GRANITE STATE RESPECT WEEK 2019

Lead with RESPECT!
Granite State RESPECT Week is a project of the New Hampshire Coalition Against Domestic and Sexual Violence and our 13 member programs. The 2019 campaign was made possible by

HopeLine from Verizon & Northeast Delta Dental

We are grateful to these organizations for their generosity and commitment to preventing harassment, violence, and abuse before they occur.
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OVERVIEW

GOALS OF
GRANITE STATE RESPECT WEEK

Raise awareness about teen dating violence
Provide teens, schools, and communities with the tools to address, respond to, and prevent harassment, abuse and violence
Promote healthy relationships and foster a respectful environment in NH schools
Connect teens to support services in their community

HOW DO YOU LEAD WITH RESPECT?

We all have a role to play in creating safe and respectful environments in our schools. Seemingly small acts of kindness or a willingness to confront something that makes you uncomfortable can go a long way in addressing unhealthy behaviors and making your peers feel supported. Being a leader isn’t limited to being the captain of a sports team, being class president, or joining the student council. There are opportunities for each and every one of us to step up and lead by example every day.

By becoming aware of the signs of unhealthy relationships and behaviors, we will know how to address these difficult topics and support those in our lives who are impacted by harassment, abuse, and violence. When we treat each other with respect, feel empowered to intervene, and stand up for ourselves and others, we have the power to create a safer and more respectful culture in our schools and communities.

We ALL have a role to play in combating teen dating violence and promoting healthy relationships.
PROMOTION PLAN

1. **Add information to your school's website & social media pages**
   Recommended Timeline: Complete by January 18th

2. **Send an email to parents and teachers**
   Recommended Timeline: Complete by January 25th

3. **Print and post flyers around your school**
   Recommended Timeline: Complete by February 4th
   Flyers can be found on pages 24-26

SAMPLE SOCIAL MEDIA LANGUAGE

**School website and Facebook:**
We are excited to be participating in Granite State RESPECT Week, a statewide educational campaign presented by the New Hampshire Coalition Against Domestic and Sexual Violence and its 13 member programs! During Teen Dating Violence Awareness Month 2019, [INSERT SCHOOL NAME] will be implementing a week-long project that aims to raise awareness about teen dating violence; provide teens, schools, and communities with the tools to prevent and respond to harassment, abuse, and violence; promote healthy relationships and foster a respectful environment in our schools; and connect students to support services in our community. We will be participating in RESPECT Week from February 11-15, 2019 and we hope you will join us in taking action. Together we can end teen dating violence! #RespectWeekNH

**Twitter:**
1. We're excited to participate in @NHCADSV's 3rd annual Granite State RESPECT Week! Together we can end teen dating violence! #RespectWeekNH #TDVAM2019

2. We're one of many schools across #NH participating in #RespectWeekNH to raise awareness about teen dating violence & promote healthy relationships #TDVAM2019

#RespectWeekNH
SAMPLE EMAIL LANGUAGE

Sample email for parents:
Dear [INSERT SCHOOL NAME] Parents,
We are excited to share that we will be participating in Granite State RESPECT Week this upcoming February to raise awareness about teen dating violence and foster a respectful environment in our school. This week-long campaign is being organized by student leaders who are excited to share this meaningful information with their peers. The campaign will take place from February 11-15 and we’re looking forward to engaging in conversations and activities centered on creating and upholding a safe and healthy learning environment at our school.

We will keep you updated on all school-wide and community-based events, and we encourage you to follow up with your student before, during, and after RESPECT Week to learn more about the community resources we will be highlighting throughout the week and identify ways in which you can support our efforts to prevent harassment, abuse, and violence.

Please don’t hesitate to reach out with any questions. We hope you will join us in spreading the word about RESPECT Week and working to promote respectful relationships at our school.

Thank you!
[INSERT NAME]

Sample email for teachers:
Dear [INSERT SCHOOL NAME] Teachers,
We are excited to share that we will be participating in Granite State RESPECT Week this upcoming February to raise awareness about teen dating violence and foster a respectful environment in our school. This week-long campaign is being organized by student leaders that are excited to share this meaningful information with their peers. The campaign will take place from February 11-15 and is modeled after a spirit week in that each day has its own theme.

We will keep you updated on all school-wide events and encourage you to integrate activities into your classes during RESPECT Week to engage students in important conversations about harassment, abuse, and violence. Attached to this email we have included a Classroom Activity Menu that outlines a variety of easy-to-implement activities. If you have any questions about facilitating classroom-based activities, please don’t hesitate to reach out to Jennifer@nhcadsv.org for assistance.

We hope you will join us in spreading the word about RESPECT Week and working to promote respectful relationships at our school. Together we can end teen dating violence!

Thank you!
[INSERT NAME]
PLANNING CHECKLIST

Identify an individual or group to take the lead
In order to stay organized and to ensure that RESPECT Week is a success at your school, it is essential to have a group or an individual who will oversee the project from start to finish. Last year, this project was implemented by athletic teams, clubs, community service groups, and student councils - it’s up to you to choose what’s right for your school!

Recommended Timeline: Complete by Wednesday, January 16th

Connect with your local crisis center
Your local crisis center is the expert in your community on domestic and sexual violence. Crisis centers provide free and confidential support services, accompany survivors to hospitals, courts, and child advocacy centers, and provide age-appropriate programming in schools just like yours. Your crisis center is an incredible resource that can advise and support your RESPECT Week efforts.

Recommended Timeline: Complete by Wednesday, January 16th

Decide which school-wide activities to implement
Next, determine which school-wide activities you would like to implement. We encourage you to customize RESPECT Week to make it your own, and to be creative in the implementation of this project. RESPECT Week can be easily adjusted to meet your schools needs so you can make the most of the week!

Recommended Timeline: Complete by Friday, January 18th

Divide responsibilities and assign roles
Now that you have decided which activities you will be implementing, assign each day or activity to member of your group. At each group meeting you can allow time for everyone to provide an update on their day and/or activity and leave time for a group discussion to identify goals and next steps.

Recommended Timeline: Complete by Friday, January 18th

Outline a plan to promote the campaign
Use the flyers provided in the toolkit and the recommendations in the Promotional Plan to determine the best ways for your school to spread the word about RESPECT Week. Notify parents and teachers of your plans.

Recommended Timeline: Complete by Friday, January 25th

www.nhcadsv.org
DAILY BREAKDOWN

DAY 1:

BE AWARE

Overview: Raise awareness about the warning signs of dating harassment, abuse, and violence.

Sample Language for Morning Announcements:

Good morning! February is Teen Dating Violence Awareness Month and this year [INSERT SCHOOL NAME] will be participating in a week-long educational campaign called Granite State RESPECT Week! RESPECT Week aims to promote healthy relationships and prevent teen dating violence in schools across New Hampshire. The theme of this week is ‘Lead With RESPECT.’ As [INSERT SCHOOL MASCOT]’s we treat each other with respect and confront problematic behavior when we see it. Identifying unhealthy behaviors is the first step towards being able to call out harassment, abuse, and violence. Throughout the school today you will see posters that outline various forms of unhealthy and abusive behaviors. In between classes, please take a moment to learn more about the warning signs of an unhealthy relationship. Let’s kick off Granite State RESPECT Week and show everyone that the [INSERT SCHOOL MASCOT]’s value respect and healthy relationships!

School-Wide Activity: Know the Signs

On the next page please find a list of unhealthy behaviors. Divide the items on the list among your leadership team and have each individual/small group make a sign about their assigned item - including name, definition, and examples. Post the signs around your school during the first day of RESPECT Week.
## Signs of Unhealthy Relationships

### Verbal/Emotional Abuse
- Put downs
- Name calling
- Constantly criticizing
- Provoking public or private humiliation
- Making the person feel crazy
- Making the victim feel bad about herself/himself/themselves

### Intimidation
- Making someone afraid by using looks, gestures, actions
- Abusing pets
- Displaying weapons
- Smashing things, destroying his/her/their property

### Disrespect
- Interrupting
- Changing topics, not listening or responding
- Twisting the victim’s words
- Putting her/him/them down in front of other people
- Saying bad things about her/his/their friends or family.

### Abusing Trust
- Lying, withholding information
- Not taking a fair share of responsibility
- Being overly jealous
- Not following through on agreements
- Refusing to help with childcare or housework
- Cheating on the victim

### Emotional Withholding
- Not expressing feelings
- Not giving support, attention, or compliments
- Not respecting feelings, rights or opinions

### Minimizing, Denying & Blaming
- Making light of abusive behavior and not taking the victim’s concerns about it seriously
- Saying the abuse didn’t happen
- Shifting responsibility for abusive behavior
- Saying she/he/they caused it

### Coercion and Threats
- Threatening suicide or other forms of self-harm such as abusing alcohol or drugs
- Encouraging the victim to do illegal things

### Isolation
- Preventing or making it difficult for the victim to see friends or relatives
- Monitoring phone calls; telling her/him where she/he can and cannot go.

### Controlling Behavior
- Constantly asking whereabouts
- Calling all day
- Checking car mileage
- Using jealousy to justify actions; controlling who the victim talks to
- Listening to phone calls going through their phone
- Making uninvited visits or calls
- Following the victim
- Monitoring her/his/their social media
- Embarrassing her/him/them in public
- Refusing to leave when asked
- Limiting outside involvement
D A Y 2: BE EMPOWERED

Overview: In all of our relationships and friendships, we should always feel empowered to clearly communicate our boundaries and to speak up when we feel disrespected or we witness unhealthy behavior.

Sample Language for Morning Announcements:
Good morning [INSERT NAME OF SCHOOL]! Today is Day 2 of Granite State RESPECT Week and the theme is “Be Empowered.” In relationships and friendships, we should all feel empowered to clearly communicate our boundaries and to speak up when we feel disrespected or we witness unhealthy behavior. Whether you’re confronting your partner about something that made you feel uncomfortable, or you’re standing up for a friend - we should all feel comfortable speaking up. To eliminate harassment, abuse, and violence it will take each and every one of us standing up and promoting respect. Throughout the day today, you will have the opportunity to fill out your own “Relationship Bill of Rights” to clearly outline your needs and boundaries. Forms will be available in the [INSERT LOCATION - ex: cafeteria, hallway in between classes, main office, etc.] and we to invite you take one and fill it out. We encourage you to share your Bill of Rights with your partner and/or friends to ensure that you’re both aware of how the other person would like to be treated, and to practice open and healthy communication.

School-Wide Activity: Relationship Bill of Rights
On the next page you will find the “Relationship Bill of Rights.” This form outlines the basic rights that everyone should have in a healthy relationship or friendship. We encourage you to have these forms available throughout the day and in classrooms so every student has the opportunity to fill one out and share it with their friends or their partner. Open and honest communication is a critical component of a healthy relationship/friendship, and the goal of this activity is to empower students to talk about their boundaries and make sure both parties have a clear understanding of what the other needs to feel supported and respected.
Relationship (and friendship!) Bill of Rights

I have the right to....

- my privacy, both online and off.
- feel safe and respected.
- make decisions that keep me safe, happy and healthy, even if it is unpopular.
- spend time with friends and family and do things I enjoy, without my partner getting jealous or controlling.
- my body. I can say no at any time, even if I've said yes before.
- ask others for help if I need it.
- express my own opinions.
- pursue my own interests.
- have my needs considered as much as my partner’s.
- end a relationship that isn’t right or healthy for me.
- live free from violence and abuse.

**DAY 3: BE BRAVE**

Overview: Teach students how to be engaged and effective bystanders, and establish a set of core values for your school community that everyone should follow and hold one another accountable to.

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**Sample Language for Morning Announcements:**
Thank you to everyone who has participated in the school-wide activities so far during Granite State RESPECT Week! We’re proud to see so many [INSERT SCHOOL MASCOT’s] engaging and taking action during Teen Dating Violence Awareness Month. Today, on Day 3, we are focusing on holding one another accountable and making sure that we’re all playing our part in creating a safe and respectful environment at [INSERT NAME OF SCHOOL]. Today we want to hear from YOU about what the values of our school community should be and what your expectations of your peers, teachers, and administrators are. Let’s stand together and make a commitment to treating one another with respect and compassion. Enjoy your day and remember that disrespectful and unhealthy behavior has no place at [INSERTS NAME OF SCHOOL]!

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**School-Wide Activity: School Values**
Creating a school values statement with input directly from your students is critical, as it ensures that the values you’re asking all community members to commit to is reflective of the specific needs and priorities of your students. Throughout the day, have teachers collect feedback from students anonymously by placing a box or a bag in the back of their classroom. You can also have a table set up during lunch and make an announcement that students will be collecting feedback. Once you have collected the list of values from students, have the leading student group or faculty member review the feedback and breakdown the values into 5-6 core themes. Examples of themes could be: “Treat one another with respect and compassion,” “Respect one another’s boundaries,” or “Listen to other when they’re expressing how your actions make them feel.” Once you have finalized your list of values - share them with the entire school on the final day of RESPECT Week.
DAY 4: BE RESPECTFUL

Focus: Highlight the components of healthy relationships, and emphasize how critical it is to treat one another with compassion and respect.

Sample Language for Morning Announcements:
Good morning and happy Valentine’s day! Today is all about celebrating healthy relationships. Respectful relationships and equal partnerships have open and healthy communication, boundaries, trust, and honesty. Throughout the day, we will be working to build a “Healthy Relationships Wall” where we invite you to fill out a sticky-note with components of a healthy relationship that are most important to you and add it to the wall. The “Healthy Relationships Wall” will serve as a reminder of how we should treat one another in our friendships and relationships. Also, we would like to ask everyone to wear orange tomorrow in honor of Teen Dating Violence Awareness Month. Today, we challenge you to think about the friendships and relationships in your life and what makes them healthy and positive. Remember, love is RESPECTFUL!

School-Wide Activity: Healthy Relationships Wall
As a RESPECT Week participant you’ve provided with heart-shaped sticky notes. Set up a table with heart-shaped sticky notes and encourage students to write one component of a healthy relationship or why they think healthy relationships are important on the sticky note and stick it to the designated wall. We recommend having a table set up at the start of the school day, during lunch periods, and between classes so students have the opportunity to participate throughout the day. The goal of this activity is to cover a wall or designated space in your school with components of a healthy, respectful relationship. We encourage schools to take photos of their display and send them to Madison@nhcadsv.org so they can be featured on The Coalition’s website and social media channels to highlight your efforts during RESPECT Week.
DAY 5:
BE A LEADER

Focus: Review the characteristics of a positive bystander and the set of values you've created for your school, and ask all students, teachers, and administrators to take a pledge to uphold those values.

“Sample Language for Morning Announcements:
Thank you all for your engagement this week - it’s inspiring to see so many students, teachers, and administrators demonstrate their commitment to fostering and upholding a safe and respectful environment in our school! This week, we have learned about the warning signs of unhealthy relationships, components of healthy relationships, the importance of standing up for others, and the role that we all play in eliminating harassment, disrespect, and violence at our school. Something as simple as confronting a friend that makes a problematic joke can go a long way in creating a compassionate culture on our campus. We can all lead with respect by making seemingly small decisions every day. We’ve collected your feedback throughout the week and have created a value statement based on what you’ve shared. We would like to build on the momentum we’ve established this week by committing to continue to treat one another with respect and work to address dating violence, harassment, and disrespect. Please join us in making this commitment by taking the pledge to honor our school values. YOU have the power to show survivors of harassment and violence that you stand with them. YOU have the power to make your peers feel safe at school. YOU have the power to prevent violence and harassment before it happens. YOU have the power to lead by example and set the standard for how [INSERT SCHOOL MASCOT]’s treat one another.”

School-Wide Activity: TAKE THE PLEDGE & WEAR ORANGE DAY
Draft a school value statement based on the feedback that you received from students on Wednesday. We also recommend including information from the “Healthy Relationships Wall” to inform your value statement as this compilation also outlines the components of healthy relationships that students value. You can display your statement on a banner, poster, or on individual sheets that students can sign throughout the day. We encourage schools to take photos of their display and send them to Madison@nhcadsv.org so they can be featured on The Coalition’s website and social media channels to highlight your efforts during RESPECT Week.
COMMUNITY ACTIVITY OPTIONS

In addition to the school-wide and classroom-based activities that you are implementing, we encourage you to consider engaging your greater community in these important discussions during Teen Dating Violence Awareness Month.

Panel Discussion:
Host a panel discussion and invite advocates, law enforcement, a teacher from your school, and a representative from your local college/university to participate. Each of these professionals brings a unique perspective on how to combat harassment, abuse, and violence. Hosting a panel discussion is a great way to engage teens, parents, and community members in important conversations about healthy relationships and share more about resources in your community.

Resource Fair:
Reach out to service providers in your community and invite them to attend a resource fair at your school. Invite parents, students, and community members. Provide each organization with a table to pass out materials and talk to students about their services. We recommend reaching out to local law enforcement, your local crisis center, local mental health providers, and other community-based youth organizations.

Community Forum:
Work with your local crisis center to coordinate a community forum or parent information night for the families at your school. Crisis centers can outline the warning signs of harassment, abuse, and violence that parents should be aware of; talk to parents about how to respond if their child discloses to them; and make sure parents are aware of the resources available in their community.

Respect-Themed Game:
 Invite athletic teams at your school to organize and host a “RESPECT Game” during Teen Dating Violence Awareness Month. Players can compete in orange (the color of TDV awareness) and you can invite your local crisis center to table at the event to connect spectators with support services. This is a great way to raise awareness throughout your greater community and strengthen your relationship with your crisis center. We encourage coaches to notify the NHIAA before scheduling a RESPECT-themed game.
CLASSROOM ACTIVITY MENU

The following is a list of activity options that can be used with small groups or classrooms during Granite State RESPECT Week 2018. You do not need to implement all of these activities – please choose the ones that work best for your RESPECT Week team and your school!

FACILITATOR TIPS
Please review the following resources before implementing any activities with students:


We recommend reaching out to your local crisis center for additional guidance prior to implementing these activities in your classroom.

Daily school-wide activities aim to engage all students, teachers, and administrators in high-level conversations about healthy relationships and ways in which we can all play a role in combating harassment, violence, and abuse. To further engage students in more in-depth conversations and work to provide them with the tools needed to prevent these behaviors, we invite teachers to implement small-group activities in their classrooms throughout the week.

ACTIVITY OPTIONS
Activities fall under two categories:

AWAWARENESS  PREVENTION

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ACTIVITY #1
GRAFFITI

Activity Snapshot:
Brainstorm how to identify a healthy or unhealthy relationship as a bystander. What are the things you would see or hear? And how could these things affect how a person in the relationship feels?

Source: Idaho Coalition Against Sexual and Domestic Violence

Materials:
- 4 large sheets of large paper
- Markers
- Tape

Activity Setup:
Four large sheets of paper (flip-chart size or bigger) should be hung around the room (or if necessary use a white or black board) with one of the questions below written at the top of each piece of paper:

1. When I see someone in a healthy relationship, I see them doing things like: (you cannot use words, you must draw stick figures doing activities that are illustrative of a healthy relationship!)

2. When I hear someone in a healthy relationship, I hear them saying things like: (write words or statements you might hear people in a good relationships say to each other)

3. When someone is in a healthy relationship, they usually feel like: (what are the emotions you might feel if you were in a healthy relationships)

4. When I hear or see someone in an unhealthy relationship I see or hear them doing things like: ________________________________ (you can write words or draw pictures)

Instructions:
Divide the class into 4 groups and assign each to one of the pieces of paper. Each group will have 30 seconds to write or draw all the ideas that they can come up with to finish the statement written at the top of their paper. At the end of 30 seconds groups move to the next page and have 60 seconds to do the same thing (repeat this step, giving the students 90 seconds and then 120 seconds). Groups cannot write what the previous group wrote! Encourage the teens to read what the groups before them wrote.
**Conclusion of Activity - Instructor Key Points**

Review the information the teens wrote – Highlight answers that identify the eight protective factors (see below). If a factor is missing [check for individuality and fairness and equality] from all of the lists, ask the group: “what do you think about ______, is that a characteristic of a healthy relationship?”

**8 Protective Factors**

**Respect** – Being accepted and allowed to be who you are. No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.

**Safety** – Feeling safe both emotionally and physically. Emotional safety means you feel comfortable being you without fear of being put down. Physical safety means you are not being hurt or pressured into unwanted physical contact.

**Support** – Caring for you and want what is best for you. Your friends should understand if you can’t hang out because you have to study or spend time with family.

**Individuality** – Feeling like you can be yourself; after all, being an individual is what makes you, you!

**Fairness and Equality** – Having an equal say in your relationships. From the activities you do together to the friends you hang out with, you should have equal say in the choices made in your relationships.

**Acceptance** – Friends or girlfriend/boyfriend accepting you for whom you really are. You shouldn’t have to change who you are or compromise your beliefs to make someone like you.

**Honesty and Trust** – Honesty builds trust. You can’t have a healthy relationship without trust! If you have ever caught your friend or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild your trust.

**Communication** – Talking face-to-face (not just by text) about your feelings. Listen to one another and hear each other out. Text messages and social media messages should be respectful; not mean, hurtful, or inappropriate.
ACTIVITY #2
STICK IT/SOLVE IT

Activity Snapshot:
Compare and Contrast healthy behaviors with unhealthy behaviors in relationships.

Source: Idaho Coalition Against Sexual and Domestic Violence

Materials:
- 3 post-it notes per student (all the same color)
- 3 sheets of flipchart paper or board
- Tape

Activity Setup:
Give each student three Post-it Notes (all the same color). On a whiteboard or large sheet of paper write Scenario 1, Scenario 2, and Scenario 3 – with space below for the Post-it Notes to be placed after each scenario.

Instructions:
After you read a scenario, each teen should write down his or her advice on a Post-it Note then run up to the board or sheet of paper and place the Post-it Note it under the proper section (i.e., the section for Scenario 1, 2, or 3). Teens should read the Post-it Notes that have already been placed on the board or sheet of paper prior to placing their answer. If a teen sees another solution similar to his or hers, he/she should stick the Post-it Note on top of the similar one. Emphasize that there can be more than one “right” solution to every relationship problem.

Scenario 1 - Hannah
Hannah’s best friend, Megan, has been going out with Andrew. Hannah thinks Megan is obsessed about Andrew. While Hannah and Megan were hanging out watching movies together, Megan kept looking at her phone. Megan knew Andrew was hanging out with his friends and she was upset Andrew hadn’t texted her once all night and it was already 9:00 pm. Megan wanted to text Andrew and ask why he hadn’t texted her. What should Hannah tell her friend?
Conclusion of Hannah Scenario – Instructor Key Points:
Highlight answers that recommend the following:

- Hannah needs to tell Megan she is worried about Megan’s obsession with the relationship. Key point – telling a friend you are worried and giving a specific example is a good approach.
- Respect Andrew’s time with his friends.
- Respect Hannah by spending the time with her, and not obsessing about someone that’s not there.

Scenario 2 - Will
Will really likes Maddie. At first Will thought it was cool that Maddie wanted to spend lots of time with him. She is always waiting at his locker every morning and when he gets out of class. Lately she started showing up at his football practice and waits for practice to end so they can walk home together. Maddie always lets him choose the movies that they go to and she’ll watch him play Guitar Hero for hours. What should Will do?

Conclusion of Will Scenario – Instructor Key Points:
Highlight answers that recommend the following:

- Talking to Maddie about how he is feeling uncomfortable about her being around all the time. Key point – communicating how you feel about something and negotiating a compromise.
- Will needs to let Maddie have an equal say in choices in movies and activities that they do together. Key point – fairness and equality in relationships are important.

Scenario 3 - Marissa
Marissa and Jacob have been dating for two months. She really likes him a lot. He’s really nice and supports her interest in theatre, something her other friends don’t appreciate. In the last week, Jacob has been pressuring her to do more than kiss. He said all his friend’s girlfriends do more. Jacob’s parents will be gone tomorrow and he has invited her over to his house. Marissa would have to lie to her parents because she can’t be at Jacob’s house without parents being there. Marissa didn’t sleep last night and has a stomach ache today. What should Marissa do?

Conclusion of Marissa Scenario – Instructor Key Points:
Highlight answers that recommend the following:

- Jacob needs to respect and support Marissa’s boundaries. No one should pressure someone into doing things that they are uncomfortable with.
- Marissa needs to trust her instincts. If she is having difficulty sleeping and has a stomach ache, she should know that she shouldn’t compromise her beliefs to make someone like her.
- Being honest is important. Marissa should not lie to her parents.
ACTIVITY #3
WHAT DO YOU VALUE?

Activity Snapshot:
Discover which characteristics of healthy relationships you and your peers value most depending on the type of relationship.

Source: Idaho Coalition Against Sexual and Domestic Violence

Materials:
- Signs containing the characteristics of a healthy relationship hung up around the room

Activity Setup:
Characteristics of healthy relationships to write on each sign:

- **Respect** – Being accepted and allowed to be who you are. No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.
- **Safety** – Feeling safe both emotionally and physically. Emotional safety means you feel comfortable being yourself without fear of being put down. Physical safety means you are not being hurt or pressured into unwanted physical contact.
- **Support** – Caring for you and want what is best for you. Your friends should understand if you can’t hang out because you have to study or spend time with family.
- **Individuality** – Feeling like you can be yourself; after all, being an individual is what makes you, you!
- **Fairness and Equality** – Having an equal say in your relationships. From the activities you do together to the friends you hang out with, you should have equal say in the choices made in your relationships.
- **Acceptance** – Friends or girlfriend/boyfriend accepting you for who you really are. You shouldn’t have to change who you are or compromise your beliefs to make someone like you.
- **Honesty and Trust** – Honesty builds trust. You can’t have a healthy relationship without trust! If you have ever caught your friend or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild your trust.
- **Communication** – Talking face-to-face (not just by text) about your feelings. Listen to one another and hear each other out. Text messages and social media messages should be respectful; not mean, hurtful, or inappropriate.
**Instructions:**

Introduce the characteristics of healthy relationships as you point to the signs around the room. Direct students to quietly (without talking) move around the room to the sign that best describes the characteristic that he/she would value most for the given situation or relationship. Make sure to tell the teens that it’s okay if they are the only one at a sign because everyone has different opinions and values. And, for that same reason there are no right or wrong answers. Teen should just be able to explain their choices.

1. Move to the sign that shows the characteristic most important for parents to have with their teenage children.
2. [Optional] Move to the sign that shows the characteristic most important for teachers to show to their students.
3. Move to the sign that shows the most important characteristic for a teenage friend to have with another teenage friend.
4. Move to the sign that shows the most important characteristic for two teenagers who are going out with each other to show to one another.
5. Move to the sign that shows the characteristic most important for a friend or family member to have when you may be coming to them with a problem.
6. Move to the sign that shows the characteristic that best describes you!

**Processing - Instructor Key Points**

Processing: After the students move each time, have a few students standing at each sign explain why they chose that characteristic. After the last rotation (when students are seated), share and summarize thoughts about the importance of these friendship characteristics and how we can improve on showing these to our friends and family members with our behaviors and actions.

**AWARENESS**

Recommended for High School Classes

**ACTIVITY #4**

**DECODING MEDIA MESSAGES ABOUT CONSENT**

**Activity Snapshot:**
Identify ways that consent is not accurately portrayed in the media and identify strategies for talking about consent.

Source: Idaho Coalition Against Sexual and Domestic Violence

ACTIVITY #1
RESOLVING CONFLICT

Activity Snapshot:
Discuss techniques to avoid and manage conflicts with dating partners.

Source: Love is Respect

Instructions:
Introduction
There is conflict in all relationships. And by “conflict,” we specifically mean verbal disagreements and arguments. People disagree and that isn’t necessarily a bad thing. In fact, everyone has the right to a different opinion from their partner. In a healthy relationship, communication is key. When partners communicate effectively, they understand each other better and that makes their relationship stronger. When they can resolve conflicts successfully, they are developing a healthy, mature relationship. But, while conflict is normal, it can also be a sign that parts of the relationship aren’t working.

Scenario
Alex, the person that you are dating, says that you don’t really like them because you want to go to the mall with your friend instead of you two spending time alone together. While at the mall, you run into a group of friends from school and post a picture on social media. After seeing your post, Alex becomes very upset with you. They usually get really angry with you when you post pictures with other people. The next time that you are together, Alex accuses you of cheating with someone from the picture on your social media post and tells you to choose between them and your friends, by saying: “If we are going to remain in a relationship, you can no longer hangout with your friends.” Alex also demands that you spend more time alone together.

Questions:
1. Are the accusations in this scenario reasonable? Why or why not?
2. Are there healthy boundaries this relationship? Why or why not?
3. What are the real issues in this relationship?
4. What are possible compromises for this situation?
5. Is this behavior healthy, unhealthy or abusive?
6. How do you manage and resolve this conflict?
Themes - Instructor Key Points

Conflict Resolution in Healthy Relationships: If your conflict is based on which movie to see, what friends to hang out with or who should do the dishes, then use the tips below to help resolve these arguments in a healthy way:

Set Boundaries: Everyone deserves to be treated with respect—even during an argument. If your partner curses at you, calls you names or ridicules you, tell them to stop. If they don’t, walk away and tell them that you don’t want to continue arguing right now.

Find the Real Issue: Typically, arguments happen when one partner’s wants are not being met. Try to get to the heart of the matter. If your partner seems needy, maybe they are just feeling insecure and need your encouragement. Learn to talk about the real issue so you can avoid constant fighting.

Agree to Disagree: If you and your partner can’t resolve an issue, sometimes it’s best to drop it. You can’t agree on everything. Focus on what matters. If the issue is too important for you to drop and you can’t agree to disagree, then maybe you’re not really compatible.

Compromise When Possible: Easy to say but hard to do, compromising is a major part of conflict resolution and any successful relationship. So your partner wants Chinese food and you want Indian? Compromise and get Chinese tonight, but Indian next time you eat out. Find a middle ground that can allow both of you to feel satisfied with the outcome.

Consider Everything: Is this issue really important? Does it change how the two of you feel about each other? Are you compromising your beliefs or morals? If yes, it’s important that you really stress your position. If not, maybe this is a time for compromise. Also, consider your partner’s arguments. Why are they upset? What does the issue look like from their point of view? It is unusual for your partner to get this upset? Does your partner usually compromise? Are you being inconsiderate? Still arguing? If you try these tips but still argue constantly, consider whether the relationship is right for both of you. You both deserve a healthy relationship without constant conflict.

Conflict Resolution in Unhealthy Relationships: While conflict is normal, arguments shouldn’t turn into personal attacks and neither partner should try to lower the other’s self-esteem. If you can’t express yourself without fear of retaliation, you may be experiencing abuse. Remember, one of the main signs of an abusive relationship is a partner who tries to control or manipulate you.
ACTIVITY #2
Bystander Intervention
Considerations & Actions for Engagement

Activity Snapshot:
Identify unhealthy and potentially abusive behaviors of others. Learn and practice strategies for interrupting or objecting to unhealthy and abusive behaviors of others through roleplay.

Source: Men Can Stop Rape

Materials:
- Bystander scenarios (one per group)
- Power point slide or flipchart with 7 Strategies
- Copies of White Ribbon Campaign article (optional)
- Handout of Bystander Intervention strategies
- Youtube or other video of abusive or unhealthy behavior (optional)

Activity Setup:
1. Review what unhealthy or abusive behavior means. Give examples through video or discussion with group about what they experience or see in their lives.
2. Discuss things they have done or watched others do to try to interrupt the situation. Again watch a video or act out a skit.
3. Review the Intervention Strategies Handout – discuss which strategies seem doable, realistic, or like something they might try? Which seem unrealistic, too off the wall or don’t seem like they would work?
4. Break the group into small teams – at least three people per team. Give each team a large print scenario. Ask them to discuss what strategy might work with the scenario and how the people in the scenario might react. Tell them that three teams will be asked to act out or talk out their scenario, their strategy and the results. Have a PowerPoint slide or flipchart with the 7 strategies for their reference. They have 10 – 15 minutes to discuss and plan.
5. Three teams volunteer to act out/talk out their scenario.
6. Whole group talks about:
   - Other options that bystanders might have used.
   - What goes through our minds when we encounter unhealthy or abusive behaviors?
ACTIVITY #3
LABYRINTH

Activity Snapshot:
Learn tools to start a conversation with your friends about healthy relationships.

Source: One Love Foundation

ACTIVITY #4
HOW TO IDENTIFY CONSENT

Activity Snapshot:
Watch videos to learn ways to identify when consent is or is not present and role play to practice ways to ask for consent.

Source: Planned Parenthood

Materials:
- Flipchart or board
- Computer with Internet access
- Markers

- Playlist of all 4 videos: http://p.ppfa.org/Consent101
- Tape
- Projector, and speakers to show the videos
CHARACTERISTICS OF A HEALTHY RELATIONSHIP

- Respect
- Safety
- Support
- Individuality
- Fairness and Equality
- Acceptance
- Honesty and Trust
- Communication

24/7 CONFIDENTIAL STATEWIDE HOTLINE: 1-866-644-3574
GRANITE STATE
RESPECT WEEK

Lead with RESPECT
DAY 1 - MON. 2/11
BE AWARE

DAY 2 - TUE. 2/12
BE EMPOWERED

DAY 3 - WED. 2/13
BE BRAVE

DAY 4 - THU. 2/14
BE RESPECTFUL

DAY 5 - FRI. 2/15
BE A LEADER

FEBRUARY 11-15 2019

24/7 CONFIDENTIAL STATEWIDE HOTLINE: 1-866-644-3574
HOW DO YOU
LEAD WITH RESPECT?

TOGETHER WE CAN END TEEN DATING VIOLENCE

24/7 CONFIDENTIAL STATEWIDE HOTLINE:
1-866-644-3574

WWW.NHCADSV.ORG
NEXT STEPS

1. Send your thoughts and feedback around Granite State RESPECT Week 2019 to The Coalition by emailing Madison@nhcadsv.org.

2. Reach out to your local crisis center to request information and resources that can be available in your main office and counseling office.

3. Make sure information about your local crisis center and other community resources are easily accessible on your school's website and printed materials.

4. Invite your local crisis center to facilitate age-appropriate programming in your classes, to train staff on their reporting requirements, and provide information to faculty/administrators about best-practices when addressing these issues in your school.

5. Send an email to parents to share information about your local crisis center so they're aware of the free and confidential support services that are available in your community.

6. Review your school's sexual misconduct policies and reach out to The Coalition for guidance when strengthening existing policies or crafting model policies.

7. Talk to students about the interest in creating a "Respect" club or organization that aims to continue these conversations and build upon this initiative beyond Teen Dating Violence Awareness Month.
RESOURCES

Support for survivors and their loved ones:
Domestic Violence 24/7 Hotline: 1-866-644-3574
Sexual Assault 24/7 Hotline: 1-800-277-5570

Creating Safe School Environments:
Love is Respect Middle School Educators Toolkit: https://bit.ly/2QEv9Yf

Policies:
Granite State Children’s Alliance: https://bit.ly/2M9oODt
Safe Place to Learn: Prevent, Intercede, Respond to Sexual Harassment of K-12 Students: https://bit.ly/2cLbSCz

Parents:
NH Coalition Against Domestic and Sexual Violence: https://bit.ly/2H6FPPQ
The NH Coalition is comprised of 13 member programs throughout the state that provide services to survivors of sexual assault, domestic violence, stalking and sexual harassment. You do not need to be in crisis to call. Services are free, confidential, and available to everyone regardless of gender, age, health status (including HIV-positive), physical, mental or emotional ability, sexual orientation, gender identity/expression, socio-economic status, race, national origin, immigration status or religious or political affiliation. The services include:

- Support and information, available in person and through a 24-hour hotline
- Accompaniment, support, and advocacy at local hospitals, courts, and police departments
- Access to emergency shelter
- Peer Support Groups
- Assistance with protective/restraining orders and referrals to legal services
- Information and referrals to community programs
- Community and professional outreach and education
Teen Friendships/Relationships Equality Wheel

- **Communication**
  - Willingness to hear each other’s perspectives, balance of giving and receiving of opinions/feedback.
  - Respectful problem-solving.

- **Shared Power**
  - Taking mutual responsibility for recognizing influence on the relationship. Making decisions together. Each person can express themselves fully.

- **Self-Confidence + Personal Growth**
  - Respecting each other’s identity and autonomy, and encouraging each other’s freedom, and self-worth.

- **Negotiation + Fairness**
  - Seeking mutually satisfying solutions to conflict.
  - Accepting changes. Being willing to compromise.

- **Non-Threatening Behavior**
  - Talking and acting so the person feels safe. Getting consent before any hookup or sexual activity.

- **Honesty + Accountability**
  - Acknowledging past use of violence, being truthful and transparent in conversations + actions.

- **Trust and Support**
  - Supporting the person’s goals in life. Respecting their right to their feelings, friends, activities, and opinions.

- **Respect**
  - Listening to the person without judging them. Valuing the person’s opinions and experiences.

Love is Respectful!
SUPPORT A FRIEND

Supporting a friend that is in an unhealthy relationship can be difficult and it can be tough to call out a friend that is being abusive. Use the below tips to make sure you are responding with RESPECT when dealing with harassment, abuse, and violence.

Supporting a friend:

- It’s normal to be confused about how to help a friend dealing with an unhealthy or abusive relationship. There are a lot of ways you can support your friend.
- Know that you can’t force your friend to leave the relationship, but you can be there for them.
- Your friend might feel responsible for the abuse or they might have been told that it’s not a big deal. It’s okay to help them identify the unhealthy and abusive things happening in the relationship, but know that you can’t force them to end the relationship. You can still be there for your friend – they need you now more than ever!
- If they do choose to leave, they may feel sad and lonely when it’s over, even though the relationship was abusive. They may get back together with their ex many times, even though you want them to stay apart. Continue to be there for them and help them stay safe.

What can I do?

- Don’t be afraid to reach out to a friend who you think needs help. Tell them you’re concerned for their safety and want to help.
- Be supportive and listen patiently. Acknowledge their feelings and be respectful of their decisions.
- Help your friend recognize that the abuse is not “normal” and is NOT their fault. Everyone deserves a healthy, non-violent relationship.
- Focus on your friend, not the abusive partner. Even if your friend stays with their partner, it’s important they still feel comfortable talking to you about it.
- Connect your friend to the local crisis center. Confidential advocates can help talk through difficult feelings and help you and your friend find ways to help them stay safe.
- If they break up with the abusive partner, continue to be supportive after the relationship is over.
- Even when you feel like there’s nothing you can do, don’t forget that by being supportive and caring, you’re already doing a lot.
- Don’t contact their abuser or publicly post negative things about them online. It’ll only worsen the situation for your friend.
But it’s my friend that’s being abusive…
It’s difficult to see someone you care about hurt others, and can be hard to admit when you see something wrong.

Remember:
- When we remain silent or make excuses, we are encouraging hurtful and abusive behavior. Make sure you feel safe, but know that it’s okay to call them out on their abusive behavior. You’re not turning against them, but you’re just helping them have a healthy relationship.
- Know that the abuser is the only person who can decide to change,
- Your friend may try to blame the victim for the abuse. Don’t support these feelings or help justify the abuse.
- Help your abusive friend focus on the victim’s feelings and the serious harm they’re experiencing. Don’t support your friend’s efforts to minimize the severity of their behavior.
- Don’t ignore abuse you see or hear about. Your silence helps the abusive person deny that their behavior is wrong.
- Chat with a confidential crisis center advocate about how to keep yourself safe and help your friend recognize that their behavior is wrong and hurtful. Continue to get support from friends and advocates over time.
- Remind them that change will create a better, healthier relationship for both partners.
- Set an example by having healthy relationships and healthy friendships in your own life.

You're NOT Alone!
Crisis center advocates are available 24/7 to provide free & confidential support. Dating and sexual violence are not easy to talk about. Crisis center advocates are here to help you find solutions, identify steps you can take to help your friends stay safe, and make sure you feel supported.

NH 24/7 Confidential Hotline: 1-866-644-3574
Find your local crisis center: https://www.nhcadsv.org/member-programs.html
Prevention Education

Prevention education is core to the Coalition’s mission to create safe and just communities throughout New Hampshire. We work with youth and communities to prevent violence before it happens by designing and implementing innovative statewide educational campaigns, identifying best practices, collaborating with community partners and stakeholders, and providing training and technical assistance to New Hampshire’s crisis center educators.

Primary Prevention Programming

The Coalition coordinates statewide prevention efforts to ensure quality services and programs are available to meet the needs of NH students, schools, and communities. Currently, the Coalition is implementing statewide training on responding to the sexual behaviors of children, and as a member of the Sexual Violence Prevention Advisory Committee, the Coalition is currently developing a statewide Sexual Violence Prevention plan.

Educators at NH’s 13 crisis centers are specially trained in classroom education, victim advocacy, and violence prevention. They offer free school and community-based programs that are age-appropriate, research and evidence-informed, and aligned with Department of Education curriculum requirements. Program topics include handling disclosures of abuse, connecting survivors to support services, healthy relationships, gender equity, consent, and non-violent problem solving skills. In 2017, crisis center educators facilitated 2,490 presentations to 52,562 attendees across NH.

Granite State RESPECT Week (GSRW)

GSRW is a teen-centered prevention and awareness campaign designed by the Coalition and its 13 member programs to be implemented in middle school and high schools across NH during “Teen Dating Violence Awareness Month.” GSRW aims to raise awareness about teen dating violence, connect teens to support services, promote healthy relationships, and foster a culture of respect in NH schools. Last year 40 schools participated in GSRW and nearly 28,000 NH students were engaged and educated. Through this program we were able to make first-time connections between 11 schools and their local crisis center.

“I feel confident that it changes their attitudes. I do feel it’s extremely beneficial for them: They are informed and empowered...Kids should have as much information as possible...they’re very grateful for it.”
- NH High School Teacher

New Hampshire Coalition Against Domestic and Sexual Violence
www.nhcdsv.org