending or forwarding nude or sexually suggestive pictures on your cell phone or online (e.g., social media, email). Taking, sending, and possessing naked images of someone under 18 is a federal crime, even if you are under 18 (and even if it is your boyfriend or girlfriend)! You could get arrested. To protect yourself, never send someone an inappropriate picture of yourself or give permission for someone to take

sexual pictures of you. Once you send it, you can no longer control where it goes.

**5. Do not respond to messages that are mean or make you feel uncomfortable.**

If you get a message that is mean or makes you feel uncomfortable, tell your parent(s) and/or one of your go-to trusted adults.

If someone sends you an inappropriate picture, delete it immediately and ask them to stop. If they continue, let a trusted adult know.

**6. Call back to confirm a meet-up.**

If someone messages you to meet-up, call that person back directly to confirm the meet-up to make sure the person you are meeting is really who you think it is.

**7. Do not use messaging for everything.**

If you are having a fight with a friend, it is probably best to talk it out in person—things will get solved twice as fast and nothing will come out the wrong way!

If you want to break up with someone, it is best to do it in person. However, it is best not to end unhealthy and unsafe relationships in person—see page 27 in this handbook for more information on ending an unsafe relationship.

**8. Do not send messages when you should be focusing on something else.**

If you should be focusing on something else, like spending time with a friend or family, studying, or walking, do not try to send messages at the same time.

# Sexual Coercion

One form of sexual violence is **sexual coercion**. It involves someone using pressure or alcohol or drugs to get the other person to do something sexual (e.g., kissing, touching, sex) that he or she **does not want to do**.

Type of Pressure		
Verbal Pressure	Emotional Pressure	Examples
<ul style="list-style-type: none"> <li>• Threatening to use force</li> <li>• Ignoring requests to stop</li> <li>• Name-calling</li> <li>• Yelling</li> <li>• False promises and lies</li> <li>• Tricking</li> </ul>	<ul style="list-style-type: none"> <li>• Threatening to break-up</li> <li>• Wearing someone down (asking over and over)</li> <li>• Use of guilt</li> <li>• Begging</li> <li>• Ignoring requests to stop</li> <li>• Intimidation</li> <li>• Using social/peer pressure, such as misuse of power</li> <li>• Humiliation</li> </ul>	<ul style="list-style-type: none"> <li>• "Please, please do not make me stop..."</li> <li>• "If you loved me, you would have to have sex with me."</li> </ul> <div> <p><b>DID YOU KNOW?</b> Emotional pressure is used most often.</p> </div>
Alcohol/Drugs	Examples	
<p>Another type of coercion is giving someone alcohol or drugs so they will be less likely to resist (getting someone "tipsy") or so they are unable to consent to sexual activity.</p>	<ul style="list-style-type: none"> <li>• Putting alcohol or drugs in someone's drink (any type of drink)</li> <li>• Giving someone alcohol or drugs to "loosen" them up</li> <li>• Taking sexual pictures or doing something sexual with someone who is drunk, high, or passed out.</li> </ul>	

**Protect yourself! Never take a drink from someone unless you have been closely watching it.**



# Pressure Role Play

Role	Script
<b>Instructor:</b>	May I use your pen for a minute?
<b>Student:</b>	<b>No.</b>
<b>Instructor:</b>	You just let me use it a few minutes ago. I need to use it again.
<b>Student:</b>	<b>No.</b>
<b>Instructor:</b>	Hey, I have seen you let him use your pen. She has used your pen. He has used your pen. Obviously, you do not have a problem sharing your pen...just let me use it one more time.
<b>Student:</b>	<b>No.</b>
<b>Instructor:</b>	Well, maybe you did not know this, but I am going to be captain of the basketball team and there are a lot of people in this room who would be honored if I used their pens, but I chose your pen. I can make your life hell if you do not give it to me.
<b>Student:</b>	<b>No.</b>
<b>Instructor:</b>	Well, I can send a picture of you drinking at that party last weekend to your parents. Do you think they'll like that? Give me your pen.
<b>Student:</b>	<b>No.</b>
<b>Instructor:</b>	If you do not give me your pen, I will not hang out with you anymore.

# The 4 C's of Consent

The 4 C's of Consent	
1. Clear	2. Continuous
<ul style="list-style-type: none"><li>• The person knows exactly what sexual act they are consenting to. If someone consents to kissing, it does not mean they are willing to do anything else.</li><li>• The absence of “no” does not mean “yes.” Only “yes” means “yes.”</li><li>• Each person in the relationship is responsible for clearly giving and receiving consent.</li></ul>	<ul style="list-style-type: none"><li>• Being in a sexual relationship (any type) requires clear and continuous communication.</li><li>• Consenting to one behavior—like kissing—does NOT mean you automatically agree to any other sexual behavior. Consent must be asked for and given at every step.</li><li>• Consenting at <b>one</b> time does not mean that you have consented to <b>any other</b> time!</li></ul>
3. Free from Coercion	4. Conscious
<ul style="list-style-type: none"><li>• Coercion takes away a person's ability to freely consent.</li><li>• Remember, consent cannot be given if a person is asleep or under the influence of alcohol or drugs.</li><li>• You do not have consent if the other person or people are too afraid to say “no.”</li></ul>	<ul style="list-style-type: none"><li>• This means one needs to be fully awake and alert to give consent.</li></ul>
If you do not have all 4 C's of Consent, you must <b>STOP!</b>	

# Consent Checklist

**Instructions:** Read the following three scenarios and think about whether the **4 C's of Consent** (Clear, Continuous, Free of Coercion, and Conscious) are met.

## SCENARIO

1

*Andre and Jayla have been dating a few weeks. One day when they are out at the park, they are holding hands—something they both agreed to. Andre then grabs Jayla's butt and kisses her. He thinks that she is probably okay with these things since she did kiss him on the first date—so she's clearly into him. Plus, they were already holding hands.*

**Did Andre have the 4 C's of Consent?** \_\_\_\_\_

**What could Jayla do now?** \_\_\_\_\_

## SCENARIO

2

*Zach knows that Ella has had a crush on him for a long time, but he does not like her in that way. One night they were hanging out with a bunch of people at a friend's house (the friend's parents were out of town). Ella offered Zach some beer and he decided to drink it. For the rest of the night, Ella kept giving Zach more alcohol. She said it was to "loosen him up" and so that he would have a better time. That night, Ella grabbed Zach and started kissing him.*

**Did Ella have the 4 C's of Consent?** \_\_\_\_\_

**What could Ella do now?** \_\_\_\_\_

## SCENARIO

3

*Amira and Alejandro have been going out for a few weeks. While hanging out alone, Alejandro said, "Why don't you ever want to hook up with me? We don't even kiss. Aren't you into me? I don't want to tell everyone that you are so uptight and won't hook up but I will." Alejandro then put his hand on Amira's thigh. Amira froze. She was too scared and nervous to say anything.*

**Did Alejandro have the 4 C's of Consent?** \_\_\_\_\_

**What could Alejandro do now?** \_\_\_\_\_

# Dating Safety Tips

Before you go out, think about **your own limits regarding sexual contact**. It is your body—set your limits. And then clearly communicate these boundaries to your partner. It is easier to think about your boundaries when you are by yourself and not in an intense situation.

**Do things in groups.** If you are going on a date or hanging out with someone for the first time, suggest a double date or group date. If you do go alone, make sure you go somewhere public where lots of other people are around.

**Look out for your friends.** Agree to stick together—if you go somewhere together, leave together. Step in if you see a friend in a situation that may not be safe (for example: drinking alcohol, leaving alone with someone, etc.).

Tell someone (a parent, a trusted adult, a friend) the **4 Ws** when you go out: **WHO** you are going with, **WHERE** you are going, **WHAT** you are doing, and **WHEN** you will be home.

**Always be prepared.** In case you find yourself needing to leave a situation, it helps if you share your location with a trusted adult and have a charged cell phone or a portable charger. Having money or access to other methods of payment is helpful too.

**Do not use drugs/alcohol.** Drugs and alcohol compromise your ability to make healthy, safe decisions and to escape dangerous situations. And, alcohol is illegal for individuals under the age of 21.

Never take a drink from someone (non-alcoholic or alcoholic) unless you closely watched them pour the drink. Take your drink everywhere with you, even to the bathroom. Some drugs can be tasteless and odorless. If you feel funny after a drink, call 911.

**Beware of meeting people on the Internet.** But, if you do go to meet someone that you met on the Internet, meet in a public place and bring a trusted adult or friend with you. They may not be who they say they are.

Remember that **you do not “owe” anyone anything!** Even if someone promises you something special, you do not have to do anything sexual with them.

**Trust your gut.** If something is making you uncomfortable, get out of the situation.

## REMEMBER THAT NO ONE

who experiences sexual or dating violence is responsible for what happened to them. Only the person who perpetrates the abuse or violence is at fault. However, there are some steps everyone can take to help keep themselves and their friends safer.



# Dating Safety: Safe Move/Think Again

**Instructions:** Read each of the four situations below. Pick out the “safe moves”—Is this person taking actions to help them stay safer? Or should this person “think again”—Are there things you would recommend they do differently to be safer?

## SCENARIO

1

*He must really like me! His parents are out of town and he invited me over to hang out with him alone tonight. It will be our first “date.” I know I do not want to have sex—that is something I have already thought about.*

**Safe Move?** \_\_\_\_\_

\_\_\_\_\_

**Think Again?** \_\_\_\_\_

\_\_\_\_\_

## SCENARIO

3

*I was so excited that this guy asked me out—he is really popular and everyone thinks he is really nice and an all-around great guy. When we went out, he paid for my movie ticket. Then he said I should come back to his house to return the favor. His mom and grandma are apparently out of town. He kept saying weird things and I just felt funny. But, everyone likes him, so maybe it is just me, and I am the weird one.*

**Safe Move?** \_\_\_\_\_

\_\_\_\_\_

**Think Again?** \_\_\_\_\_

\_\_\_\_\_

## SCENARIO

2

*I have been talking to someone online almost every day for the last two months. I feel like I know almost everything about them. I feel like they’re the only person in my small town that really gets me. We are meeting tonight at a pizza place but I don’t want to tell anyone, just in case the date doesn’t work out. But, I’ll have my cell phone on me.*

**Safe Move?** \_\_\_\_\_

\_\_\_\_\_

**Think Again?** \_\_\_\_\_

\_\_\_\_\_

## SCENARIO

4

*I am going out with a girl I like and a bunch of our friends. I told my mom when she can expect me back home. I told her we are going to hang out at a friend’s house down the street, but we will probably take a bus to another part of town.*

**Safe Move?** \_\_\_\_\_

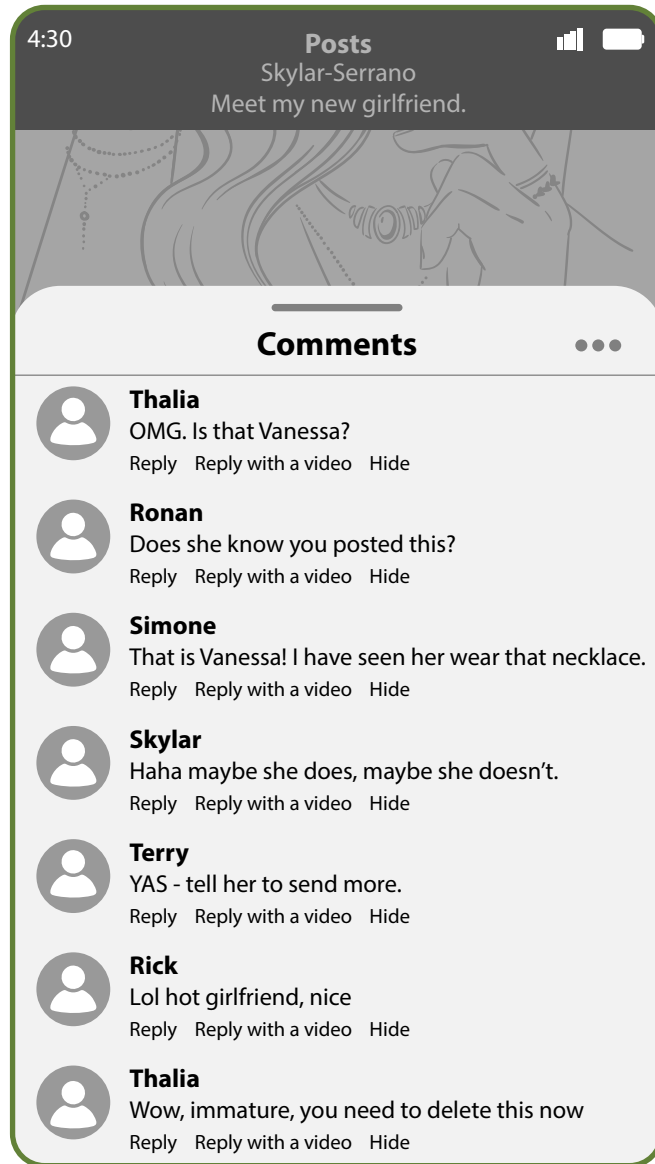
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**Think Again?** \_\_\_\_\_

\_\_\_\_\_

# What Would You Do?

**Directions:** Circle each area or text in these examples that is inappropriate or may lead to unsafe situations when communicating online. Then think of how you would respond to each example and write it in the response section.



## Response

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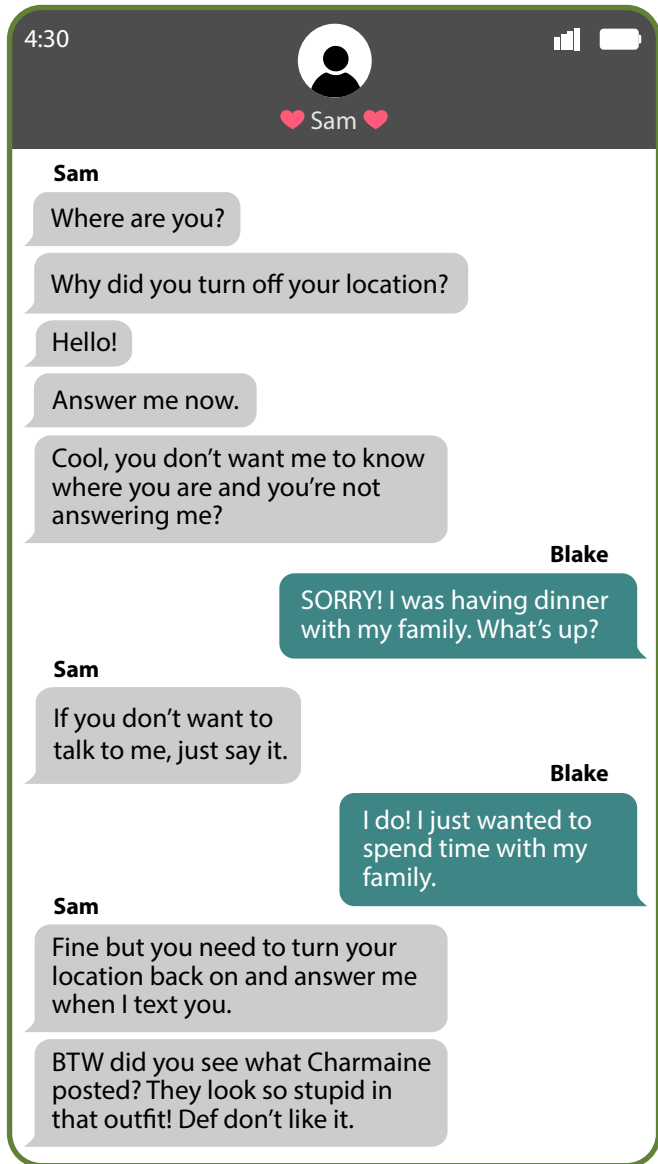
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Response

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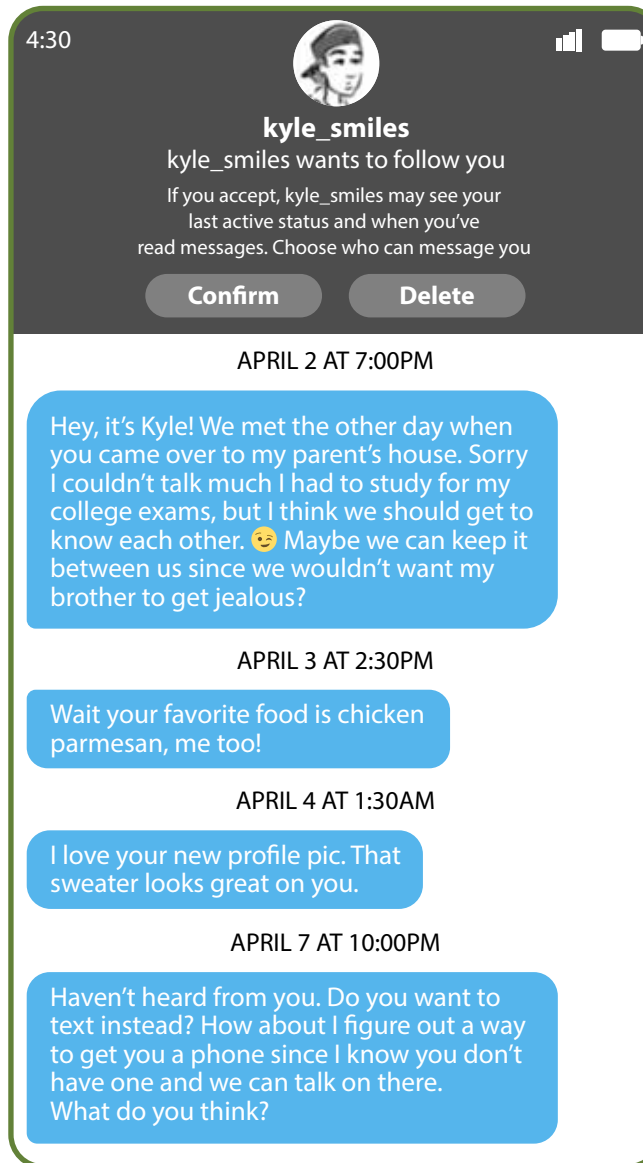
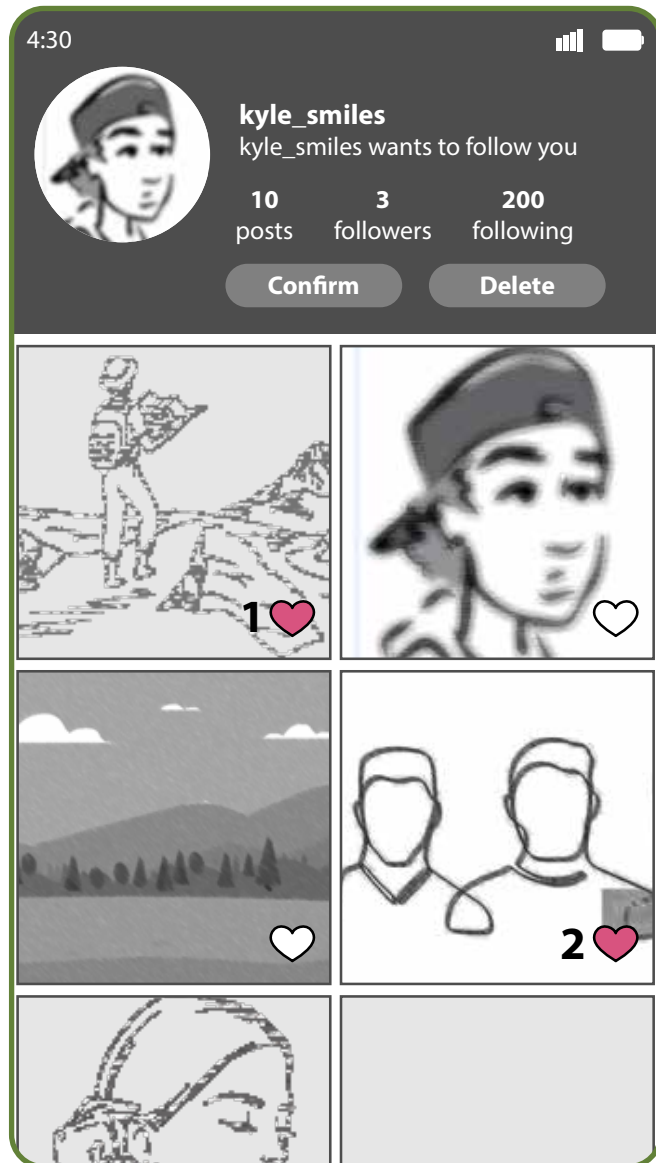
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Response

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# What Would You Do?


**Directions:** Circle each area or text in these examples that is inappropriate or may lead to unsafe situations when communicating online. Then think of how you would respond to each example and write it in the response section.

4:30


@ NightFort Marauders




**User 1**  
who wants to get online?




**User 2**  
sorry, can't I'm going shopping with my mom




**User 3**  
wow, that's so gay




**User 4**  
don't forget to buy a new bra and panties




**User 1**  
anyone want to try this new game my little brother got?




**User 4**  
no, that game is trash, you're trash



**User 1**  
at least I don't die every five seconds



**User 3**  
i wish you would



**User 1**  
at least I'm not gay

Response

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# Staying Safe Online

## **Be careful who you talk to through technology**

Not everyone online has bad intentions, but you should still be careful when talking to people you don't know. Be cautious with anyone you meet online and do not know in real life. Anyone can pretend to be someone else online, and that "teenager" you are talking to could be an adult. It's important for you to remember that adults you don't know should not be talking to you. One way you can make sure you are staying safe online is by only accepting friend or follow requests from trusted adults and friends you know in real life.

## **Know that people contacting you may not be who they say they are**

Phones and online accounts can be hacked. Sometimes, people can use fake accounts online, pretending to be someone you know or someone other than who they really are. There are some ways you can try to tell if the person contacting you is who they say they are. For example – does the sender have a profile photo? If so, does it seem a little suspicious? Does their account look like it has recent activity? Do you have any mutual friends? If you're not sure if the account is who they say it is, don't engage! Ignore and block anyone you don't know who asks personal questions like your age, schedule, or location. If someone you know in real life asks you for anything that makes you uncomfortable, tell a trusted adult to help you check if their account has been hacked.

## **Keep it private**

Just like you protect your privacy offline, you should protect your privacy online too. Use privacy settings with any online accounts. Never share personal information such as your address or schedule. Be careful with who you share your location with, you should only do so with trusted adults and trusted friends that you know from offline. Don't use screennames that reveal private information such as your location and age (i.e. "miamigirl\_16"). Don't text, message, post, or share sexual videos or pictures of you or anyone else. When you text, message, post, or share something online, it can spread very

quickly and even reach people you may not want it to. You should assume that everything that you share through text or online could be shared with everyone you know.

## **Don't share, comment, or support any content online that can hurt someone**

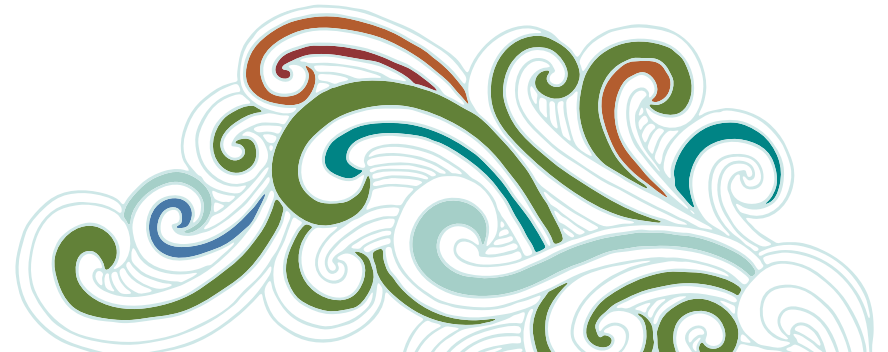
It's never OK to be mean, even online. Even if we don't specifically post a mean comment or picture, actions such as liking someone else's mean post or resharing pictures of someone else is also harmful and adds to the bullying. When we take part in unhealthy behaviors such as making mean comments, liking rude comments, resharing embarrassing content of others, or doing anything else that can cause harm to a person, we also become bullies. Even if we are just joking, online content that is meant to hurt someone can be misinterpreted. Never make jokes that are threats.

## **Not everything is what it seems online**

The internet is full of information that is misleading, not true, and in some cases, purposely shared to cause harm. Be a detective! Look at the source closely – does it seem legit? Do a search to check whether that story, photo, or information is real before you share it. Think about who made the content you're seeing and what their motivation may be.

## **Take a break**

Sometimes when we are upset, emotional, or angry, we might want to talk to someone online or post information we will regret later. You can take a break before you act on anything. After a break, talk to a friend or trusted adult if you still want to talk online or post.



# Staying Safe Online

## Remember online information and communication can be misinterpreted

Sometimes messages sent via chat and text can be interpreted differently than they would in person or over the phone since things like facial expressions and tone of voice aren't available to help us understand. When communicating online it's important to think about how people might interpret your online content or communication. If you feel like someone is mad or upset after reading their text, ask questions before jumping to conclusions. A mean comment that you meant as a joke, could be taken seriously and hurt someone. Choose appropriate screennames, "girlhater\_1" might be just a joke but could be misinterpreted.

## Stay connected offline too

Being connected to your friends and family online can be great, but sometimes platforms like social media can affect how we feel in real life. To stay mentally healthy, try monitoring your time online and make sure you spend time with friends and family in person. Try calling a friend or planning a walk in the neighborhood instead of texting. If you are having a fight with a friend or partner, try talking it out in person or on a call instead of through messages. Put your devices away when you should be focusing on something else. Staying connected offline can help you have healthier relationships with the people around you!

## Never meet up with anyone you met online without talking to a trusted adult first

If you haven't met someone in real life, you should never meet them offline without first checking with your parents or a trusted adult first.

## Speak to a trusted adult about your activities and when you need help

In general, sharing what you're doing online with trusted adults can help keep you safe. A trusted adult can help just by listening to what is going on in your online world and help you determine if what you are experiencing is safe or unsafe.

### Resources Bubble:

#### No Filter

<https://nofiltr.org/>

This website has tips for dealing with all kinds of bullying, including how to get help.

#### National Center for Missing & Exploited Children

<https://takeitdown.ncmec.org/>

This organization offers a service called Take It Down, which helps remove nude, partially nude, or sexually explicit photos and videos of underage people. They also have a CyberTipline that is the nation's centralized reporting system for the online exploitation of children where you can make reports of suspected online child sexual abuse.

#### NetSmartz

<https://www.missingkids.org/netsmartz/home>

The National Center for Missing & Exploited Children also has an online safety education program that has videos and activities about online risks and how to make safer choices on- and offline.

#### Get Bad News Junior

<https://www.getbadnewsjunior.com>

Test your skills spotting fake information online with this free online game.

# RESPECT ME Rights

RESPECT ME RIGHTS	
<b>R</b>	I have the right to <b>REFUSE</b> to do anything I believe is wrong or makes me uncomfortable.
<b>E</b>	I have the right to have and <b>EXPRESS</b> my own thoughts and feelings in a healthy, safe way.
<b>S</b>	I have the right to feel <b>SAFE</b> and free from physical, sexual, or emotional harm.
<b>P</b>	I have the right to say “no” to any kind of <b>PHYSICAL</b> contact, including sex. It does not matter if I have done anything sexual in the past.
<b>E</b>	I have the right to my own personal or <b>EXTRA</b> space.
<b>C</b>	I have the right to <b>CHOOSE</b> my own friends.
<b>T</b>	I have the right to <b>TALK</b> to a trusted adult about my relationships.
<b>M</b>	I have the right to make <b>MISTAKES</b> , as everyone makes mistakes from time to time.
<b>E</b>	I have the right to <b>END</b> a relationship.

# Leaving an Unsafe Relationship

Ending an unhealthy relationship—especially an unsafe one—is not like ending a healthy one. Your partner may not accept the break-up or may continue or start to use emotional violence and try to control you through using guilt, lies, or threats. This can make it very difficult to leave, and you may be worried about your safety. If this is the case, consider the tips below in addition to talking to a trusted adult.

## **Trust Yourself.**

If you feel scared or worried, there is probably a good reason for those feelings.

## **Ask for Help.**

Let your trusted adults and friends know that you plan to break-up. A local resource or the National Dating Abuse Helpline (1-800-331-9474) can help you make a plan.

## **Do Not Be Alone When You Break-Up.**

Let your trusted adults and friends know that you plan to break-up. A local resource or the National Dating Abuse Helpline (1-800-331-9474) can help you make a plan.

## **It is Hard to End a Relationship.**

Expect it to be hard. Remember, it is okay to feel many different ways at once.

Say why you are breaking up once. There may be nothing you can say that will make your partner OK with the break-up.

## **Just Because an Unsafe Relationship is Over, That Does Not Mean the Risk of Violence is Over.**

If your ex comes to your house, a friend's house, or school and you are alone, do not open the door or talk to them alone.

**Get more tips  
for staying safe at  
[www.loveisrespect.org](http://www.loveisrespect.org)**



# Helping Friends

## **Reach Out.**

Tell them you are concerned for their safety.

## **Listen.**

Use your healthy communication skills to listen—listen patiently, take turns talking, and acknowledge their feelings.

## **Believe.**

Believe what they tell you. It takes courage for them to tell you.

## **Do Not Judge.**

Be careful not to make judgments about the situation they are in or decisions that they have made or appear to have made.

## **Repeat That Violence or Abuse is Not Their Fault.**

It is common for people who experience teen dating violence (or any violence) to feel they have done something wrong.

Continue to remind them that the violence was the other person's choice and that is where the blame belongs. Everyone deserves to be in a healthy, safe relationship.

## **Connect Them to a Resource That Can Help.**

Do not ignore dating violence you see or hear about. It is everyone's responsibility to stop dating violence.

If someone you know is in immediate danger, dial 9-1-1.

## Notes

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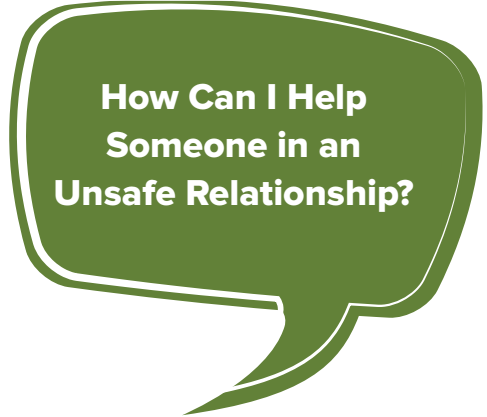
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**How Can I Help  
Someone in an  
Unsafe Relationship?**

# Where Can I or My Friends Get Help?

## National Organizations & Websites

### Love is Respect

[www.loveisrespect.org](http://www.loveisrespect.org)

**1-866-331-9474**

This website has lots of information to help prevent unhealthy & unsafe relationships and resources to help if you or someone you know is in an unhealthy or unsafe dating relationship. It includes a 24/7 anonymous online chat with a peer advocate and a text chat—text “LOVEIS” to 22522.

### Suicide Prevention Lifeline

**1-800-273-TALK (8255)**

24/7 support & help if you are feeling depressed and/or thinking about suicide.

### Stop Bullying

[www.stopbullying.gov](http://www.stopbullying.gov)

This website has tips for dealing with all kinds of bullying, including how to get help.

### Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

**1-866-488-7386**

24/7 support for LGB youth via call, text, or online chat.

### No Filter

<https://nofiltr.org/>

This website has tips for dealing with all kinds of bullying, including how to get help.

### National Center for Missing & Exploited Children

<https://takeitdown.ncmec.org/>

This organization offers a service called Take It Down, which helps remove nude, partially nude, or sexually explicit photos and videos of underage people. They also have a CyberTipline that is the nation's centralized reporting system for the online exploitation of children where you can make reports of suspected online child sexual abuse.

### NetSmartz

<https://www.missingkids.org/netsmartz/home>

The National Center for Missing & Exploited Children also have an online safety education program that has videos and activities about online risks and how to make safer choices on- and offline.

**Ask your HeaRT Program Facilitator, or a trusted adult,  
for more local resources that can help!**

**If you are in immediate danger, call 911!**

# Parking Lot








**Get more tips  
for staying safe at  
[www.loveisrespect.org](http://www.loveisrespect.org)**

# **Healthy Relationships Toolkit**

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Empowering Teens to Build Safe & Supportive Relationships