

## **Break the Cycle: Dating Violence Prevention**

### HiTOPS Educator

**Designed for:** Professionals

*“Sometimes my boyfriend gets so angry, I’m afraid he might hurt me.”*

*“My girlfriend embarrasses me in front of my friends.”*

*“My boyfriend is so jealous I can’t talk to anyone else.”*

Teen dating violence is a serious problem in the United States with approximately 1 in 5 female high school students suffering physical and/or sexual abuse by a dating partner. While males are less likely to be victims of physical abuse they are often abused emotionally and are unlikely to seek help.

This in-service uses a video of teens involved in several dating abuse situations to spark discussion about the different types of dating violence. Participants will learn that dating violence is about power and control and can include physical, emotional, and sexual abuse. Small group activities help professionals identify abuse in written scenarios and strategize how the characters can get help for their situation. They will learn primary prevention strategies to help their students prevent or get out of an abusive relationship.

### **Our goals are to help professionals:**

- Increase knowledge regarding the types and causes of dating violence
- Increase understanding about the effects of dating violence
- Learn about strategies to help students decrease the risk of being a perpetrator or a victim
- Explore ways to help a student get out of an abusive relationship

**Average length of in-service:** 90 minutes; half-day, whole-day

**Recommended number of participants:** 20-100