

DATING MATTERS

ADDITIONAL EDUCATIONAL TOOLS

If you suspect that a pre-teen or teenager may be experiencing dating violence or is participating in abusive behavior toward someone else, it is important to take action.

If you are unsure what to do, or need help deciding what to say, help is available!

- You can call your local domestic violence or rape crisis hotline. A trained volunteer is there to support you and help you make a plan that is specific to your situation.
- You can also call the National Domestic Violence Hotline: 1-800-799-7233
- Online chat is also available 24 hours a day, 7 days a week at www.thehotline.org

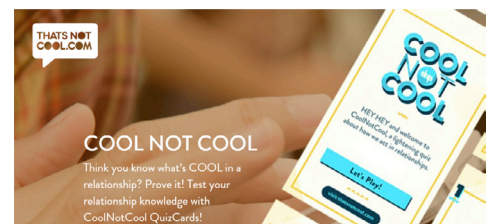
CONVERSATION STARTERS AND EDUCATIONAL TOOLS

To start a conversation with a pre-teen or teenager it often helps to start with a video or activity. There are many options available, suitable for different ages and circumstances.

We recommend:

❖ **THAT'S NOT COOL:** www.thatsnotcool.com

The program's interactive website and resources support youth as they learn to recognize, avoid, and prevent dating violence. There are specific tools for adults as well!



United Way of
Southwestern Pennsylvania

SOUTHWEST PA SAYS

NO MORE

❖ YOUTUBE CAN BE A CONVERSATION STARTER

- **TEA AND CONSENT**: This is a 3 minute cartoon video appropriate for pre-teens and teenagers.
 - o Consent = Permission. Permission to borrow something, to stay up late, to leave the classroom, etc.
 - “Why do we ask people for permission to do something?”
 - o For older teenagers you can talk specifically about consent related to sexual activity.
 - “If you ask someone for a hug and they give consent, does that mean you can hug them whenever you want without asking?”
 - o A verbal “yes” is consent. Nonverbal body language is not consent.
 - “How can you tell if someone has given consent?”
 - o Be aware that a teenager may have experienced nonconsensual sex, and equating asking for tea to sexual assault could create an uncomfortable conversation.
 - “This video makes light of a serious topic, and I don’t want to be insensitive to your experiences. This is a helpful tool for those who have not had the opportunity to talk about consent.”
- **WHAT IF BEARS KILLED ONE IN FIVE PEOPLE?** This is a 2½ minute video appropriate for older teenagers.
 - o Relate the video to the “1 in 5 women will experience sexual violence at some point in their lifetime” statistic.
 - o Emphasize utilizing pairs or a group as a form of bystander intervention.
 - “I don’t find that funny.”
 - “I’m uncomfortable with your actions or comments.”
 - o Understand that this video uses humor to discuss a very serious and sensitive issue- preface the video with this point, and be open to discussion about using humor to make topics more approachable.
 - “This video brings humor to a serious topic, and I don’t want to be insensitive to your experiences. This is a helpful tool for showing how people can be a positive bystander.”
- That’s Not Cool has a series of videos designed to start conversations with teens. Find them at www.thatsnotcool.com/teenage-online-harassment-videos/

For additional resources, join the mailing list of Southwest PA Says No More at www.SouthwestPASaysNoMore.org or find us on Facebook or Twitter.

