

A Guide Developed by Teens  
in New Mexico

## LOVE AND RESPECT



2009

Teens Helping Teens Develop Safe and  
Healthy Relationships in New Mexico



*NM Commission on the Status of Women  
Working for the Women of NM Since 1973*

# Love and Respect

## TEENS HELPING TEENS DEVELOP SAFE RELATIONSHIPS

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## A SPECIAL THANKS

This year is the second year for New Mexico's Teen Dating Violence Awareness (TDV) and Prevention Week. The 2009 TDV Awareness and Prevention Week is **February 2-9, 2009**, when communities across the state come together to learn about TDV and find ways to stop it. We want to thank the following people for taking time to contribute to this guide and for their work in preventing TDV:

- Alma Flores, 17, Senior, South Valley Academy
- Anna Nelson, New Mexico Department of Health Office of School and Adolescent Health
- Kathi Brown, New Mexico Commission on the Status of Women
- Marilyn H. and the students of Tohajillee School.
- Moneka Stephens-Cordova, New Mexico Forum for Youth in Community
- Quin Diggs, Student, Central New Mexico Community College
- Samera Merriman, Student, University of New Mexico



## WHY IS TDV SUCH A BIG DEAL?

Dating violence in New Mexico is a major issue for young people. In our state, **1 in 9 high school students report being hit or hurt by their boyfriends or girlfriends in the past year** (NM YRRS, 2007), more than the national average. Being in a violent relationship can mean that you are being hurt physically, sexually or emotionally. It can affect how you feel about yourself, how you do in school or at work, and can have serious consequences.

This guide was made in collaboration with young people in New Mexico. It gives you information about what Teen Dating Violence (TDV) and healthy relationships look like, what you can do if you or your friend is in a violent relationship, and ideas for stopping Teen Dating Violence in your schools and communities.

## WHAT TDV LOOKS LIKE

### THIS QUIZ COULD SAVE YOUR LIFE. . .

This is one quiz you don't want to miss. Here are a few questions from the SafeSpace.org "Is Your Relationship Healthy?" Quiz. Your answers will give you an idea how safe your relationship is.

### QUIZ: Is Your Relationship Healthy?

#### The person I am with (Circle One)

Is very supportive of things that I do.	Yes	No
Likes to listen when I have something on my mind.	Yes	No
Understands that I have my own life too.	Yes	No
Is not liked very well by my friends.	Yes	No
Texts me or calls me all the time.	Yes	No
Gets extremely jealous or possessive.	Yes	No
Makes me feel like no one else would want me.	Yes	No
Threatens to hurt me, my friends or family.	Yes	No
Threatens to hurt him or herself because of me.	Yes	No

**If you answered "Yes" to some of these, keep reading!**

**Teen Dating Violence Word Search:**

See how many types of Teen Dating Violence you can find! (Find your answers on pg. 19)



- |                  |                 |            |
|------------------|-----------------|------------|
| Alcohol          | Biting          | Cheating   |
| Constant Texting | Control         | Disrespect |
| Drugs            | Emotional Abuse | Fear       |
| Hitting          | Hurting Pets    | Isolation  |
| Jealousy         | Lying           | Monitoring |
| Peer Pressure    | Punching        | Putdowns   |
| Rape             | Rumors          | Scratching |
| Slapping         | Stalking        | STDs       |
| Suicide          | Tech Abuse      | Threats    |
| Throwing Things  |                 |            |

## WHAT IS TDV EXACTLY

TDV is a pattern of actions and attitudes in dating relationships, where one person makes another person feel powerless, controlled, and scared through:

- ✓ Threats.
- ✓ Emotional abuse.
- ✓ Physical abuse
- ✓ Sexual abuse.
- ✓ Economic abuse.
- ✓ Technological abuse.
- ✓ Manipulation.
- ✓ Force.
- ✓ Put-downs or insults.
- ✓ Making someone feel bad about themselves.
- ✓ Jealousy.
- ✓ Intense arguments.

### True or False

True or False? TDV only happens to certain teens.

**FALSE!** TDV can happen to anyone, girls or boys in straight or gay relationships, no matter what ethnicity you are or how much money your family has.

True or False? Boys are never victims of TDV.

**FALSE!** Both boys and girls can be abused in relationships.

True or False? Only boys can be abusive.

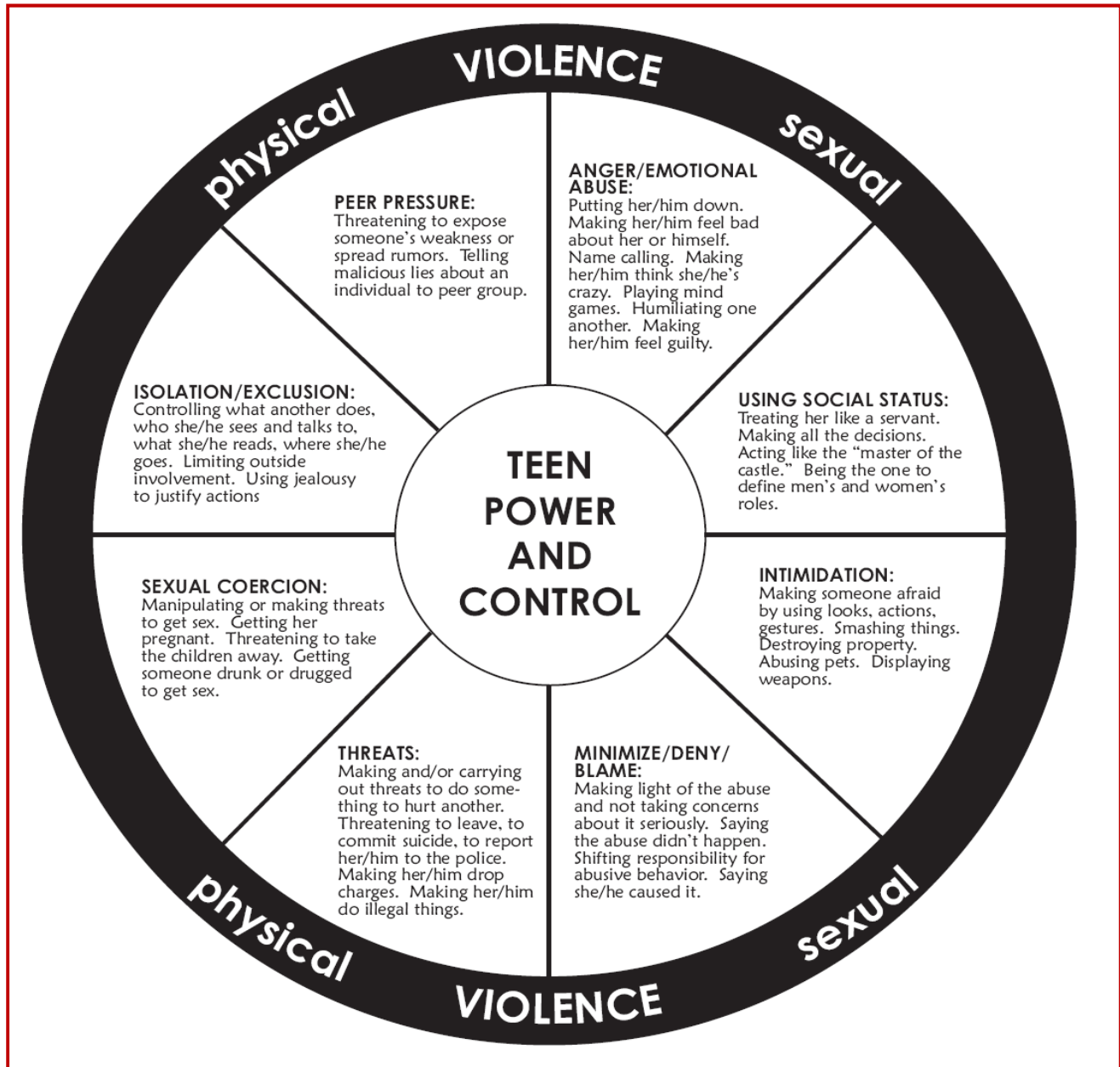
**FALSE!** It's important to know that, though both boys and girls can be abusive in dating relationships, the way they abuse is often different:

- Girls are more likely to do things like slap, kick or pinch their partners, be emotionally abusive and threaten to hurt themselves in a breakup.
- Boys are more likely to be physically and sexually abusive, or cause injuries from their abuse.



## A Good Picture of Teen Dating Violence: The Power and Control Wheel

This wheel was made for teens to help show what is different for young people than adults in abusive relationships, like peer pressure.



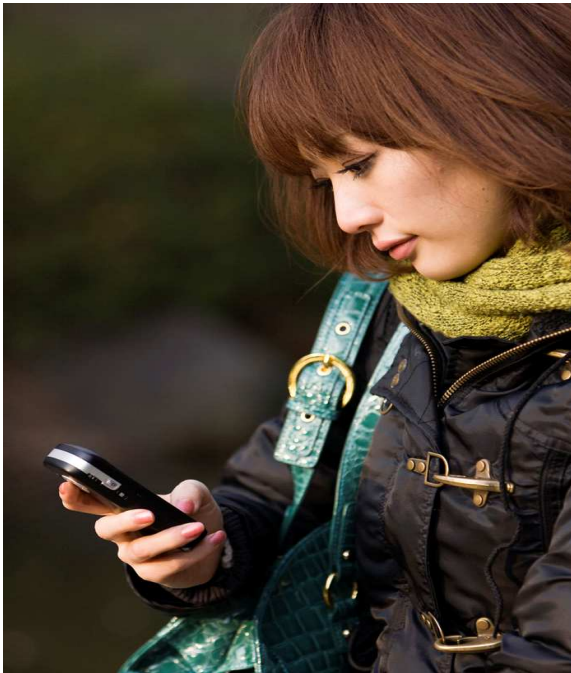
You can get this on the web at

<http://www.ncdsv.org/images/Teen%20P&C%20wheel%20NO%20SHADING.pdf>.

## **A Special Note: Cell Phones, Computers and the Internet are Weapons of Dating Violence!**

Having the newest and best technology can be a way to get information at your fingertips and keep in touch with your friends. Lately, however, technology has become a way for people to stalk, control, threaten, or humiliate someone through cell phones and the Internet. Constant cell phone calls and texting means constant control day and night!

- Almost 1/3 of young people say their partners text them 10-30 times an hour and ask where they are, what they're doing, or who they're with.
- One in five teens in a relationship (22%) have been asked to engage in cell phone or chat sex when they didn't want to.



### **WHAT YOU SHOULD KNOW ABOUT TECH ABUSE**

It's up to you to set limits about how many calls or texts you can get before it starts affecting how you're doing at school, work or the time you spend with your friends.

### **WHEN IS IT A PROBLEM?**

It's a problem if you think your boyfriend or girlfriend:

- Constantly checks up on you.
- Asks you where you are or who you're with.
- Acts abusively if you don't answer their calls or texts.

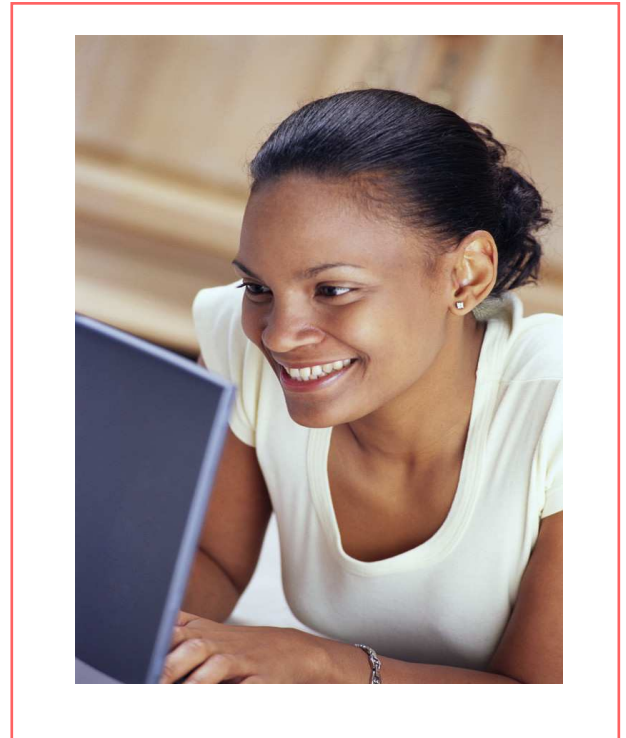
### **Here are a few things you can do:**

- Turn off your phone.
- Don't answer calls from blocked, private or unknown numbers.
- Don't respond to hostile, harassing, abusive or inappropriate texts or messages.
- See if your cell phone company can block unwanted calls.
- Be careful what pictures you let be taken of you.
- Remember to memorize important numbers in case your abuser takes your phone.

## HOW TO HAVE A SAFE ONLINE RELATIONSHIP

Most of us use social networking sites, like MySpace, Facebook and Twitter, to chat, share pics and music and keep connected. They are also a way for people to get a lot of information about you, your friends and your activities through profiles and blogs. If you use a social networking site, here are a few things you should think about.

- Mark your profiles private so people you don't know won't be able to get on your pages.
- Pick who you want as friends carefully.
- Think about what you say online and consider who you want to know this information. Even things like what school you go to or where you hang out may make it easier for you to be stalked.
- Report anything that is threatening, harassing or inappropriate to the site administrator so they can put a stop to it.
- Keep copies of all harassing, threatening or abusive messages, posts or comments in case you need to call the police or get a protection order.
- Don't share your passwords or let your friends sign on under your user name.
- Change your passwords a lot.



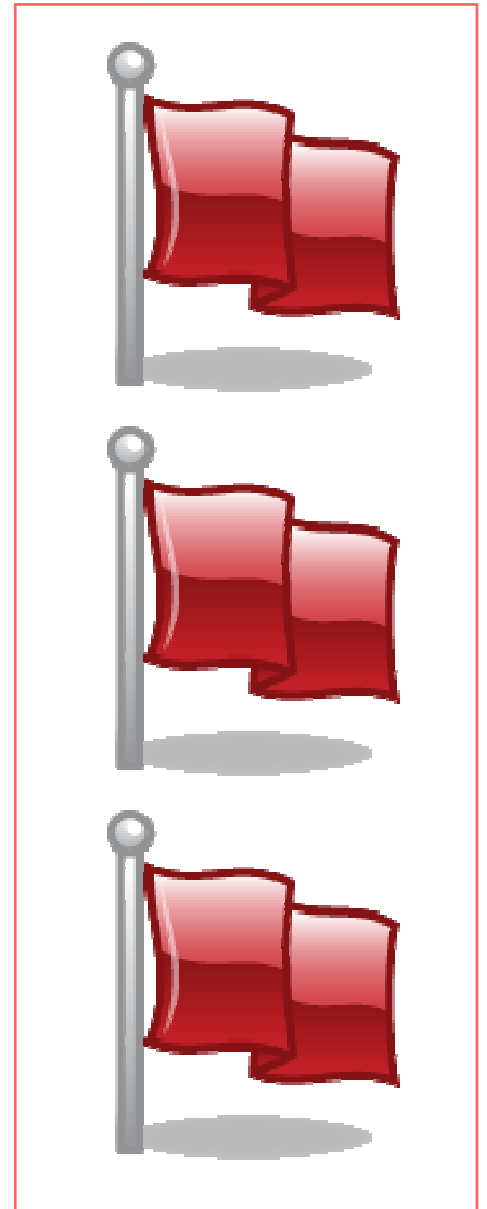
For a handout on Having Safe Online Relationships, check the web at <http://www.ftc.gov/bcp/edu/pubs/consumer/tech/tec14.shtm>

## RED FLAGS FOR TDV

It doesn't matter if you are in a relationship, just starting to date or know friends who are in relationships, this information is good to know. If you see any of these behaviors with your partner, in your friends' relationships or in the way you are acting toward your boyfriend or girlfriend, think about asking if violence is happening.

It's a **RED FLAG** if one person in the relationship:

- Changes a lot since the relationship started.
- Constantly calls or texts and gets mad if their boyfriend or girlfriend doesn't respond.
- Checks up on their partner by looking through their phone contacts, call logs, texts or asks their friends, teachers, brothers and sisters what that person's been doing.
- Is always showing up at places where their boyfriend or girlfriend is without letting them know ahead of time.
- Tells their partner what clothes to wear, how much makeup they can put on, how to do their hair and how long it should be, how to act or who they can and can't talk to or spend time with.
- Makes their girlfriend or boyfriend embarrassed or ashamed in public.
- Acts jealous a lot and frequently accuses the other person of cheating or flirting.
- Makes their partner feel "owned," or like a possession.



For more on these **RED FLAGS**, go to <http://www.knowtheredflags.com/flags.html>.

Countless and Nameless  
 Fleeting breath,  
 The last so precious.  
 Mind, body and soul  
 Bonds inextricably strong,  
 Becoming one more powerful  
 Than in all her existence,  
 as she sees the barrel in her face.  
 She, like her sisters,  
 Knows true mortality.  
 But did she ever live?  
 Can she learn how after death?  
 She ponders,  
 as she sees the barrel in her face.  
 Silence is a scream  
 Choked by society's noose  
 Around the throats of  
 Her and her sisters.  
 But did she ever know true love?  
 Can she love after death?  
 We speculate  
 And the last thing she saw  
 Was the barrel in her face.

Anonymous TDV Survivor, 2009

## What Can TDV Lead to?

There are some serious things that TDV can lead to. Being abused in your relationship can make it hard for you to do well in or show up to school or work. TDV is linked to smoking cigarettes, using drugs or drinking. It also may cause depression, anxiety, eating disorders or problems staying at a healthy weight. Teens experiencing violence are also at greater risk for getting a sexually transmitted disease and for teen pregnancy.

The hard reality is that TDV can have fatal consequences. Teens in violent relationships are at risk for being killed by their abusive partner and are 8-9 times more likely to attempt suicide. Here in New Mexico, these are big issues for young people. New Mexico is ranked 4<sup>th</sup> in the nation for youth suicide attempts (CDC, 2005) and 2<sup>nd</sup> nationally for its teen birth rate.

## RESOURCES

If you or someone you know has thought about hurting themselves, there are three crisis lines you can call for support:

- **NMSU Crisis Assistance Listening Line (CALL) at 866.314.6847**
- **Agora Crisis Center Helpline at 505.277.3013.**
- **The Trevor Project, an around the clock helpline for GLBTQ youth at 866-4-U-Trevor at 866.488.7386.**

Your safety and the safety of your friends is the most important thing. If you feel scared or need help making a decision about whether your relationship is safe, contact:

- **The Love is Respect Dating Abuse Hotline at 866.331.9474 or chat at <http://www.loveisrespect.org/>.**

**When Enough is Enough: How do I Know When to End the Relationship?**

For a lot of teens experiencing violent relationships, it’s the first time they’ve ever dated, so it’s hard to know what is “normal” or “o.k.” You are the only person who can choose whether a relationship is right for you, whether it’s healthy or whether it’s hurting you. REMEMBER: You have a right to a healthy, safe relationship where you feel loved and supported. Trust your instincts and accept feedback from your friends and family about your relationship to help you decide whether it’s the right one for you. Look at a few questions from this SafeSpace.org quiz to get you started.

**QUIZ: IS MY RELATIONSHIP HURTING ME?**

**Think about how you have felt since you started dating the person you are with.**

**Since our relationship began, have I:**

Felt nervous or worried often without knowing why?	Yes	No
Felt sad and worthless after something that happened in our relationship and had a hard time doing things that were easy to do before, like talking with friends, going to school, or doing chores because of my sadness?	Yes	No
Stopped enjoying spending time with my family and friends, preferring instead to be alone or just with my partner? Stopped enjoying activities that I used to like?	Yes	No
Used smoking, alcohol or drugs to handle what was happening in our relationship?	Yes	No
Tried to control my weight using laxatives or diet pills because my partner wanted me to lose weight? Tried to control my weight using laxatives or diet pills to handle what was happening in our relationship?	Yes	No
Worried that “we” were pregnant or that I had an STI from not being able to use condoms or birth control with my partner?	Yes	No
Considered or attempted suicide?	Yes	No

### What if I Have Questions About My Relationship?

It's good to take a look at your relationship sometimes to see what is healthy, what can become stronger, and what may be unhealthy or dangerous. Here's a quick way for you to get a snapshot of your relationship. If you decide you're concerned about the relationship, talk to a friend or an adult about your thoughts.

Positives About My Relationship	Negatives About My Relationship

## The Flip Side: What Healthy Relationships Look Like

### What Does “RESPECT” Really Mean?

Respect is a word that means a lot of different things. We may have been taught to show respect to our elders, pay respect to others, and have self-respect. **RESPECT is the number one quality of healthy relationships.** To show respect in a relationship means:

- Making decisions together.
- Talking honestly and openly.
- Trusting each other.
- Valuing each other's independence.
- Building up each other's self esteem.
- Supporting each other in going after goals or dreams.
- Encouraging each other to spend time with friends and family and alone.
- Having the freedom to be yourself.
- Saying you're sorry when you make a mistake and learn from it.



### How Do I Build A Healthy Relationship Based on Respect?

No relationship is perfect. Overall, you should feel happy and safe with whoever you're dating. To build a healthy relationship, it's important that both you and your partner make a commitment to work hard and treat each other with respect. A good way to start out a relationship is to talk about what you want from each other, like being honest and having good communication. Some basic agreements you can make are:

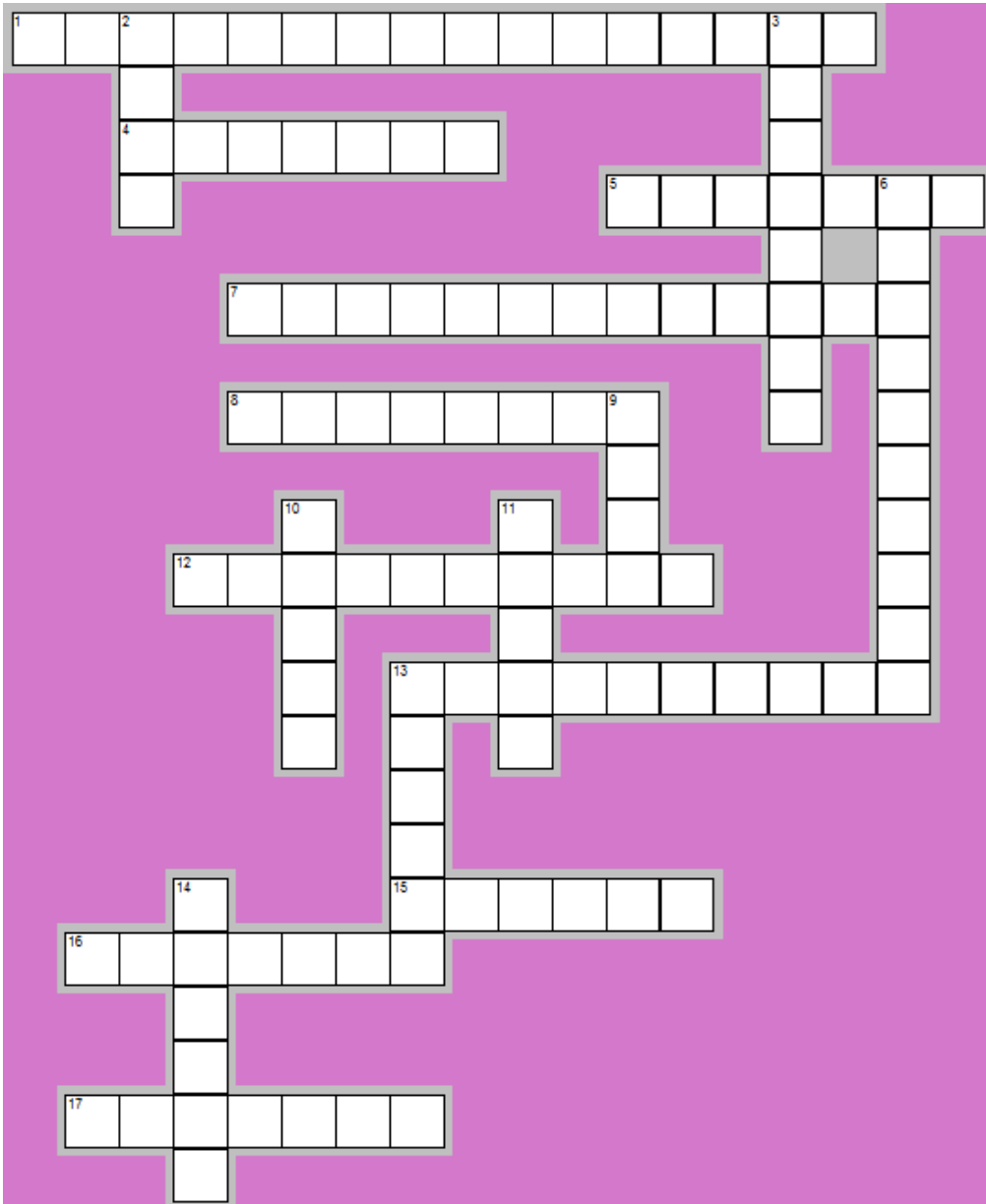
- You agree to speak up if something's bothering you.
- Consider each other's feelings when talking to each other.
- Agree to support each other when times are hard.
- Respect each other's need for privacy, space to be with other friends and time alone.

For the Teen Equality Wheel, go to <http://www.ncdsv.org/images/TeenEqualitywheelINOSHADING-NCDSV.pdf>.

## Healthy Teen Relationship Crossword Puzzle

### Across

1. Your duties to treat someone respectfully and make good choices in your relationships.
4. People who you like spending time with and who can give you advise and support when you need it.
5. What you have when you keep your friends and other interests while dating.
7. A skill that means the ability to talk with each other, share feelings and connect with each other.
8. Someone is this when they commit to only one partner and don't cheat.
12. Your personal limits that you set with other people.
13. The quality you have inside that make you strong and able to bounce back from difficult situations.
15. A skill you have that you do really well and makes you special.
16. What you make when you're dating about who you want to date, what you want to do and how you treat your partner.
17. What you have when you value yourself and others.



### Down

2. What you feel when you are in a relationship free from violence or threats.
3. This is when both people are on the same level with each other, where neither has more power in the relationship.
6. The feeling you have inside when you know you are strong and feel good about yourself.
9. What you feel for someone when you enjoy spending time with them and care about them a lot.
10. A way to keep things light-hearted and fun.
11. You can have this in someone who tells the truth and follows through with promises.
13. You have these in dating relationships that support your ability to say no and to choose who you spend your time with.
14. You are being this when you tell the truth.

Find your answers on pg. 20

## DATING BILL OF RIGHTS

This is a contract you can make with yourself and your partner about rights and responsibilities in your relationship.

### I have the right:

To always be treated with respect.

To be in a healthy relationship. Healthy relationships are not controlling or manipulative. Healthy relationships involve honesty, trust, and communication.

To not be hurt physically or emotionally.

To refuse sex or affection at anytime. Healthy relationships involve making consensual sexual decisions. You always have the right to say no. Even if you have had sex before, you have the right to refuse sex at any time.

To have friends and activities apart from my boyfriend or girlfriend.

To spending time by myself, with male or female friends, or with my family.

To end a relationship. You should not be harassed, threatened, or made to feel guilty for ending an unhealthy or healthy relationship. You have the right to end a relationship for any reason you choose.

### I pledge to:

Always treat my boyfriend or girlfriend with respect.

Never scare or hurt my boyfriend or girlfriend physically, verbally, or emotionally.

Respect my girlfriend's or boyfriend's decisions concerning sex and affection.

Not be controlling or manipulative in my relationship.

Accept responsibility for myself, my actions or choices.

To print a copy of the Bill of Rights, go to <http://www.loveisrespect.org/dating-bill-rights/digital-dating-bill-of-rights.html>

*“Sometimes it’s hard to start talking with a friend about their relationship. I just let my friends know I’m here to help and listen. When they’re ready to talk then I let them know what teen dating violence is and what they can do about it. I make sure they know that I’ll be there no matter what they decide to do.”*

*—A. Flores, 17 years old, Albuquerque*

## TALKING WITH YOUR FRIENDS ABOUT TDV

There is no single cause for TDV, but there are many things that make it easier for TDV to happen. The biggest risk factor for TDV is if you and your friends think violence is a normal part of relationships, that it’s funny, or a way to show love. You can make a difference with this risk by acting as a strong role model for your friends and siblings, taking accountability for your actions, choosing to be nonviolent in your relationships, and taking a stand against TDV. Here are some ways to help friends in unsafe relationships:

- Don’t be afraid to tell them that you’re worried for them and you’re here to help.
- Listen to them without judgment.
- Help them to see abusive behavior as part of abuse.
- Ask what your friend needs and how you can help.
- Respect their decisions about the relationship.
- Keep inviting them to do stuff with you and their other friends.
- Help them make a break-up safety plan if that’s what they decide to do.
- Once they do end the relationship, be there to support them.

For more on helping a friend out, go to <http://www.thesafespace.org/stay-safe/help-someone-else/help-someone-experiencing-abuse/>.

## HOW TO TALK TO YOUR PARENTS OR SAFE ADULTS ABOUT TDV

If you decide you are in an abusive relationship and you need help, it’s a good idea to talk with your parents or other safe adults, like your coach, school counselor, doctor or teacher. They can help you with getting safe at school and contacting the police if you need to.

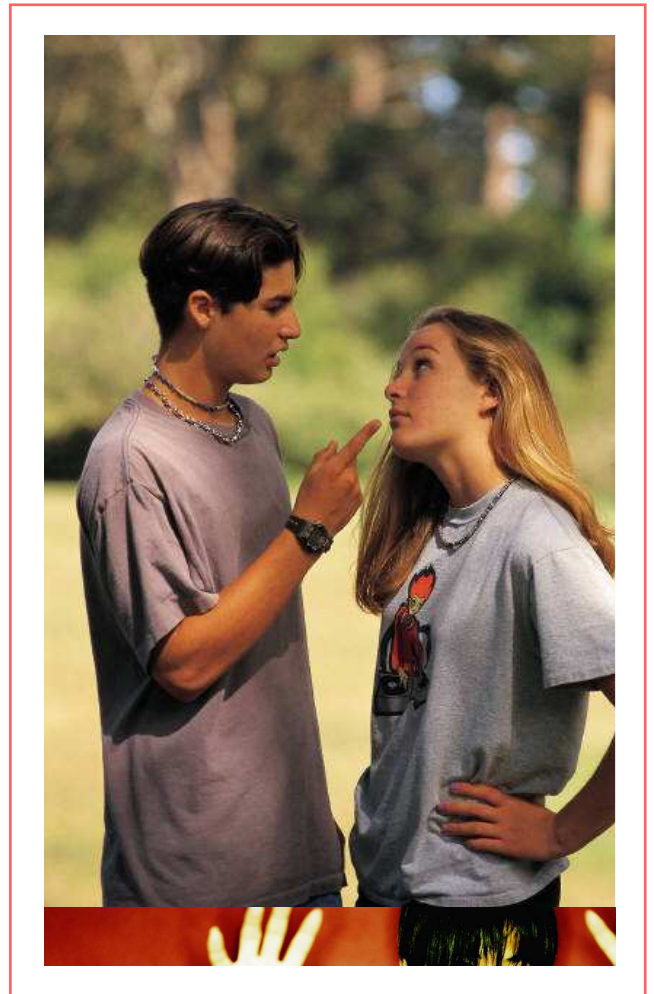
The best way to start the conversation is to let them know you need support. It’s up to you about how much you choose to tell them about the situation. You have a right to privacy, but also a responsibility to be honest with your parents and others you decide to tell so they know how best to help.

## What Can I do if I'm Being Abusive?

You've taken the first step toward ending abuse by learning more about TDV. If you are wondering if your behavior is abusive, talk with an adult or a friend you trust about your concerns. In order for the abuse to end, you need to take responsibility for the behavior and make a commitment to be physically and emotionally non-violent. You may need some help in doing this and changing your thoughts and beliefs about relationships.

There is hope. You have the ability to change if you are committed to it. You can begin by:

- Finding friends and family members who can help support your change effort.
- Accepting feedback from your partner, family and friends about your behavior.
- Understanding your responses to anger, sadness, and fear.
- Make plans for times when you notice feeling abusive to prevent violent behavior.
- Thinking about how your abusive behavior affects your partner, family and children.
- Realizing that there are legal and academic consequences for your behavior.
- Getting help from a program that focuses on abusive relationships.
- Respecting your girlfriend's or boyfriend's rights to be safe and choices about whether they want to stay in the relationship.
- Understanding that change is hard and is most successful when you're committed to it.



If you're interested in learning more about how to stop abusive behaviors, check out <http://www.thesafespace.org/stay-safe/need-help/can-i-stop-being-abusive/>

## HOW TO TAKE A STAND

The first step toward taking a stand is by choosing nonviolence in your relationships and helping friends who may be at risk. You have a powerful role in both your own and your friends' safety.

To take it a step further, you can start your own community action project to end TDV. **For ideas on how to do this at school, work or church, check out:**

The Teen Action Toolkit (a Toolkit that walks you step-by-step through a planning process to start your own TDV Awareness and Prevention Campaign) at <http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspxnz?DocumentID=43492>

[www.SeeitandStopit.org](http://www.SeeitandStopit.org) (a great website with downloadable tools to start projects)

## INTERNET RESOURCES

- Break the Cycle (Spanish and English)** <http://www.breakthecycle.org/resources-free-material.html>
- Teen Power and Control and Equality Wheels** (Spanish and English) [http://www.idvsa.org/help/index.cfm?msection\\_id=29](http://www.idvsa.org/help/index.cfm?msection_id=29)
- Indigenous Peoples Creator Wheel** <http://www.idvsa.org/assets/files/creatorwheel.pdf>
- Love is Not Abuse** <http://loveisnotabuse.com/>
- Love is Respect** <http://www.loveisrespect.org/>
- New Mexico Girls Institute** <http://nmgirlsinstitute.org/>
- New Mexico Teen Dating Violence Toolkit** <http://www.ped.state.nm.us/SchoolFamilySupport/dl08/New%20Mexico%20Teen%20Dating%20Violence%20Toolkit%20Final.pdf>
- Teen Dating Violence Prevention Recommendations** (ABA, 2006) <http://www.abanet.org/unmet/teenabuseguide.pdf>
- The SafeSpace** <http://www.thesafespace.org/>

Answers to Teen Dating Violence Word Search

(Q7, S) Alcohol	(A16, E) Biting	(J13, NE) Cheating
(O6, W) Constant Texting	(G18, NW) Control	(O3, W) Disrespect
(A3, S) Drugs	(A15, NE) Emotional Abuse	(E7, NE) Fear
(P2, S) Hitting	(N4, S) Isolation	(M11, W) Jealousy
(B18, NE) Lying	(B14, N) Monitoring	(L13, N) Peer Pressure
(H17, E) Punching	(M15, NW) Putdowns	(A4, NE) Rape
(J16, E) Rumors	(L18, NW) Scratching	(K10, SW) Slapping
(I5, W) Stalking	(I5, SW) STDs	(D2, E) Suicide
(J10, N) Tech Abuse	(O15, NW) Threats	(C16, N) Throwing Things

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	p	i	t	e	t	i	r	h	t	g	r	n	h	g	n	l	u
2	s	e	p	s	u	i	c	i	d	e	e	j	e	l	h	d	
3	d	a	s	t	h	t	c	e	p	s	e	r	s	i	d	i	p
4	r	a	g	e	i	a	h	r	d	u	o	u	r	i	l	t	l
5	u	g	n	i	k	l	a	t	s	b	b	s	g	s	a	t	n
6	g	n	i	t	x	e	t	t	n	a	t	s	n	o	c	i	g
7	s	i	h	s	f	u	d	n	l	h	h	e	i	l	i	n	a
8	t	r	t	i	c	s	n	a	p	c	r	r	n	a	i	g	l
9	i	o	g	i	n	t	n	n	s	e	s	p	e	t	c	h	c
10	r	t	n	n	i	o	t	w	t	t	s	r	a	i	t	g	o
11	a	i	i	d	i	y	s	u	o	l	a	e	j	o	i	p	h
12	l	n	w	t	o	h	n	p	a	d	h	e	c	n	o	n	o
13	u	o	o	i	a	s	c	p	s	c	t	p	r	i	a	g	l
14	n	m	r	l	e	g	p	t	a	b	w	u	o	h	e	t	l
15	e	h	h	t	n	i	o	e	a	h	i	s	p	p	t	r	s
16	b	i	t	i	n	g	n	g	t	r	u	m	o	r	s	r	y
17	c	a	y	g	o	o	t	p	u	n	c	h	i	n	g	n	a
18	r	l	i	o	i	p	c	g	i	i	d	s	a	o	g	u	u

Answers to Healthy Teen Relationship Crossword Puzzle

