

Recommended Dating Violence Resources

Available to borrow from the



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Books:

Sperekas, Nicole B. "But He Says He Loves Me: Girls Speak Out On Dating Abuse", Brandon, Vermont: Safer Society Press, 2002, 162pp.

Are you a teenage girl with questions about the difference between a healthy relationship and one that is not healthy? Do you sometimes feel afraid to be with your boyfriend? Do you feel pressure to have sex before you are ready? Does your boyfriend constantly put you down? The five girls who talk about their dating relationships in *But He Says He Loves Me* will help you figure out what's really going on and whether you or a friend might be in an abusive dating relationship. This book will also help you figure out what to do about dating abuse -- how to get out or how to help a friend who is being abused.

Murray, Jill. "But I love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships." New York, New York: HarperCollins Publishing, 2000.

In *But I Love Him*, Dr. Murray identifies these controlling, abusive patterns of behavior and helps you get your daughter out of the relationship without alienating her. You will learn what draws her to this type of relationship, why she has a hard time talking to you about it, the special barriers teens face when breaking off a relationship, and what's going on in the mind of a teen abuser. Dr. Murray will help you show your teen what a respectful relationship looks like--and teach her the importance of respecting herself.

CAMH Centre for Prevention Science. "Youth Relationships Program Featuring the Fourth R for healthy Relationships: A Relationship-Based Program for Grade 8 Students in Ontario", London, Ontario: CAMH Centre for Prevention Science, 2010, 2 Binder, 2 CD-ROMs, supplemental material, lesson plans.

The Grade 8 Physical and Health Education program consists of 4 seven-lesson units addressing the topics of Personal Safety and Injury Prevention, Growth and Development, Substance Use and Abuse, and Healthy Eating. *This program has been updated to match the new Ontario curriculum expectations.*

A variety of materials are available with the program to supplement the instruction including laminated and DVD resources. The program includes learning strategies, activities, and rubrics, and uses a variety of innovative teaching strategies to engage youth and develop critical thinking skills.

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CAMH Centre for Prevention Science. "Youth Relationships Program Featuring the Fourth R for Healthy Relationships: A Relationship-Based After-School Program." London, Ontario: CAMH Centre for Prevention Science, 2009, 106pp, 1 DVD, 1 CD.

This program was designed to build strengths, resilience, and coping skills among youth as a way of enhancing interpersonal functioning. Every aspect of the program, from the material presented to the relationships between facilitators and participants, is designed to model appropriate use of power and to support youth empowerment. The Youth Relationships Program-After School (YRP-AS) applies the same core principles of skill building and awareness in a non-classroom setting. It can be implemented in schools that also offer the classroom-based curriculum, or as a stand-alone program in schools or community settings that do not offer other components.

Charron, Paul R. "What You Need to Know About Dating Violence: A Teen's Handbook." New York, NY: Liz Claiborne Inc. 2000

This is a 13 page handbook designed for teens. Within the pages one will find information on what an abusive relationship looks like, why young people stay in unhealthy relationships, how to seek help, and how to talk to friends about dating violence.

Crompton, Vickie. "Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship." New York, NY: Little, Brown and Company, 2004.

After her teenage daughter was killed by a boyfriend in 1986, Crompton set out to educate the public about teen dating violence. Along the way, she met magazine writer Kessner, whose own daughter had been murdered as an adult. This earnest, impassioned book, a product of their friendship and collaboration, illuminates the problems of dangerous relationships by describing their characteristics, mapping out warning signs of abuse and offering sound advice for parents seeking to empower their daughters. The authors interviewed psychologists, counselors and girls who have had violent boyfriends; the girls' stories, as well as first-person accounts from parents and abusive boyfriends, are woven throughout the text.

Janes, Emily. "Teen Dating Violence Curriculum and Workbook for Native American Girls: Facilitator's Guide and Workbook." Lake Andes, South Dakota: The Native American Women's Health Education Resource Center, 2001.

Unfortunately, Native American teen girls, as well as other young women throughout the world, are experiencing or have experienced teen dating violence and date rape. Given that reality, the purpose of this curriculum is to assist Native American young women to create conditions in their personal lives which will minimize their risks of becoming involved in unsafe dating situations.

Weisz, Arlene N. and Beverly M. Black. "Program to Reduce Teen Dating Violence & Sexual Assault: Perspectives on What Works." New York: Columbian University Press, 2009.

Arlene Weisz and Beverly Black interview practitioners from more than fifty dating violence and sexual assault programs across the United States to provide a unique resource for effective teen dating violence prevention. Enhancing existing research with the shared wisdom of the nation's prevention community, Weisz and Black describe program goals and content, recruitment strategies, membership, structure, and community involvement in practitioners' own words. Their comprehensive approach reveals the core techniques that should be a part of any

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successful prevention program, including theoretical consistency, which contributes to sound content development, and peer education and youth leadership, which empower participants and keep programs relevant.

Miles, Al. "Ending Violence in Teen Dating Relationships: A Resource Guide for Parents and Pastors." Minneapolis, Minnesota: Augsburg Books, 2005.

Miles, a nationally recognized expert in the field of domestic violence and teen relationship violence, explores the complex issue of teen dating violence. Through interviews and other research, he provides critical information that parents, caregivers, clergy, and educators can use to protect teens and help them foster healthy dating relationships. Miles offers thoughtful advice and answers to such questions as: What constitutes violence in teen dating relationships? Why is the problem so pervasive? What are the warning signs that parents and other caring adults can watch for that may indicate a teen is being either abused or abusive? And what can the church do to help?

Videos:

The Quiet storm project. "The Quiet storm project: Youth/Teen Dating Violence Prevention Awareness Program". Minneapolis, Minnesota: The Quiet storm project, 2000. Loose-leaf manual instructor guide; 88 mins.

The best Minnesota Independent Short Film of the year, receiving a D.L. Mabery Award on March 25, 2001. The Quiet storm was made in Minnesota and due to the superior quality and expertise of the Minnesota film community, the film is already reaching its intended goal- the prevention of teen and youth dating/relationship violence nationally and internationally. The Quiet storm project is one of the most robust and comprehensive youth dating violence prevention awareness programs available to educators and domestic violence prevention advocates. Designed for use as a stand-alone learning module or can be easily integrated into an existing domestic violence prevention curriculum. Please note: Due to time constraints, the Quiet storm – Annie's Journey film segment is only able to present a heterosexual, male on female case of abuse; however the written instructor guide addresses and discusses that domestic violence effects ALL racial, economic and religious segments of our society. And, that domestic violence occurs in same sex relationships and that female on male abuse does occur. The Quiet storm project is based on a true story and filmed using a narrative or feature film format. It includes comprehensive step by step instructor guide which utilizes the film components to explore the dynamics of domestic violence. , the Quiet storm project focuses on the prevention of relationship violence for youth (ages 15 and under) the Quiet storm project is designed for students in grades 5-12 and for students in college. It addresses problem with domestic violence at he beginning- when people start getting into relationships. Integrates easily into lesson plans and can be used as a stand-alone domestic violence prevention learning module; integrates into an existing domestic violence prevention curriculum.

Human Relations Media. "Dealing with Teen Dating Abuse: Matters of Choice." Mount Kisco, New York: HRM, 2004, DVD & Binder.

Dealing with Teen Dating Abuse: Matters of Choice is a dramatic teaching tool for any teen dating abuse prevention program. The video chronicles the story of Megan, a high school freshman and her boyfriend Matthew. As their romance deepens, Matthew monopolizes

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Megan's life, isolates her from her friends and activities, controls her clothing choices, criticizes her intelligence and eventually physically abuses her. At the same time, he repeatedly apologizes and proclaims his love. The viewer sees the story from three perspectives: Megan's, Matthew's, and also from the point of view of Megan's best friend, Ana. Every scenario is based on well-researched information received from professionals trained in dealing with dating violence and domestic violence, teens, psychotherapists, survivors of dating violence and their friends and relatives. This video and print package is an excellent resource for starting dialogue about the important issue of teen dating violence.

Human Relations Media. "Dating for Real: Building Safe and Healthy Relationships." Mount Kisco, New York: HRM, 2001, DVD & Binder.

This three-part video series and print curriculum uses pop-culture imagery, documentary interviews and entertaining acted-out dramas to inform youth about the elements of healthy relationships, violence and abuse in relationships, and other important factors affecting dating couples. Young people from very diverse backgrounds discuss real-life dating experiences and how old gender stereotypes are giving way to new expectations for equality and mutual respect. The 6-session curriculum is designed for 6 classroom sessions which highlight such clear objectives as: understanding gender stereotypes portrayed in the media, identifying valued characteristics in a dating partner, recognizing and responding effectively to the warning signs of dating abuse, and developing an action plan to improve personal relationships.

Cambridge Educational. "Healthy Relationships." Lawrenceville, NJ: Cambridge Educational, 2004, DVD.

Emotional abuse, fits of jealousy, and the use of physical force have no place in a healthy romantic or friendly relationship. This enlightening program offers teenagers practical approaches to nurturing healthy behavior in them and in others. Experts offer guidelines for dealing with specific dating or friendship problems and for handling peer pressure, which often leads to poor choices in teen relationships. Tips for ending unhealthy relationship are included as well.

Centers for Disease Control and Prevention. "Choose Respect: Promoting and Educating Youth on Healthy, Respectful Relationships." Centers for Disease Control and Prevention, 2006, DVD.

Choose Respect is an initiative that helps teens form healthy relationships to prevent dating violence before it starts. This national effort helps parents, caregivers, older teens, educators, and other caring adults motivate teens to challenge harmful beliefs about dating violence and take steps to form healthy and respectful relationships.

Centers for Disease Control and Prevention. "Causing Pain: Real Stories of Dating Abuse and Violence." Atlanta, Georgia: Centers for Disease Control and Prevention, 2006, DVD 30 min.

This 30-minute video contains true stories of teens, parents, and professionals who have been in or witnessed abusive relationships. They describe their experiences and insights so that teens and parents can recognize and prevent dating abuse in their own lives or in the lives of

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their friends. Part Two: The 13-minute Causing Pain video is targeted more for teens, and provides information about dating abuse and its consequences in their own lives and the lives of their friends.

Interactive Learning Tools:

WSCADV. "In Her Shoes: Teens and Dating Violence." Washington: Washington State Coalition Against Domestic Violence, 2010.

In Their Shoes: Teens and Dating Violence is a revolutionary training tool for adults who work with teens. Participants learn what dating is like for today's teens by becoming a teen character, making choices about their relationship and seeing the results.

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