

# Promoting Healthy Relationships / Preventing Teen Dating Abuse

Resources for Schools, Neighborhoods  
and Faith Communities

May, 2011



## Resources for: Promoting Healthy Dating Relationships and/or Preventing Teen Dating Abuse

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**Who are we?** Arlington’s Project PEACE is a community-wide collaboration dedicated to addressing domestic violence in Arlington, Virginia. One of the major goals of **Project PEACE** is to prevent abuse from happening in the first place. Our current prevention effort is focusing on helping Arlington teens build healthy dating relationships and avoid dating violence. Arlington Public Schools and the faith community are strong partners in this prevention effort.

In one of our first conversations about prevention, school administrators and faith leaders asked **Project PEACE** what they could do to address this issue. We could not answer this question until we had identified what resources exist, ordered and reviewed many of them, and organized them into this resource guide. We hope this guide will save you hours of online searching and provide you with practical activities and information to use in a variety of school, faith and community settings.

**What’s in this guide?** This work will help you locate online and other resources to promote healthy teen dating relationships and prevent teen dating violence. It is not the usual long list of agencies or programs that you will find on many websites. Instead, materials in this guide are organized into nine sections to help you locate them easily.

**What’s needed?** Finding materials for parents and resources in languages other than English was difficult. More resources are needed. Committee members of **Arlington’s Project PEACE** hope that these gaps will be addressed as new resources are developed and existing ones are adapted and revised.

**Resources to share?** Contact Jo Johnson, Project PEACE Coordinator at [jejohnson@arlingtonva.us](mailto:jejohnson@arlingtonva.us). We believe in sharing. Hope that you do, too.

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CURRICULUMS				
Name	Focus	Target Audience	Languages	Accessibility
			Evaluated	
<b>The Fourth "R".</b> Strategies for Healthy Youth Relationships.	Family Life plus HDR & TDA	Grades 8-12	English & French Yes	For Health & English classes & afterschool programs. Catholic version available. <b>Order at:</b> <a href="http://www.youthrelationships.org/curriculum_resources.html">http://www.youthrelationships.org/curriculum_resources.html</a>
<b>Building Healthy Relationships Across Virginia.</b> Virginia Teen Dating Violence Prevention Taskforce.	TDA & HDR	Teens	English Unable to locate.	<b>Free curriculum online at:</b> <a href="http://www.vahealth.org/injury/datingviolence/resources.htm">http://www.vahealth.org/injury/datingviolence/resources.htm</a>
<b>Choose Respect.</b> Center for Disease Control and Prevention.	TDA & HDR	Teens	English Yes	Resources for home, school & community use. Project PEACE has this curriculum and the DVD. <b>Free. Activities, hand-outs, training online at:</b> <a href="http://www.cdc.gov/chooserespect/index.html">http://www.cdc.gov/chooserespect/index.html</a>
<b>Ending Violence.</b> Break the Cycle.	TDA, DV and some HDR	Grades 8-12	English & Spanish! Yes	<b>Some helpful hand-outs for the curriculum online. Curriculum can be ordered at:</b> <a href="http://www.breakthecycle.org/content/ending-violence">http://www.breakthecycle.org/content/ending-violence</a>
<b>Family Life and Sexual Health. (F.L.A.S.H.)</b> Seattle & King County Public Health.	Family Life with HDR and TDA	4 -6th, middle & high school, college, special ed	English High school FLASH eval in process	Abstinence focus. Comprehensive school-based program. <b>Lesson Plans and power points online at:</b> <a href="http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx">http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx</a>
<b>Lessons from Literature.</b> Curriculum Council, Futures without Violence	Relationship Abuse: DV, TDA, HDR	High school students	English Unable to locate.	<b>Free. Teacher manual and materials online at:</b> <a href="http://www.lessonsfromliterature.org/curriculum.html">http://www.lessonsfromliterature.org/curriculum.html</a>

<b>Love is Not Abuse.</b> Liz Claiborne Inc.	TDA, some HDR	High school and college editions	English Unable to locate.	<b>Free. Order online at:</b> <a href="http://www.loveisnotabuse.com/web/guest/curriculum">http://www.loveisnotabuse.com/web/guest/curriculum</a>
<b>Making the PEACE.</b> By Kivel, Creighton and the Oakland Men's Project.	TDA & HDR. Violence prevention	Youth, ages 14-19	English Unable to locate.	Curriculum & community campaign. Project PEACE has a paper copy of this. Activities about sexism and racism. <b>Free. Online at:</b> <a href="http://www.vawnet.org/Assoc_Files_VAWnet/NRC_MTP-full.pdf">www.vawnet.org/Assoc_Files_VAWnet/NRC_MTP-full.pdf</a>
<b>RELATE.</b> Alternatives.	SAP & TDA & HDR	High school teens	English Unable to locate.	Uses peer educators. Project PEACE has a paper copy of this. <b>Curriculum can be ordered at:</b> <a href="http://www.altinc.org/public/curriculum_test.htm">http://www.altinc.org/public/curriculum_test.htm</a>
<b>Relationship Smarts PLUS.</b> The Dibble Institute.	HDR & TDA, pregnancy prevention	High school, 9-12 <sup>th</sup> grade	English 1 <sup>st</sup> Phase done.	Curriculum with workbooks, posters, power point and parent information may be purchased at: <a href="http://www.dibbleinstitute.org/?page_id=495">http://www.dibbleinstitute.org/?page_id=495</a> Also have Dating Smarts for middle schools and Communication Smarts for relationship skill development.
<b>Relationship Things.</b> YWCA of Canberra (Australia)	HDR, TDA, SAP and healthy sexuality	Teens ages 14-18	English Unable to locate.	Co-ed curriculum for older teens. Some girl-only and guy-only sessions. <b>Free. Online at:</b> <a href="http://www.ywca-canberra.org.au/community_resources/relationship_things">http://www.ywca-canberra.org.au/community_resources/relationship_things</a>
<b>Safe Dates.</b> By Foshee and Langwick.	HDR & TDA		English Yes	Project PEACE has a first edition copy. Second edition adding info on misuse of technology. Add "A Thin Line" to update our copy. Getting second edition in May, 2011. Purchase information at: <a href="http://www.hazelden.org/web/go/safedates">http://www.hazelden.org/web/go/safedates</a>
<b>Can I Kiss You?</b> The Date Safe Project.	TDA, HDR, SAP	6 <sup>th</sup> -12 <sup>th</sup> graders, college and military	English Unable to locate.	Dating skills and the prevention of sexual assault. Program material information online at: <a href="http://www.datesafeproject.org/">http://www.datesafeproject.org/</a>

<b>Teen Initiative.</b> House of Ruth.	HDR & TDA	Middle & high schools	English Yes	<b>Order at:</b> Curriculum that can be purchased. For more information call: (410) 889-0840 or e-mail <a href="mailto:info@hruthmd.org">info@hruthmd.org</a>
<b>MALE – SPECIFIC RESOURCES</b>				
Name	Focus: HDR or TDA	Target Audience	Languages	Accessibility
			Evaluated	
<b>Coaching Boys into Men.</b> Futures without Violence.	TDA, HDR, male identity	Teen guys	English	How to be a man, treat women with respect. Coaches as role models. <b>Free. All program materials online at:</b> <a href="http://coachescorner.org/">http://coachescorner.org/</a>
<b>El Joven Noble.</b> By Jerry Tello	TDA, HDR, male identity	Latino men ages 13-24	English & Spanish Yes	<b>Order at:</b> Mr. Jerry Tello, Director National Latino Fatherhood & Family Institute Office: (626) 333-5033 Email: <a href="mailto:tellojt@aol.com">tellojt@aol.com</a> Web Site: <a href="http://www.nlffi.org">http://www.nlffi.org</a>
<b>Men Can Stop Rape.</b>	Male identity, TDA, HDR, SAP	Middle and high school males	English Yes	16-session curriculum and Men of Strength Club and campaign <b>Some free materials online. Order materials and training at:</b> <a href="http://www.mencanstoprape.org/index.htm">http://www.mencanstoprape.org/index.htm</a>
<b>Toolkit for Working with Men and Boys.</b> Futures without Violence.	Preventing gender-based violence	Males	English Yes	Sessions to help you begin working with men and boys to end violence against women. <b>Free. Online at:</b> <a href="http://toolkit.endabuse.org/Home/index.html">http://toolkit.endabuse.org/Home/index.html</a>

FAITH COMMUNITY RESOURCES				
Name	Focus: HDR or TDA	Target Audience	Languages	Accessibility
			Evaluated	
<b>Healthy Relationships Toolkits.</b> Jewish Women International <a href="http://www.jwi.org/Page.aspx?pid=269&amp;nccssubcid=16&amp;nccsct=Healthy+Relationship+Toolkits">http://www.jwi.org/Page.aspx?pid=269&amp;nccssubcid=16&amp;nccsct=Healthy+Relationship+Toolkits</a>	HDR or TDA	Jewish teens and pre-teens and college students	English	Four programs for purchase at: <a href="http://www.jwi.org/Page.aspx?pid=1260">http://www.jwi.org/Page.aspx?pid=1260</a>  <i>Good Guys: Partnership and Positive Masculinity (3hr format)</i> <i>Strong Girls: Relationships and Self-Esteem ( 3 hr &amp; 12 hr format)</i>
			Unable to locate.	<i>When Push Comes to Shove It's Not Love. (two formats: high school students and seniors / college students.) Online webinar for training. Text study to add Jewish faith is written as a section that is optional.</i>
<b>Healthy Teen Relationships Materials.</b> Faith Trust Institute. <a href="http://www.faitrustinstitute.org/store/01tA000000M7rhIAC">http://www.faitrustinstitute.org/store/01tA000000M7rhIAC</a>	HDR and some TDA	Multi-faith youth, Christian and Jewish faiths	English	<i>Love...All That and More. Revised 2009.</i> This program promotes safe, healthy relationships and supports teens in taking action to overcome violence and abuse. The six-session curriculum (50 minutes each) contains lesson plans with background materials on healthy and abusive relationships, discussion questions, interactive follow-up activities, and suggestions for the facilitator. For Christian and Jewish communities.
			Unable to locate.	<i>Yad B'Yad.</i> A 6-session curriculum for youth in 6-8 <sup>th</sup> grade from all streams of Judaism.
<b>Our Whole Lives.</b> Developed by: Church of Christ and Unitarian Universalist Church	Healthy sexuality across the lifespan	K-1 <sup>st</sup> grade, 4-6 grade, 7-9 grade, 10-12 grade 18-35 years old, adult	English	<i>For use by any faith community. Published in 1999 and 2000.</i> <i>Our Whole Lives</i> helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, <i>Our Whole Lives</i> not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. <b>Order at:</b> <a href="http://www.uua.org/religiouseducation/curricula/ourwhole/#maincontent">http://www.uua.org/religiouseducation/curricula/ourwhole/#maincontent</a>
			In progress	

<b>CAMPAIGNS &amp; SOCIAL ACTION RESOURCES</b>		
<b>Site</b>	<b>Focus</b>	<b>Information</b>
<b>Making the Peace.</b> By Kivel, Creighton and The Oakland Men's Project	TDA	<b>Manual online at:</b> <a href="http://new.vawnet.org/Assoc_Files_VAWnet/NRC_MTP-full.pdf">http://new.vawnet.org/Assoc_Files_VAWnet/NRC_MTP-full.pdf</a> Organizing youth to prevent teen dating violence.
<b>Peace Over Violence.</b> Los Angeles Commission on Assaults Against Women	TDA, SAP, family & community violence prevention	Information on several programs online. Teen and peer-led education and advocacy. <ul style="list-style-type: none"> <li>• In Touch with Teens – teen dating abuse</li> <li>• YouthLead</li> <li>• STOP – Students Together Organizing Peace</li> </ul>
<b>Respect Works!</b> Break the Cycle.	TDA & HDR	Safe Dates curriculum, plus community-wide activities. <b>Order at:</b> <a href="http://www.respect-works.com/">http://www.respect-works.com/</a>
<b>The Red Flag Campaign.</b> Virginia Sexual and Domestic Violence Action Alliance.	TDA	Public awareness posters and campaign materials and planning guide available at: <a href="http://www.theredflagcampaign.org/">http://www.theredflagcampaign.org/</a> Developed for college campuses.
<b>Speak.Act.Change.</b> Break the Cycle.	HDR	Developing peer advocates. <a href="http://www.breakthecycle.org/speak-act-change">http://www.breakthecycle.org/speak-act-change</a>
<b>ONLINE RESOURCES: Resources for One-Time Activities and Supplements to Larger Curriculums</b>		
<b>Site</b>	<b>Focus</b>	<b>Information</b>
<b>A Thin Line</b>	TDA & HDR	<b>Free. Online.</b> Stories and activities about sexting and abuse of technology to control someone. <a href="http://www.athinline.org/">http://www.athinline.org/</a>
<b>Boss of Me (BOM)</b>	HDR & TDA	<b>Free. Website for teens.</b> Blogs, reviews of relationships in movies and tv, YouTube clips on topics like: The biggest no-no's on your first night out together. San Francisco Bay area youth give this site a very diverse appeal. <a href="http://www.bom411.com/">http://www.bom411.com/</a>

<b>Break the Cycle</b>	TDA & HDR	<b>My Safe Space ( in English &amp; Spanish ) website for teens at:</b> <a href="http://www.thesafespace.org/">http://www.thesafespace.org/</a>  <b>Fotonovela ( in English &amp; Spanish ) online at:</b> <a href="http://www.breakthecycle.org/phonovela">http://www.breakthecycle.org/phonovela</a>
<b>GirlsHealth.gov</b>	HDR & TDA	Interactive website for young teen girls. See Relationships and Safety Sections. <a href="http://www.girlshealth.gov/relationships/index.cfm">http://www.girlshealth.gov/relationships/index.cfm</a>
<b>Know More. Say More.</b> Futures without Violence.	Reproductive coercion	Many online resources at: <a href="http://www.knowmoresaymore.org/">http://www.knowmoresaymore.org/</a>
<b>Love Doesn't Have to Hurt.</b> American Psychological Association & others.	TDA	Booklet online at: <a href="http://www.apa.org/pi/cyf/teen.pdf">http://www.apa.org/pi/cyf/teen.pdf</a>
<b>My Time to Shine.</b> Love is Respect.	TDA & some HDR	<b>Free. Online at:</b> <a href="http://www.loveisrespect.org/resource-center/martina-mcbride-teams-up-with-loveisrespect-national-teen-dating-abuse-helpline-for-healthy-teen-dating-relationships/">http://www.loveisrespect.org/resource-center/martina-mcbride-teams-up-with-loveisrespect-national-teen-dating-abuse-helpline-for-healthy-teen-dating-relationships/</a>
<b>That's Not Cool</b>	TDA & HDR	<b>Free. Online.</b> Video and interactive activities around abuse of technology in relationships. <a href="http://www.thatnotcool.com/">http://www.thatnotcool.com/</a>
<b>The Consensual Project</b>	SAP, Consent	<b>Free. Online</b> workshop materials and video clips for one lesson under The Vision. <a href="http://www.theconsensualproject.com/vision">http://www.theconsensualproject.com/vision</a> Some social action activity ideas under The Action.
<b>You Love Me, You Love Me Not.</b> House of Ruth.	TDA & HDR	<b>Free. Online activities and hand-outs.</b> <b>Have also developed a curriculum that can be purchased.</b> <a href="http://www.youlovemeyoulovenot.org/schoolprogram">http://www.youlovemeyoulovenot.org/schoolprogram</a>
<b>Youth Communications</b>	TDA & HDR	<b>For purchase.</b> Books on dating, sex and relationships written by teens for teens: <a href="http://www.youthcomm.org/miva/merchant.mvc?Screen=CTGY&amp;Store_Code=YCE&amp;Category_Code=THM-12">http://www.youthcomm.org/miva/merchant.mvc?Screen=CTGY&amp;Store_Code=YCE&amp;Category_Code=THM-12</a> <b>Free. Online.</b> Lesson plans to encourage teens to write, inspire reading and promote thoughtful decision-making. <a href="http://www.youthcomm.org/Teachers/TeacherResources.htm">http://www.youthcomm.org/Teachers/TeacherResources.htm</a>



**SPECIAL POPULATION RESOURCES**

<p><b>The Runaway and Homeless Youth and Relationship Violence Toolkit.</b> National Resource Center on Domestic Violence.</p>	<p>Intimate partner violence = TDA, SAP, DV</p>	<p>Resources to facilitate collaboration between systems addressing DV, TDA, SAP and homelessness.  The Runaway and Homeless Youth and Relationship Violence Toolkit online at: <a href="http://www.nrcdv.org/rhydvtoolkit/index.html">http://www.nrcdv.org/rhydvtoolkit/index.html</a></p>
<p><b>Show Me Love.</b> Women Empowered Against Violence, Inc. and Dept. Of Justice</p>	<p>HDR &amp; TDA</p>	<p>Website and campaign to raise awareness about healthy relationships and provide resources for LGBTQ survivors of intimate partner violence. In English and Spanish! <a href="http://showmelovedc.org/">http://showmelovedc.org/</a></p>
<p><b>Hear My Voice.</b> Break the Cycle &amp; Dept. Of Justice</p>	<p>TDA</p>	<p>Education and awareness campaign for LGBTQ youth and teen dating abuse. Information online at: <a href="http://www.breakthecycle.org/content/lgbtq-outreach">http://www.breakthecycle.org/content/lgbtq-outreach</a></p>

**PARENT RESOURCES**

<p><b>ALIANZA.</b> National Latino Alliance for the Elimination of Domestic Violence</p>	<p><i>Spanish and English brochures can be downloaded at:</i> <a href="http://www.dvalianza.org/en/brochures.html">http://www.dvalianza.org/en/brochures.html</a></p>
<p><b>Choose Respect.</b> Center for Disease Control &amp; Prevention</p>	<p><b>Online information in “At Home” section</b> <a href="http://www.cdc.gov/chooserespect/at_home/index.html">http://www.cdc.gov/chooserespect/at_home/index.html</a></p>

<b>Break the Cycle</b>	<b>Online information at:</b> <a href="http://www.breakthecycle.org/im-a-parent">http://www.breakthecycle.org/im-a-parent</a>
<b>The Date Safe Project</b>	<i>Four videos for parents to help them guide their teens through dating. Sexual assault prevention and dating skills focus.</i> <a href="http://www.datesafeproject.org/advanced-strategies-for-talking-to-your-teen/">http://www.datesafeproject.org/advanced-strategies-for-talking-to-your-teen/</a>
<b>Jerry Tello</b>	<i>Several curriculums available for family strengthening with mothers, fathers, couples, teens and families healing from violence or addiction. English &amp; Spanish. Training info and curriculums can be ordered at:</i> <a href="http://www.jerrytello.com/index.html">http://www.jerrytello.com/index.html</a>
<b>Love is Not Abuse.</b> Liz Claiborne Inc.	<i>A Parent Handbook: How to Talk to Your Children About Developing Healthy Relationships (meant for use with pre-teens and tweens) and A Parent's Guide to Teen Dating Violence: 10 Questions to Start the Conversation. Can be ordered at:</i> <a href="http://loveisnotabuse.com/web/guest/request-a-handbook">http://loveisnotabuse.com/web/guest/request-a-handbook</a>  <i>A Parent's Guide to Teen Dating Violence can be downloaded at:</i> <a href="http://loveisnotabuse.com/web/guest/parents-of-teens">http://loveisnotabuse.com/web/guest/parents-of-teens</a>  <i>Tough Talk. What Boys Need to Know about Relationship Abuse can be downloaded at:</i> <a href="http://loveisnotabuse.com/web/guest/for-coaches-fathers-mentors">http://loveisnotabuse.com/web/guest/for-coaches-fathers-mentors</a>
<b>Start Strong Initiative.</b> Futures without Violence, Robert Wood Johnson And Blue Shield of California Foundations.	<i>Parents: Start Relating Before They Start Dating Website for parents of middle school children. In English AND Spanish!</i> <a href="http://www.startstrongteens.org/resources/parents">http://www.startstrongteens.org/resources/parents</a>
<b>The National Campaign to Prevent Teen and Unplanned Pregnancy.</b>	<i>Parent website with simple, but helpful tips on talking with your teen about sex and relationships.</i> <a href="http://www.thenationalcampaign.org/parents/default.aspx">http://www.thenationalcampaign.org/parents/default.aspx</a>
<b>National Healthy Marriage Resource Center.</b>	<i>Tip sheets for parents to aid them in talking with teens about healthy relationships and dating violence while encouraging marriage and waiting to have children until adulthood.</i> <a href="http://www.healthymarriageinfo.org/about-us/nhmrc-products1#Youth">http://www.healthymarriageinfo.org/about-us/nhmrc-products1#Youth</a>
<b>The RESPECT! Campaign.</b> Futures without Violence and partners.	<i>Parent's Corner online at:</i> <a href="http://www.giverespect.org/respect/families/">http://www.giverespect.org/respect/families/</a>

## LISTINGS OF PREVENTION RESOURCES

<p><b>PreventConnect.org</b>  <a href="http://www.preventconnect.org/display/displayHome.cfm">http://www.preventconnect.org/display/displayHome.cfm</a></p>	<p>Website rich in information about preventing domestic violence, sexual assault and teen dating violence. Webinars, wikis and blogs, too.</p>
<p><b>Futures without Violence.</b> Teens.  <a href="http://www.endabuse.org/section/programs/teens">http://www.endabuse.org/section/programs/teens</a></p>	<p>Lots of resources for curriculums, campaigns, research and more.</p>
<p><b>Transforming Communities: Creating Safety, Justice and Equality.</b> <a href="http://tc.clientrabbit.com/">http://tc.clientrabbit.com/</a>          Center for Domestic Peace.</p>	<p>TC-TAT has gathered a comprehensive library of prevention materials, guides, curricula, and websites to help increase awareness. 4 pages of resources listed in alphabetical order. Good resource, but requires one to search its content. Search function of limited usefulness.  <a href="http://tc.clientrabbit.com/resources/">http://tc.clientrabbit.com/resources/</a></p>
<p><b>Virginia Department of Health</b>  <a href="http://www.vahealth.org/injury/datingviolence/resources.htm">http://www.vahealth.org/injury/datingviolence/resources.htm</a></p>	<p>Resource listing. Some items downloadable.</p>

## MEDIA RESOURCES

<p><b>Media Education Foundation</b>  <a href="http://www.mediaed.org/cgi-bin/commerce.cgi?search=action&amp;keywords=violence">http://www.mediaed.org/cgi-bin/commerce.cgi?search=action&amp;keywords=violence</a></p>	<p>Videos to purchase for discussion of many related contemporary topics: male images, gender role stereotyping, violence in media and computer games.</p>
<p><b>GroundSpark: Igniting Change through Film</b>  <a href="http://groundspark.org/what">http://groundspark.org/what</a></p>	<p>Videos addressing many topics. Gender role includes LGBTQ differences, not just male, female and gay/lesbian.</p>
<p><b>Reviving Ophelia</b>  <i>Lifetime</i> movie about three women raising adolescent girls, one of who becomes involved in an abusive dating relationship.</p>	<p>Info on tv showings and DVD purchase:  <a href="http://www.mylifetime.com/movies/reviving-ophelia">http://www.mylifetime.com/movies/reviving-ophelia</a></p> <p>Online lesson plans for the book at:  <a href="http://www.bookrags.com/Reviving_Ophelia">http://www.bookrags.com/Reviving_Ophelia</a></p>

