



Break the Cycle: Dating Violence Prevention

Designed For: **Parents and Guardians**

"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 workshop uses a slide presentation 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 parents 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 children prevent or get out of an abusive relationship.

Our goals are to help parents and guardians:

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

Average Length of Program: **90 minutes**

Recommended Number of Participants: **20 - 100**