

Introduction to Dating Violence - Virtual Lesson Plan 2

Introducing Dating Violence

Dating violence is a term used to describe a relationship that is abusive. Domestic violence, intimate partner violence, or relationship violence are other terms that mean the same thing. An abusive relationship is when one person has power and control over the other. Here are some important points about DV:

- Two warning signs (or red flags) of an abusive relationship are jealousy and insults. Jealousy might feel good at first, like the person just really cares about the relationship. It can be masked as love, a lack of trust, or as if others are trying to ruin the relationship. The put downs, or insults, may be subtle. They may only come out during arguments or be brushed off as teasing. No matter what is happening in a relationship, there is no healthy reason to name call or make someone feel bad about themselves.
- Abusive relationships don't start off bad! Often the relationship seems pretty great at the beginning. Abusive behaviors slowly trickle in so that it is hard to see what's going on.
- People who are abusive aren't necessarily acting abusive all of the time. They might sometimes act nice towards their partner, or they might seem great in public.
- Anger management and substance use/abuse do not cause dating violence. Those things might be a part of the abuse, but there are many other ways that the abusive person is trying to control and manipulate their partner.

Read over the content in the 2 links below and watch the videos to learn more about dating violence. Then you can complete the activity on the next page. There are additional resources at the bottom if you want to learn more about dating violence.

Read

- What Are The Different Types of Dating Abuse: www.loveisrespect.org/is-this-abuse/types-of-abuse/
- Understanding the Power and Control Wheel: www.loveisrespect.org/is-this-abuse/power-and-control-wheel/. You can also find the power and control wheel here: <http://www.ncdsv.org/images/Teen%20P&C%20wheel%20NO%20SHADING.pdf>.

Watch

- Teen Dating Violence 60 second PSA: www.youtube.com/watch?v=PhuNdhAW40&list=PL2864101545D59189
- Boys Teen Dating Violence 60 second PSA: <https://youtu.be/33tslcAhrHY>



Activity Directions: The power and control wheel helps us see all of the behaviors that an abuser might use to get power and control over their partner. Sometimes, victims and abusers use the same behavior, but they have a very different impact depending on who has the power in the relationship. Consider the following behaviors and how both an abuser and a victim might use them in a relationship.

1. Name calling/put downs

Why would an abuser want to put down their partner? How does that give them power and control?

Why might a victim put down their abuser?

2. Lying

Why would an abuser lie to their partner? How does that give them more power and control?

Why might a victim lie to their abuser?

3. Cheating

Why would an abuser cheat on their partner? How does that give them more power and control?

Why might a victim cheat on their abusive partner?

4. Lying to others

Why might an abuser lie to other people about what is happening in their relationship? How does that give them more power and control?

Why might a victim lie to other people about what is happening in their relationship?

5. Physical violence

Why might an abuser physically hurt their partner? How does that give them power and control?

Why might a victim try to physically hurt their abusive partner?

Additional resources for learning more about dating/domestic violence:

- Why Do People Stay In Abusive Relationships: <https://www.loveisrespect.org/is-this-abuse/why-do-people-stay/>
- Abduction as Romance: www.youtube.com/watch?v=t8xL7w1POZO
- Stalking for Love: www.youtube.com/watch?v=rZ1MPc5HG_I
- Surviving Domestic Violence: https://wiseuv.org/wp-content/uploads/2019/12/DVbooklet_2019.pdf