



ORANGE DAY

FEBRUARY 12, 2019

Mental Health
and Wellness
Volume 6

Warning Signs

- Constantly putting someone down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating someone from their family or friends, dictating who they can see or hang out with
- Mood swings (nice one minute and angry the next)
- Checking someone's cell phone, social media or email without permission
- Physically hurting someone in any way
- Possessiveness
- Telling someone what to do or what to wear
- Problems with school attendance, particularly if it is a new problem
- Lack of interest in former activities
- Sudden request for a change in schedule
- Unexplained changes in behavior, grades or quality of schoolwork
- Noticeable change in weight, demeanor or physical appearance
- Isolation from former friends
- Little social contact with anyone but their dating partner
- Unexplained bruises or injuries
- Making excuses or apologizing for their dating partner's inappropriate behavior
- New disciplinary problems at school, such as bullying other students or acting out
- Name-calling or belittling from a dating partner

 text "loveis" to 22522
 call 1-866-331-9474

Teen Dating and Teen Dating Violence

- One in 10 high school students has experienced physical violence from a dating partner in the past year.
- Among adult victims of rape, physical violence, and/or stalking by an intimate partner, 22.4% of women and 15.0% of men first experienced some form of partner violence between 11 and 17 years of age.
- Across studies, 15-40% of youth report perpetrating some form of violence towards a dating partner.
- Risk factors for teen dating violence include individual, peer, partner, parent, and neighborhood influences.
- Perpetrating dating violence in adolescence increases the risk of perpetrating violence toward a partner in adulthood.
- Exposure to dating violence significantly affects a range of mental and physical health problems

How You Can Help?

Tell your student that you're concerned for their safety. Point out that what's happening isn't "normal." Everyone deserves a safe and healthy relationship. After consulting with the student's parents, offer to connect them with a professional, like a counselor or attorney, who they can talk to confidentially.

Be supportive and understanding. Stress that you're on their side. Provide information and non-judgmental support. Let your student know that it's not their fault and no one "deserves" to be abused. Make it clear that you don't blame them and you respect their choices.

Believe them and take them seriously. Your student may be reluctant to share their experiences in fear of no one believing what they say. As you validate their feelings and show your support, they can become more comfortable and trust you with more information. Be careful not to minimize their situation due to age, inexperience or the length of their relationship.

Help develop a safety plan with other school supports. One of the most dangerous times in an abusive relationship is when the victim decides to leave. Be especially supportive during this time and try to connect the student to support groups or professionals that can help keep them safe.

Remember that ultimately your student must be the one who decides to leave the relationship. There are many complex reasons why victims stay in unhealthy relationships. Your support can make a critical difference in helping your student find their own way to end their unhealthy relationship.

Mandated Reporting. Mandated reporters must report sexual intercourse or other sexual activity with a minor under 18 years old when the activity appears coerced, exploitative, based on intimidation, or in any other way resembles abuse -- regardless of claimed consent by the minor and regardless of partner age.

Relationships on a Spectrum

A **healthy relationship** means that both you and your partner are:

Communicating: You talk openly about problems, listen to each other and respect each other's opinions.

Respectful: You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

Trusting: You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

Honest: You are honest with each other, but can still keep some things private.

Equal: You make decisions together and hold each other to the same standards.

Enjoying personal time: You both can enjoy spending time apart, alone or with others. You respect each other's need for time apart.

You may be in an **unhealthy relationship** if one or both partners is:

Not communicating: When problems arise, you fight or you don't discuss them at all.

Disrespectful: One or both partners is not considerate of the other's feelings and/or personal boundaries.

Not trusting: One partner doesn't believe what the other says, or feels entitled to invade their privacy.

Dishonest: One or both partners tells lies.

Trying to take control: One partner feels their desires and choices are more important.

Only spending time with your partner: Your partner's community is the only one you socialize in.

Abuse is occurring in a relationship when one partner:

Communicates in a way that is hurtful, threatening, insulting or demeaning.

Disrespects the feelings, thoughts, decisions, opinions or physical safety of the other.

Physically hurts or injures the other partner by hitting, slapping, choking, pushing or shoving.

Blames the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

Controls and isolates the other partner by telling them what to wear, who they can hang out with, where they can go and/or what they can do.

Pressures or forces the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.

Need Support?

Power and control wheel



Creating support systems



Should we break up?



Take the quiz



Safety Planning



When relationships become reportable

		Age of Partner →										
		12	13	14	15	16	17	18	19	20	21	22
Age of Patient ↓	11	N	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
	12	N	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
	13	N	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
	14	Y	Y	N	N	N	N	N	N	N	Y	Y
	15	Y	Y	N	N	N	N	N	N	N	Y	Y
	16	Y	Y	N	N	N	N	N	N	N	N	N
	17	Y	Y	N	N	N	N	N	N	N	N	N
	18	Y	Y	N	N	N	N	N	N	N	N	N
	19	Y	Y	N	N	N	N	N	N	N	N	N
	20	Y	Y	N	N	N	N	N	N	N	N	N

KEY: Y Yes, report required based solely on age difference between patient and partner
N No, report not required unless other evidence of abuse

School is a great place to reach out for help

You may want to reach out to someone to talk to if you're being bullied or to get advice on how to help your friend. Consider talking to a:

School Psychologist, School Nurse, Student Advisor, Teacher, or Coach