



## **Activity Guide for Educators**

### **Teen Dating Violence - Ask Ava Podcast Scavenger Hunt**

#### **Introduction**

This activity is a simple way to introduce middle and high school students to the definition and basics of teen dating abuse, as well as available victim services in Somerset County, NJ. By asking teens to access specific podcast episodes and online tools, you directly connect them to resources that they can continue to use for information and support. After students listen to the episodes and view the Teen Power and Control and Equality Wheels, they will be able to complete an easy assessment.

- *Note: Each podcast has a full transcript through the Buzzsprout site. Click any of the individual episodes from [here \(https://www.buzzsprout.com/829681\)](https://www.buzzsprout.com/829681) and click "Transcript" to the right of "Show Notes."*
- *Note: If this assignment is used as a printed out document, students can use the above Buzzsprout link or <https://www.safe-sound.org/ask-ava/> to access episodes 71-73.*

**Estimated Time To Complete Full Assignment:** 20-30 minutes

**Grade Level:** 8-12

#### **NJ Student Learning Standards**

- Middle School - 2.1.8.CHSS.4: Identify community resources and/or other sources of support, such as trusted adults, including family members, caregivers, and school staff, that students can go to if they are or someone they know is being sexually harassed, abused, assaulted, exploited, or trafficked.
- High School - 2.1.12.SSH.4: Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).
- High School - 2.1.12.SSH.9: Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.

#### **Key Talking Points**

- Approximately 1 in 3 teens will experience some form of teen dating abuse before high school graduation<sup>1</sup>. This includes verbal, emotional, financial, sexual, technological,

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<sup>1</sup> Haynie, D.L. et al. (2013). Dating Violence Perpetration and Victimization among US Adolescents: Prevalence, Patterns, and Associations with Health Complaints and Substance Use. *Journal of Adolescent Health* 53(2), 194-201.



physical abuse, and stalking. Abuse can happen in-person or online, and in casual or serious relationships.

- Teen dating abuse is about POWER and CONTROL, not anger or love. It is a PATTERN of behaviors that someone uses to gain POWER and CONTROL over their dating partner.
- Impact is greater than intent – if the IMPACT of someone’s actions is that their partner is left scared or feels unsafe, that is more important than what the actor INTENDED.
- Jealousy is a natural feeling, but it is not an excuse to control or manipulate someone.
- Each person in a relationship has the right to be safe, to spend time with friends, to say no, and to change their mind. Each person has the responsibility to not abuse their partner and to respect boundaries. View our easy-to-use Rights and Responsibilities Framework in the High School Student Resource Packet.
- A Power and Control Wheel includes ways that someone uses Power and Control in an abusive relationship. An Equality Wheel outlines ways that teen dating partners can have a healthy, respectful, and safe relationship. View them in the Resource Packet.
- **Safe+Sound’s high school resource packets ([ENG](#)) ([ESP](#)) can provide students with more information and supports.**
- Safe+Sound Somerset is the leading domestic violence organization for Somerset County, NJ. Anyone, including students and professionals, can call or text our 24/7 helpline at 866-685-1122, whether they need help, supportive listening, safety planning, or are looking for information on services or this topic. If someone is in immediate danger, call 911. We have free services including counseling and legal advocacy provided at no charge to Somerset County children, teens, and adults. Every county in New Jersey has similar services. Additional information is available on our website at <https://www.safe-sound.org/>.

**Answer key:**

1. True
2. False
3. False
4. B
5. E
6. No. Answers will vary - telling them they should break up might make them more defensive and not want to listen to you. They might shut down and not trust you. It’s best to focus on the concerning behaviors/actions.
7. Answers will vary. Some warning signs of an abusive relationship include: Extreme jealousy/possessiveness, accusing you of cheating, attacking people who look at you or flirt with you, constant put downs or insults, checking phone or email without permission, making false accusations, blaming you for their own wrongdoing, blaming their behavior on drug or alcohol use, physically hurting you or threatening to hurt you, pressuring you or blackmailing you into doing things you’re not comfortable, isolating you from family or friends.
8. 866-685-1122