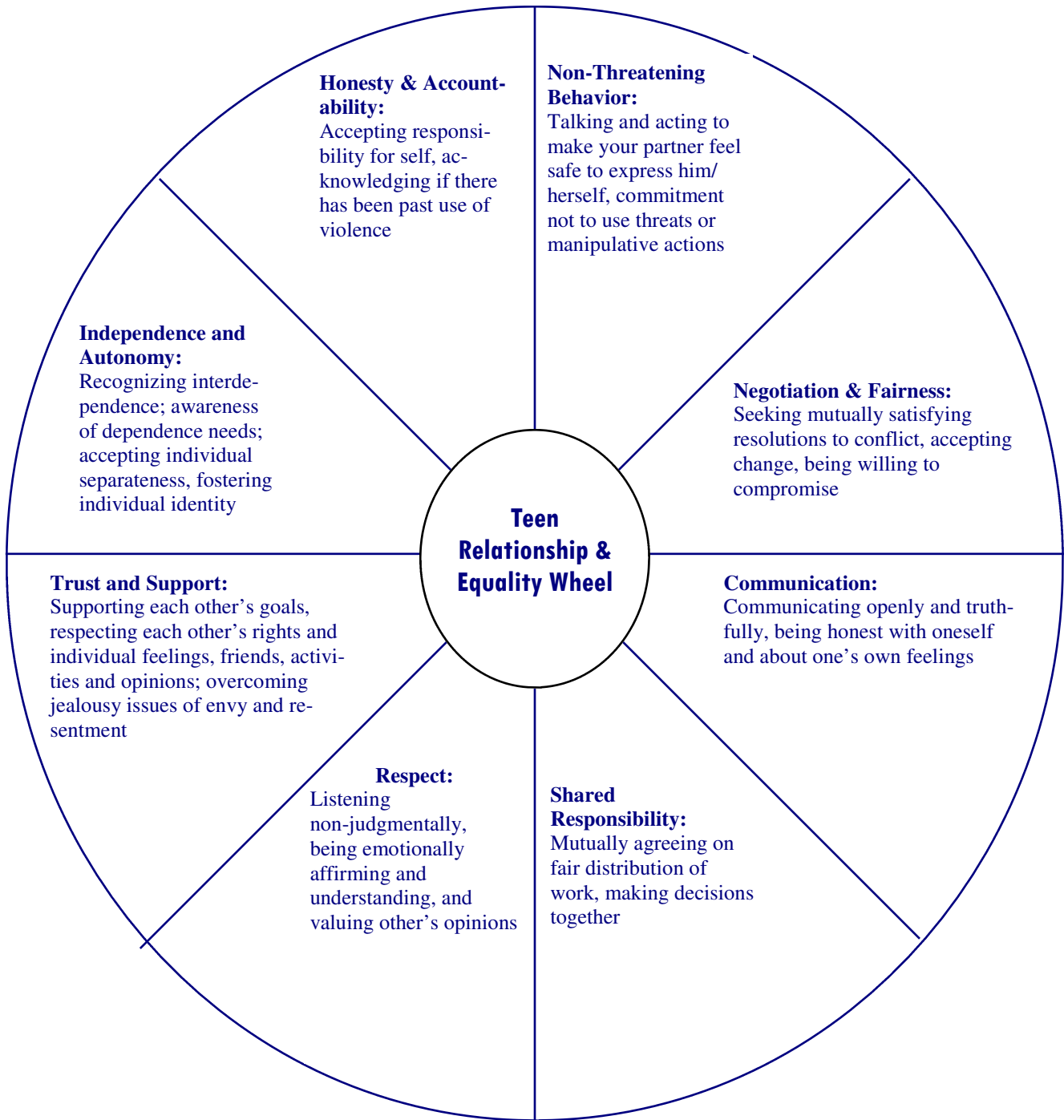


Teen Relationship and Equality Wheel



A DELTA Project of Ottawa County resource adapted from the Domestic Abuse Intervention in Duluth, MN in 2006.



Dating Bill of Rights



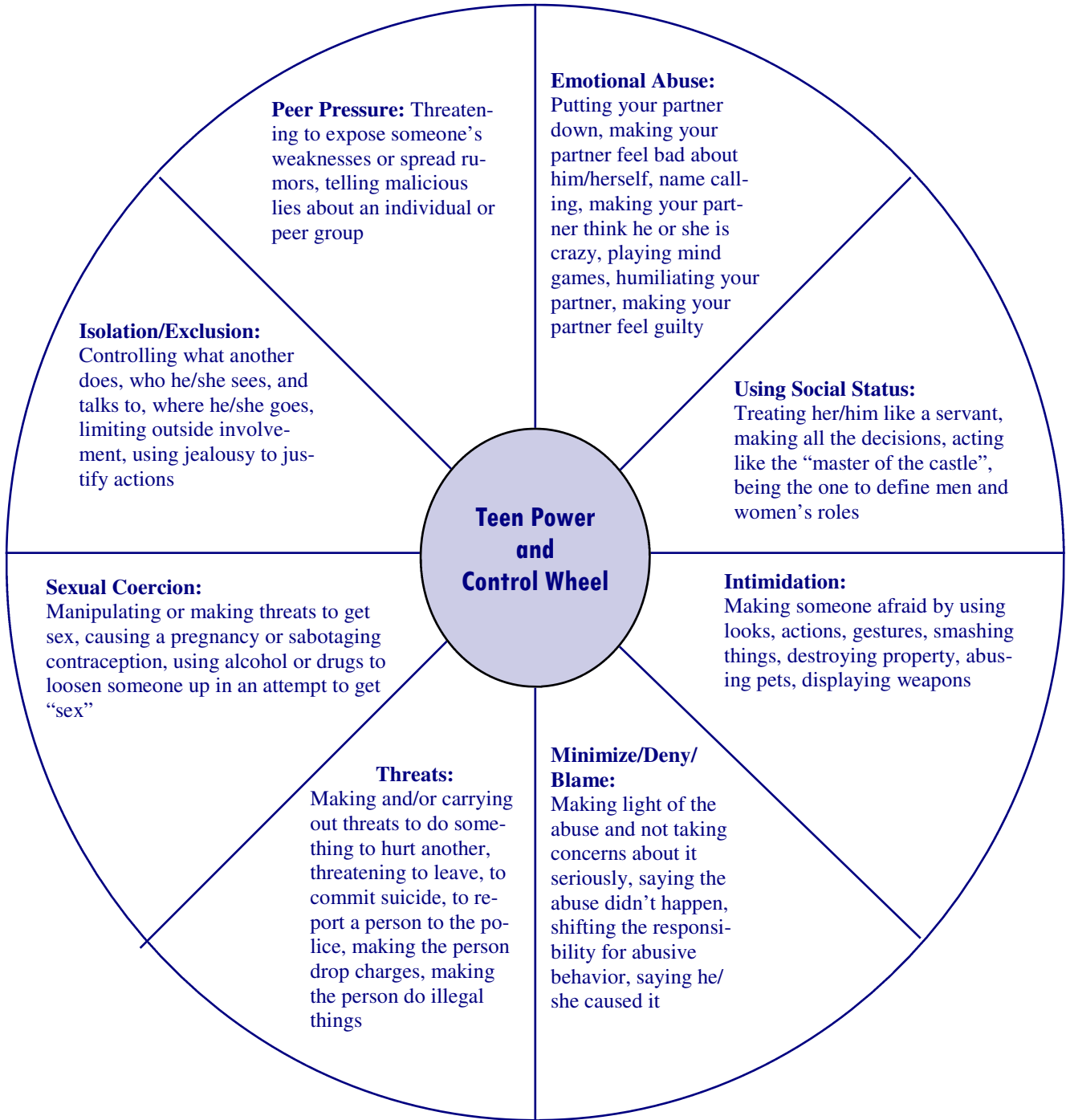
I have the right:

- To ask for a date
- To refuse a date
- To suggest activities
- To refuse any activity
- To have my own feelings and express them
- To have my values and rights respected
- To tell my partner when I need affection
- To refuse attention or affection
- To have friends and space aside from my partner

I have the responsibility:

- To determine my limits and values
- To respect the limits of others
- To communicate clearly and honestly
- To not violate the limits of others
- To ask for help when I need it

Teen Power and Control Wheel



A DELTA Project of Ottawa County resource adapted from the Domestic Abuse Intervention in Duluth, MN in 2006.

Dating Abuse Red Flags



**** Red Flags****

For people who May Be in An Abusive Relationship

1. Feeling afraid of your girlfriend or boyfriend
2. Feeling isolated, maybe even alone
3. Losing your friends
4. Changing your behavior because of your girlfriend's or boyfriend's jealousy
5. Feeling embarrassed, put down, ashamed, or guilty
6. Being threatened
7. Feeling manipulated or controlled
8. Being afraid to express your own feelings of anger
9. Feeling a nervous or sick feeling in your stomach when your dating partner is irritated, angry or frustrated
10. Feeling a pounding or fluttering in your chest when your dating partner isn't happy
11. Not being allowed to, or being afraid to, make decisions for yourself
12. Noticing that your dating partner believes they should have more power than you or wants to make all of the decisions
13. Noticing that your dating partner has different beliefs about the roles men and women should have. For example, insisting that one person should pay for everything or do all the house work because of their gender.
14. Feeling as if your date gets too personal or touches you in an unwanted way
15. Not having your thoughts or wishes for personal space respected

*****Red Flags*****

For People who may be Abusing their Dating Partner

1. Intimidating your dating partner
2. Becoming angry if your dating partner is spending time with other people
3. Asking your dating partner to change his or her behavior because you're jealous
4. Verbally threatening your dating partner
5. Using guilt trips to get your dating partner to do something
6. Feeling unable to control your own feelings of anger
7. Making your dating partner afraid of you
8. Forcing your dating partner to do sexual things that he or she is not comfortable doing