### HRC Grade 9 Dating Lesson 3

Healthy Relationships Curriculum Initiative

Subject and Performance Indicators

1. Explain digital dating abuse and sexting, and how to deal with them.
2. Explain how to support a friend who is in an abusive dating relationship.
3. Identify trustworthy persons with whom to discuss sex, dating, and dating violence.

Lesson Context

Digital technology sometimes becomes an instrument of dating abuse and can inflict much pain. Sexting is just plain dumb, and it can have disastrous consequences. MTV’s “Sexting in America:When Privates Go Public” offers first-person accounts that demonstrate this. How do you help a friend who is in an abusive relationship? Carefully. Teens should be encouraged to offer sympathy and get adult help. Learning about sex is complicated. Wrong information abounds. Trusted adults and respected websites are very useful in providing advice and sound information.

Lesson Elements

* What is digital dating abuse and sexting? How do you deal with them?
* Technology is sometimes used to inflict abuse. Abuse can be inflicted by direct attacks, public attacks, cyberbullying by proxy, privacy invasions, and posted attacks.[[1]](#endnote-1)
* Sextingis sending naked or sexual images to a dating partner. Often, photos become public via the Internet.[[2]](#endnote-2)
* Reporting digital abuse is necessary, but the process is a bit complex. Sexting can lead to severe legal sanctions and makes no sense under any circumstance!
* How do you support a friend who is in an abusive dating relationship?
* Get help. If you are witnessing physical abuse, call 911. It is important to talk with parents, teachers, or school counselors. Teens who want to help need adult support. They should not carry the burden alone.
* Show concern. Abuse is never the fault of the victim. Be supportive and patient. Do not confront the abuser during an act of violence.[[3]](#endnote-3)
* Increase the safety: Talk to an adult. Create a safety plan. Call police. Get a restraining order or a protective order. Find a shelter.[[4]](#endnote-4)
* Reaching out to a friend who is an abuser: Be clear that you don’t like the behavior. Don’t accept excuses. Encourage counseling. Support positive behavior. Do not act as a go-between. Professional help is required.
* Learn possible warning signs of abusive relationships.
* Who should you talk to about sex, dating, and dating violence?
* Connect with people in your life whom you respect, are knowledgeable, and can keep confidences.
* Respected websites can be very helpful.
* Palo Alto Medical Foundation[[5]](#endnote-5)
* Girlshealth.gov[[6]](#endnote-6)
* Love is Not Abuse[[7]](#endnote-7)
* Centers for Disease Control and Prevention[[8]](#endnote-8)

1. . “Love Is Not Abuse Curriculum–High School,” accessed December 12, 2012, curriculum available for download, click on bold title and see Lesson 3, pages 42–59, note page 58 for reporting digital abuse and page 50 for sexting and the law, <http://www.breakthecycle.org/lina-curriculum> [↑](#endnote-ref-1)
2. . “Sexting in America: When Privates Go Public,” MTV, accessed December 12, 2012, see Parts 1, 2, and 3, which are first-person videos,

   <http://www.mtv.com/videos/news/483801/sexting-in-america-when-privates-go-public-part-1.jhtml#id=1631892>. [↑](#endnote-ref-2)
3. . “A Teen Dating Violence Abuse Prevention Curriculum – High School Edition,” Love is Not Abuse, accessed December 12, 2012, see page 29, <http://loveisnotabuse.com/web/guest/home;jsessionid=78A24A6309E904D158B373338157E252> [↑](#endnote-ref-3)
4. . “A Teen Dating Violence Abuse Prevention Curriculum – High School Edition,” Love is Not Abuse, accessed December 12, 2012, curriculum available for download, see pages 60–72, note page 65 for increasing safety, page 66 for reaching out to a friend who is an abuser, and pages 22 and 69 for the warning signs of an abusive relationship,

   <http://loveisnotabuse.com/web/guest/home;jsessionid=78A24A6309E904D158B373338157E252> [↑](#endnote-ref-4)
5. . “Sexual Health and Experience,” Palo Alto Medical Foundation, accessed December 12, 2012, see article and table of contents, <http://www.pamf.org/teen/sex/>. [↑](#endnote-ref-5)
6. . “Relationships,” Girlshealth.gov, accessed December 12, 2012, see article and table of contents, <http://www.girlshealth.gov/relationships/index.cfm>. [↑](#endnote-ref-6)
7. . Love Is Not Abuse, home page, accessed December 12, 2012,

   <http://loveisnotabuse.com/web/guest;jsessionid=55BA2224620905922E8CE7E7725B442F>. [↑](#endnote-ref-7)
8. . “Violence Prevention,” Centers for Disease Control and Prevention (CDC) Injury Center, accessed December 12, 2012, find topic “National Intimate Partner and Sexual Violence Survey (NISVS) 2010,” see “Related Materials” and access the “Full Report, Executive Summary and Fact Sheet,” <http://www.cdc.gov/violenceprevention/NISVS/index.html>.

   [↑](#endnote-ref-8)