

EMPATHY



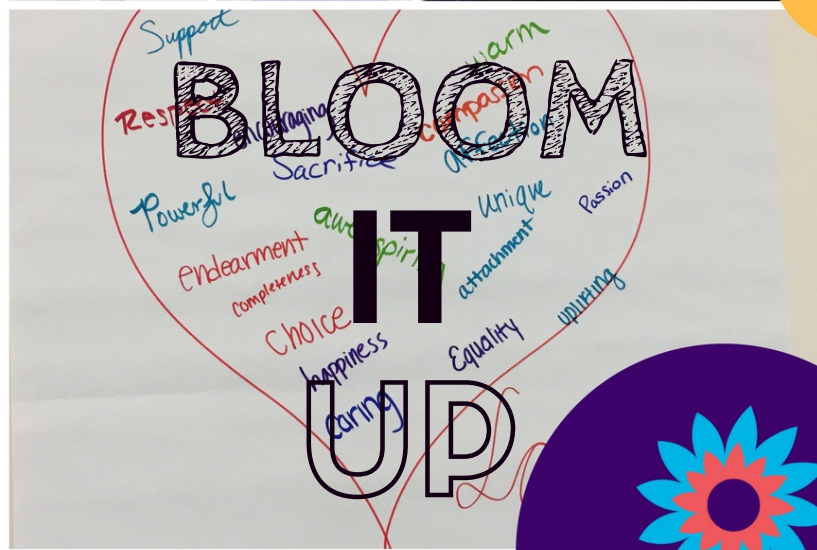
RESPECT



PEACE



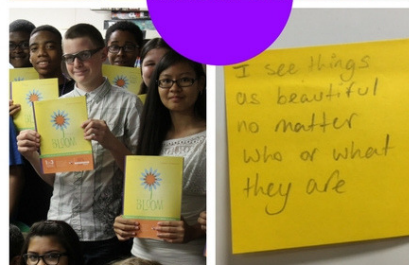
LOVE



KINDNESS



CONSENT





ARE YOU
blooming
OR *wilting?*



THE BLOOMING
RELATIONSHIP™

Everyone is
Part of the
Solution

Root Cause

Prevention
is the Cure

THE RELATIONSHIP
WILTING
BY
AND
POWER
CONTROL

Empathy
Self-Esteem
Trust
Independence

Social Change

Choice

Positive Behavior

Insecurity
Patriarchy

Unhealthy
Gender Norms

Oppression

Social
Acceptance

Choice

Abusive
Taught Behavior

Uproot Abuse.  Cultivate Kindness.

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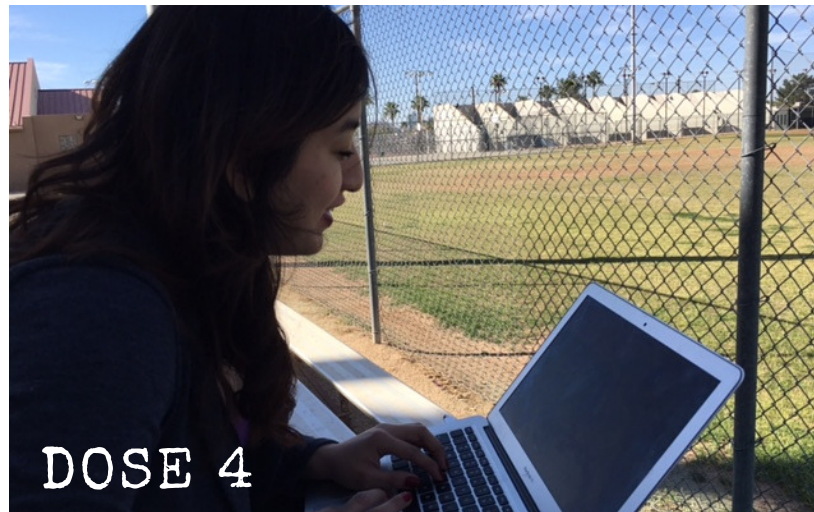
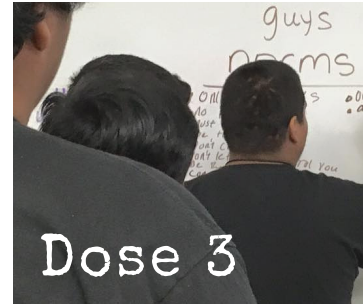
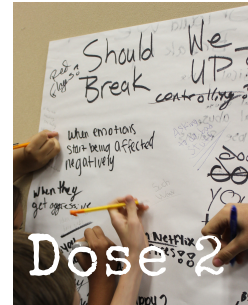
1-888-606-HOPE

The 3 STEPS TO BLOOM IT UP

According to the Centers for Disease Control, **1 in 3 teens**, or 33%, experience verbal, emotional, or physical abuse from a dating partner.

Step 1: EDUCATE

- 1 Defining Teen Dating Abuse
- 2 Red Flags, Safety & Breaking the Cycle of Abuse
- 3 ROOT CAUSE: Unhealthy Gender Norms
- 4 ROOT CAUSE: Social Acceptance
- 5 ROOT SOLUTION: Self-Esteem
- 6 ROOT SOLUTION: 4 C's Consent Communication
- 7 ROOT SOLUTION: Upstanders for Social Change



Our 3-Steps to Prevention:

- 1 **EDUCATE**
7-doses
- 2 **ADVOCATE**
support for teen victims of abuse
- 3 **ACTIVATE**
movement building
peer educators
peer advocates



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Uproot Abuse. Cultivate Kindness.

20403 N. Lake Pleasant Road | Suite 117-492 | Peoria, AZ 85382
1.888.606.HOPE | Text: 602.618.9336 | teens@bloom365.org

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ES USTED

floreciendo o marchitando?



La relación
FLORECE

Todos son
Afectados

Causa primordial
Prevención
es la Cura



La relación
MARCHITANDO

Mucha/Poca
Elección
Confiar en
Independencia

Empatía
Enseñó un
comportamiento
positivo
Cambio Social

Normas de
género malsanas
Inseguridad
Patriarcado

Opresión
Enseñó el
comportamiento
abusivo
Elección
Aceptación
Social

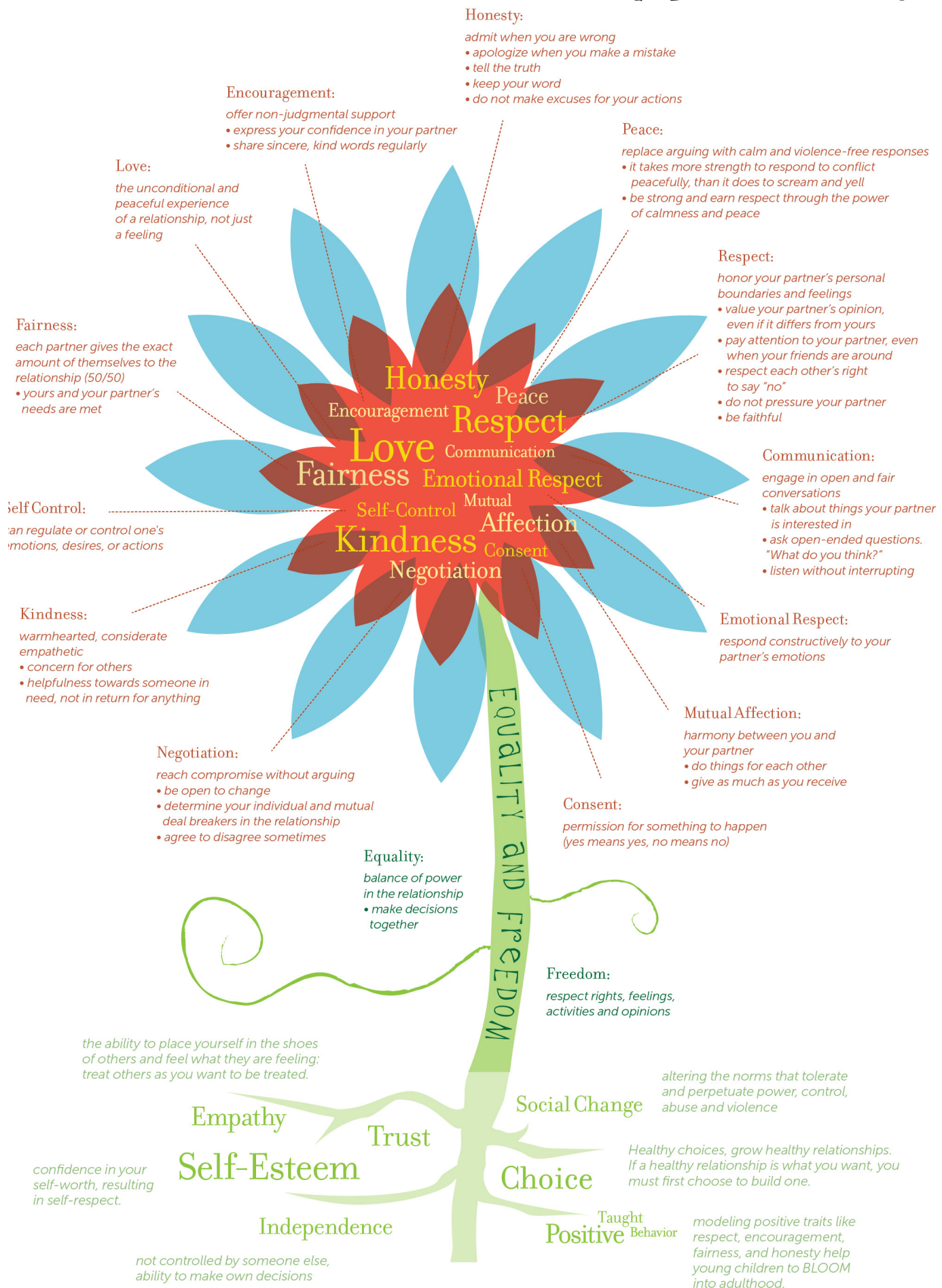
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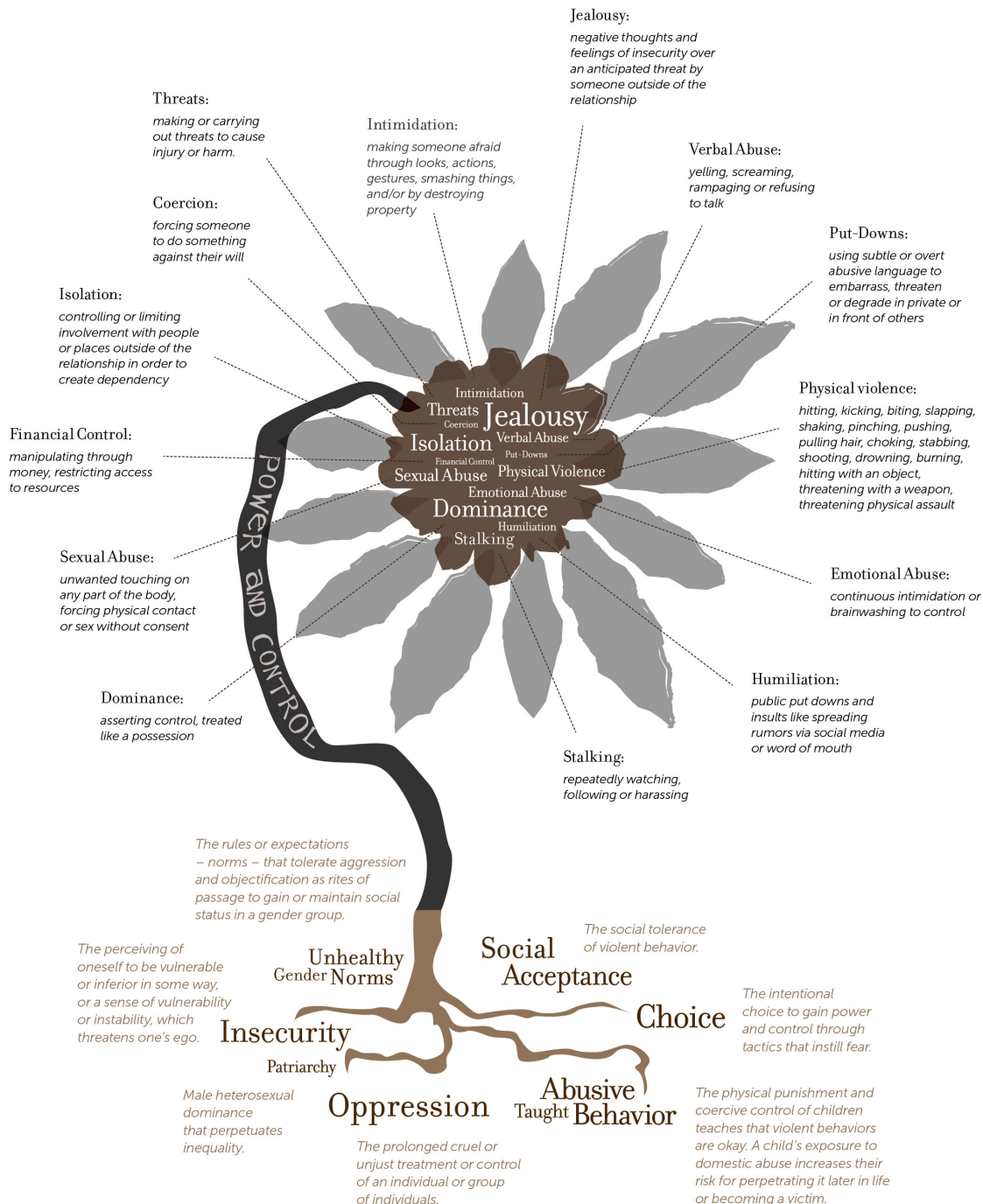
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loves me



loves me not

THE SIGNS OF AN ABUSIVE RELATIONSHIP WILTED BY POWER AND CONTROL



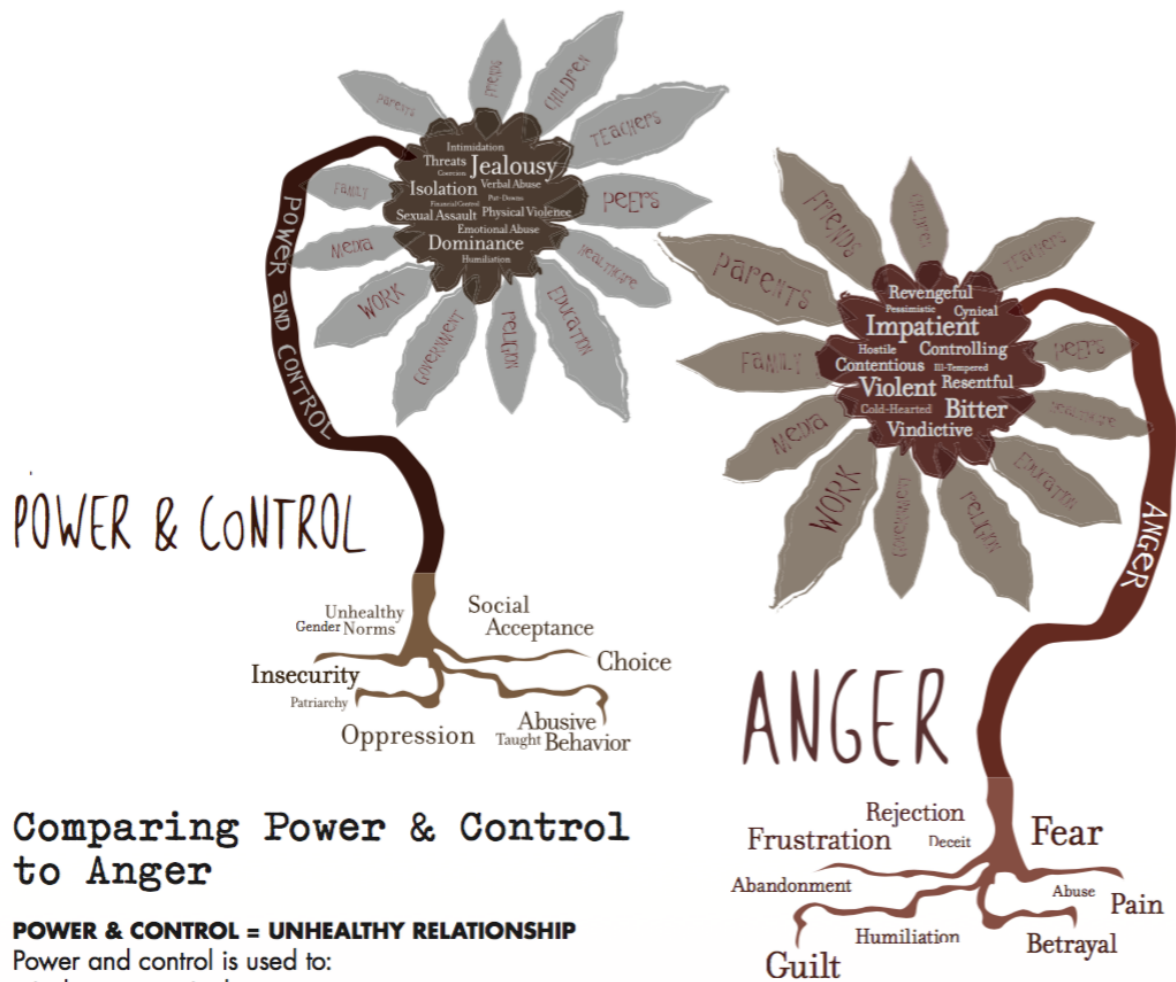
teen dating abuse

A pattern of behaviors, such as verbal, emotional, and/or physical abuse, to gain or maintain power and control over a dating partner.

loves me not

abuse v. anger

IS IT ANGER?
OR IS IT ABUSE?



Comparing Power & Control to Anger

POWER & CONTROL = UNHEALTHY RELATIONSHIP

Power and control is used to:

- isolate or manipulate
- gain emotional or physical control
- dominate
- intimidate
- humiliate
- instill fear
- coerce (persuade to do something by using force or threats)

HEALTHY ANGER:

- motivates us to stand up for ourselves
- inspires us to correct injustices
- prompts us to make positive changes

ANGER = NORMAL EMOTION

Anger is a normal emotion with a wide range of intensity, from mild irritation and frustration to rage.

Anger is a warning bell that tells us that something is wrong.

Everyone experiences anger and it can be healthy or unhealthy.

UNHEALTHY ANGER:

- can become out of control
- can become overly aggressive
- can lead to poor choices or decisions
- can create problems in relationships
- can affect your health
(see flower wilted by anger)

THE POWER OF CONTROL

Dating abuse and domestic violence happen when a partner uses physical, emotional, verbal or sexual abuse to gain or maintain **power** and **control**.

When a partner minimizes, denies or blames someone else for their abusive behavior, they are shifting responsibility for their actions and trying to manipulate the situation. Here are a few examples of minimizing, denying and blaming:

minimize

"I'm just so stressed out."
"I could not control myself."



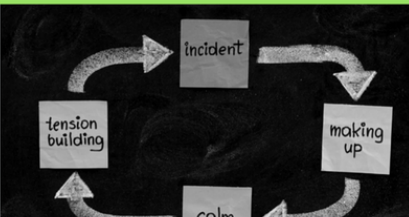
"I never did that, you're crazy!"

deny

"I barely touched you!"

blame

"It's all your fault."
"You made me do it!"



If you or someone you know feels afraid, threatened, manipulated or controlled in a relationship, 24/7 non-judgmental support is just a phone call/text away at the National Teen Dating Violence Hotline | 1-866-331-9474 | TEXT "loveis" to 22522.



Orders of Protection

An order of protection is a FREE court order that works to prevent your current or ex-partner from:

- Threatening or abusing you
- Contacting you or coming near you or your family
- Coming to your school, home, or work
- Possessing a gun

The order may also require your current or ex-partner to do anything the court finds necessary for your protection.

Protection orders do not guarantee your safety, however they are an important safety planning step.

How to get one:

The law requires you to show that your current or ex-partner:

- Threatened to, attempted to, or actually physically abused you OR
- Threatened use of a deadly weapon or dangerous object like a hammer OR
- Sexually assaulted you or sexually exploited you OR
- Stalked or harassed you OR
- Destroyed your property (like smashing your phone) OR
- Uses a phone to terrify, intimidate, threaten, offend, annoy or harass you

If you suspect that your dating partner is abusive, it is important to document the abuse and seek help from someone you trust like a parent/guardian, school counselor, friend, teacher or other trusted adult. If you feel threatened, CALL 911.

KAITY'S LAW & ORDERS OF PROTECTION IN ARIZONA

Dating abuse laws are different in every state.

A week prior to being murdered by her ex-boyfriend, 17-year old Kaity Sudberry and her parents went to court to seek help and protection from his harmful threats. At the time, Arizona's legal definition of "domestic violence" excluded teen relationships, so Kaity and her parents had no solution for protection and Kaity lost her life.

Enacted on September 30, 2009 in Arizona, Kaity's Law allows those in dating relationships (romantically or sexually) to be afforded the same protection under law as those who live with, are married to, blood related or pregnant by an abusive partner.

For more information on Kaity's Law and the organization her parents started in her memory, please visit KaitysWay.org.



RED FLAGS

TEEN DATING ABUSE

Have you or are you experiencing any of these **RED** FLAGS?

If so, we are here to listen and help.
1-888-606-HOPE

- ☐ Wants to get serious too quickly.
- ☐ Humiliates you, calls you names or puts you down to break your confidence.
- ☐ Treats you better when other people are around.
- ☐ Screams at you to intimidate you.
- ☐ Follows you or calls/texts repeatedly to check up on you.
- ☐ Pressures you to go along with what they want.
- ☐ Bullies or tries to humiliate you via text, social media, or email.
- ☐ Throws, hits, or breaks things to make you afraid.
- ☐ Gets overly jealous when you spend time with friends or family.
- ☐ Tags in you in posts, even though you asked them not to.
- ☐ Insists that you give them your password to voicemail, email, or social media accounts.
- ☐ Physically or sexually assaults you.
- ☐ Denies their abusive behavior.
- ☐ Blames you for their abusive behavior.

These 5 abusive behaviors increase your risk for being seriously hurt or even killed:

- ☐ Uses or threatens to use a gun, knife, or other weapon to intimidate or hurt you.
- ☐ Threatens to kill you or themselves if the relationship ends.
- ☐ Tries to choke or strangle you.
- ☐ Forces you to have sex or physically assaults you.
- ☐ Is violently or constantly jealous.



A CHECKLIST OF THE MOST COMMON WARNING SIGNS OF TEEN DATING ABUSE

DO YOU:

- Sometimes feel scared of how your partner will act?
- Make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants you to do instead of what you want?

If so, there's a good chance the relationship you are in is unhealthy or abusive.

Non-judgmental support is just a phone call or text away.

ALWAYS REMEMBER:

The abuse is **NOT YOUR FAULT**.
No one deserves to be hurt.

If you checked off one or more "red flags," it is possible that the relationship is unhealthy or abusive.

RED FLAGS

NATIONAL TEEN DATING VIOLENCE

HOTLINE

1-866-331-9474

TEXT "loveis" to 22522

24 HOURS/DAY 7 DAYS/WK

5 WAYS TO RESPOND TO A FRIEND WHO IS CONTROLLING OR ABUSIVE

Teen dating abuse is a difficult subject to discuss with a friend, but it is so important to talk about. Staying silent only gives the abusive behavior more power. Speaking up could help save a life. If you recognize the signs of abusive behavior in a friend, telling a trusted adult about what you have witnessed or heard is the best and safest option.

If you are comfortable and feel safe talking directly to your friend, here are a few suggestions to start the conversation:



1 DRAW ATTENTION TO IT

Point out the behavior:

"Do you realize that when you do that, it makes your partner feel bad?"

"Did you mean to be so rough or mean?"

2 SHARE HOW IT MAKES YOU FEEL

You can let your friend know that you feel uncomfortable by saying:

"I'm surprised to see you act this way. You're better than that."

"You're my friend, but what you are doing is not right."

"I'm really worried about your partner's safety."

3 SHARE IDEAS ABOUT HEALTHY RELATIONSHIPS

You can provide comparisons to healthy v. abusive relationships.

"Love shouldn't hurt."

"If you really cared, you would not try to control your partner."



4 OFFER SUGGESTIONS

Breaking the cycle of abusive behavior is not easy, but it is possible if they choose to seek help.

"You can reach out to the bloom365 intervention team if you feel like you are losing control."

"You could try counseling or talking to a professional."

5 TALK ABOUT CONSEQUENCES

"Teen dating violence is a crime."

"I'm afraid you'll lose control and really hurt your partner next time."

"You could end up in jail if you don't get help."

If your friend becomes defensive, angry, denies it, ignores you, makes excuses or makes fun of you for bringing it up, it's still important to let them know that you see what's going on. Always encourage them to talk to a trusted adult about it.

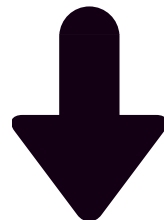
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Your friend is...

the perpetrator and is controlling or abusive to their partner



What would you do?

___ Say nothing

___ Tell someone like an adult or another friend.

___ Talk to my friend and try to help with the situation.

___ Call the hotline for advice on what to do.

NATIONAL TEEN DATING
VIOLENCE

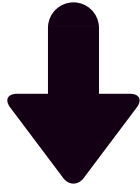
HOTLINE

1-866-331-9474

TEXT "loveis" to 22522

24 HOURS/DAY 7 DAYS/WK

**Your friend is...
the victim and is
being hurt or controlled
by their partner.**



What would you do?

__ Say nothing

___ Tell someone like an adult or
another friend.

___ Talk to my friend and try to
help with the situation.

___ Call the hotline for advice on
what to do.

NATIONAL TEEN DATING
VIOLENCE

HOTLINE

1-866-331-9474

TEXT "loveis" to 22522

24 HOURS/DAY 7 DAYS/WK

TOP 5 WAYS TO

HELP A FRIEND GOING THROUGH DATING ABUSE

With one in three teens reporting dating abuse, chances are you know someone who has experienced it or who is going through it right now. Although you may really want to tell a friend in an abusive relationship to just leave their partner or ask them why they would stay with someone who hurts them, this kind of response is called "victim blaming" and could make your friend feel even worse or push them away. Here are the top 5 things you can say to support a friend going through dating abuse:

1 I'M HERE IF YOU EVER WANT TO TALK

Be available to listen and offer non-judgmental support. Let your friend know you are glad they confided in you.



2 IS EVERYTHING OKAY?

It's okay to let your friend know that you are concerned about them.

3 DO YOU FEEL SAFE?

If you suspect that your friend is in danger or has been threatened, you can call the National Teen Dating Violence Hotline at 1-866-331-9474 for suggestions on how to help. If your friend answers "no" or "I'm not sure" to this question, you can encourage them to call this number or text "loveis" to 22522.



4 YOU DESERVE RESPECT

Sometimes the power of control is so strong that victims of abuse start to feel a low sense of self-worth. Encouraging your friend to recognize their value and reminding them that they deserve respect can help boost their self-esteem.

5 IT'S NOT YOUR FAULT

Abusers often blame victims by saying things like "you made me do it" and "you're crazy." Letting your friend know that you believe them and that the abuse is not their fault can help them recognize the cycle of abuse.

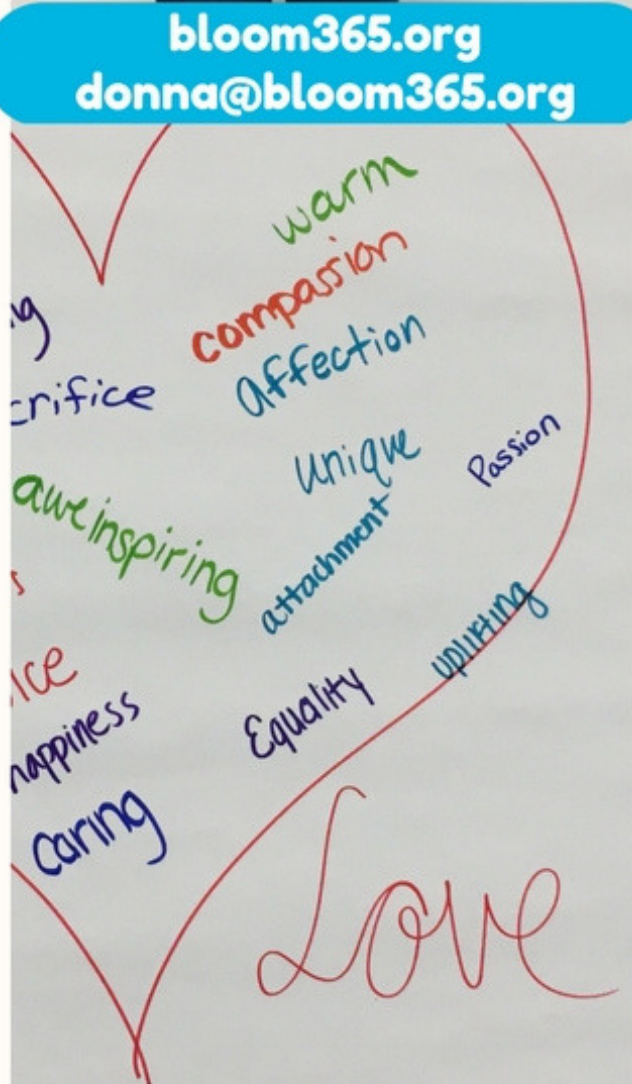


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JOIN OUR COMMUNITY
OF CHANGE AGENTS

- DATING ABUSE
- SEXUAL ASSAULT
- DOMESTIC VIOLENCE
- BULLYING
- GENDER BASED VIOLENCE

We are looking for people who want to make a difference in the community and who have a passion for working with under-served youth.

Youth Victim Advocate (MSW, MPH, MS)
Prevention Educator

Social Media
Mentor/Coach (Teen BLOOM CREW)
Evaluation & Research
Creative Director (Puppet Theater)
Video Production (short films)
Public Relations

Tabling Events
Fundraising & Event Committee
Speaking Engagements



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