



COLORADO

I Love Hurts but
Hope, YES²
Isabel, YES²
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Healthy Relationships



COLORADO

Department of Public Safety

Quiz!

Quiz!

Your new friend at school asks to meet at a coffee shop to study.

Your sister asks your brother to please mind his own body when he comments about her weight.

Your partner appreciates your passions and encourages you to do the things you love.

Your friends want to go to a holiday play. Your partner is disappointed that your partner isn't invited, but arranges to meet with other friends that night.

10 Signs of Healthy Relationship



Comfortable Pace
Honesty
Respect
Kindness
Healthy Conflict
Trust
Independence
Equality
Taking Responsibility
Fun

Joinonelove.org

Quiz!

Quiz!

Your friend says you are a terrible friend because you want to go to a movie with someone else instead of spending time with them.

If you have a disagreement, your brother uses the silent treatment and won't talk to you for days.

Your partner tells you you should clear your posts with them before you put them on your social media.

You partner meets you outside your classroom to walk you to every class.

Quiz!

Quiz!

Your partner demands passcodes to your phone and social media accounts.

When you go to your favorite restaurant and order something indulgent, your partner acts disgusted and comments on your weight.

Your partner tells you they wouldn't hit you if you just did things the right way.

Types of Relationship Violence

Control!

10 Signs of *Unhealthy* Relationships

1. **Intensity**
2. Manipulation
3. Sabotage
4. Guilting
5. Deflecting
Responsibility



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10 Signs of *Unhealthy* Relationships

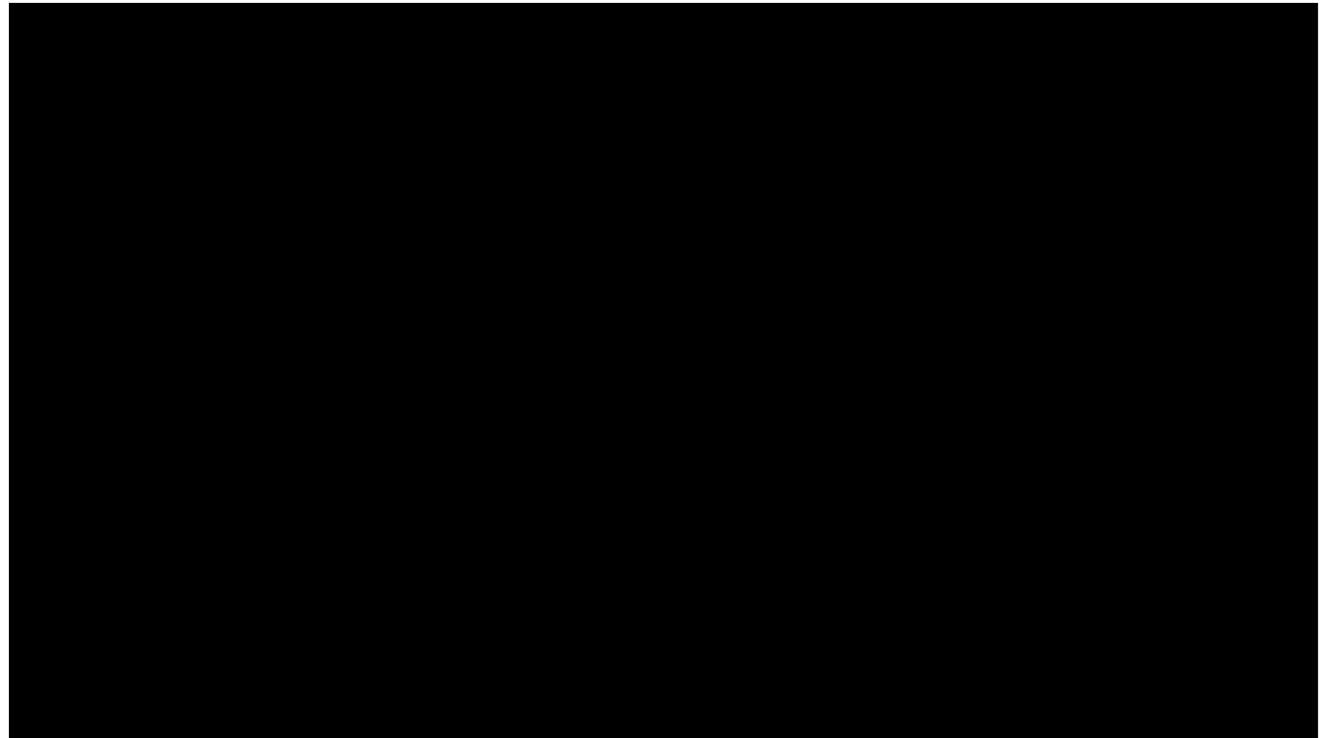
6. Possessiveness

7. Isolation

8. Belittling

9. Volatility

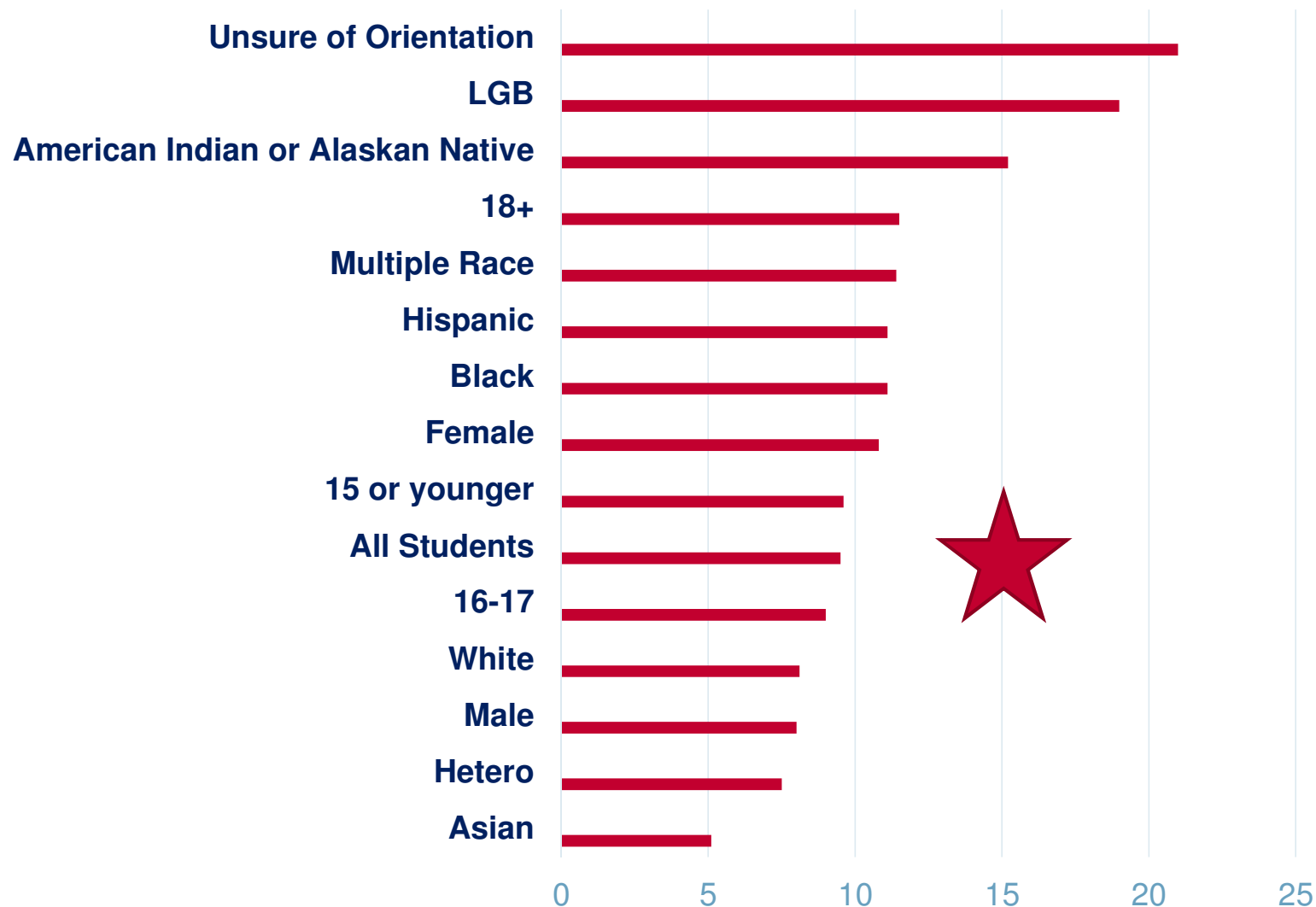
10. Betrayal



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Quiz!

Among students who dated or went out with someone during the past year, the percentage who had been physically hurt on purpose by someone they were dating:

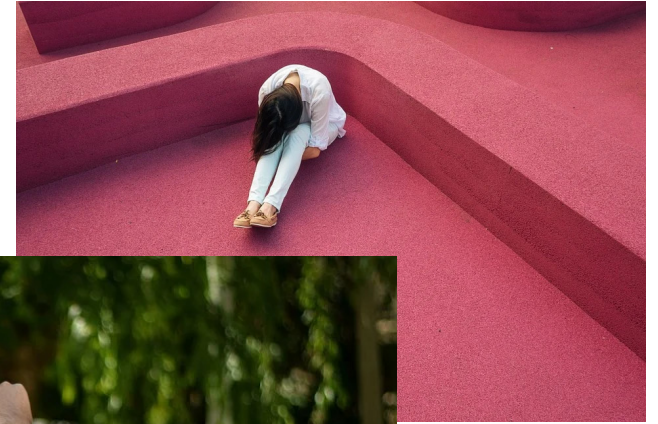


Warning Signs



Okay, now that I know what it looks like, what do I do?

What if I worry I might hurt someone?



Resources for those who cause harm, or think they might:

Stand Up Colorado (standupcolorado.org) has a

- ✓ Treatment Provider Directory (anywhere in the state)
- ✓ Helpline at 855.9StandUp (855-978-2638)
- ✓ Text 855.9StandUp (855-978-2638), and
- ✓ Chat

For schools--

**Best Practice Guidelines
for
Working with Youth
Who Engage in Relationship Abuse**

May 2021

A photograph of two women sitting at a rustic wooden table outdoors. They are both holding white ceramic coffee cups. The woman in the foreground is wearing a dark blue sleeveless top and has long blonde hair. She is also wearing a purple bracelet and several silver bangles. The woman behind her is also wearing a dark blue sleeveless top. The table is made of dark, weathered wood. The background is slightly blurred, showing greenery and a paved area.

Okay, now that I know what it looks like, what do I do?
(Bystander strategies)

Be DIRECT

--Green Dot

How do I help?

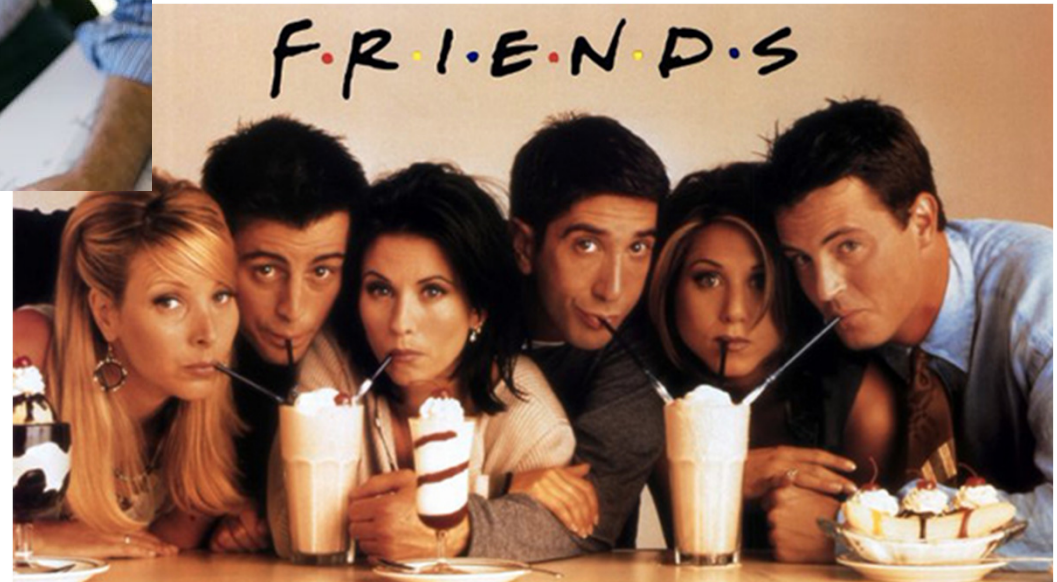
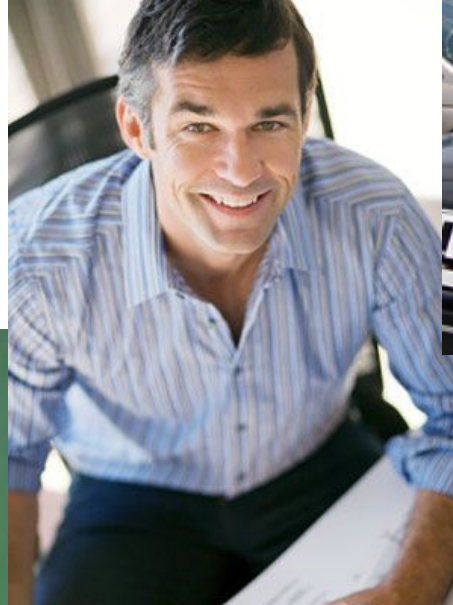
(Bystander strategies)

DISTRACT



How do I help?
(Bystander strategies)

DELEGATE



Resources

866-331-9474 National Teen Dating Abuse Helpline

Colorado Crisis Services 844.493.8255 or text TALK to 38255

safe2tell.org

thatsnotcool.com (coolnotcoolquiz.org)

loveisrespect.org

Joinonelove.org

1-844-CO-4-KIDS

itsonus.org

Standupcolorado.org and violencefreecolorado.org

Rise Above Violence (Pagosa Springs)

Project Pave



- Do you talk about healthy relationships at your school?
How?
When?
How often?
- What conversations do you like?
- What doesn't work?
- Do you know who to go to if you are worried about a friend?



Thank you for your time!

Hope, Isabel, and Margaret

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