



# Healthy Teen Dating School Guide



*A guide for implementing dating violence awareness  
activities and workshops.*



**City of Phoenix**



# Introduction

Paint Phoenix Purple was launched in October 2013 to bring awareness to domestic violence in the community, including our local schools. Phoenix is committed to becoming a national leader in preventing and responding to domestic violence by implementing five core pillars:

- n Community Awareness - Raise public awareness and lead in prevention and early intervention.
- n Phoenix as a Model - Lead the community by adopting best practices in all city operations.
- n Systems Reform - Adopt best practices in all city and state policies and services.
- n Coordinated Service Delivery - Strengthen, coordinate and improve access to services for victims.
- n Partnerships to End Domestic Violence - Engage every level of the community to solve this problem.

The statistics are staggering with one in four women and one in seven men experiencing domestic violence; one in five teens are victims of dating abuse; one person dies every three days in Arizona, on average, as a result of domestic violence. Additionally, thousands of children witness domestic violence, making them more likely to drop out of school, abuse alcohol and drugs, and perpetuate the cycle of violence in their own lives. (CDC, 2014)

The City of Phoenix understands that unhealthy abusive teen relationships represent a significant health problem with consequences for youth, families, communities and schools. Abusive teen violence includes: physical, sexual, emotional, stalking, financial abuse as well as the use of technology to harm and control a partner or date. A healthy relationship is one where each person feels a healthy sense of “self.” Each person feels respected when spending time with the other person, honors the other’s needs and asks for help without fear of criticism.

Teen dating violence and its various forms of control and abuse are serious crimes that can continue into adulthood, with the potential to destroy lives. One in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner. In Arizona 13.6% of students who participated in the Who’s 2012 Youth Survey stated that they were hit, slapped, punched, shoved or in some way physically assaulted by a boyfriend or girlfriend in the past 12 months. (Arizona Criminal Justice Commission, 2012).

By providing young people with education about healthy relationships and by changing attitudes that support violence, the city recognizes that dating violence can be prevented. It is essential to raise community awareness and to provide training for teachers, counselors and school staff so that they may recognize when youth are exhibiting signs of dating violence.



# How to Use this Toolkit

The toolkit provides schools with information on how to implement programs and activities for the “Paint Phoenix Purple Awareness Campaign” and “Teen Dating Violence” in the months of October and February.

Please contact the city of Phoenix at 602-262-6150 or 711 Friendly for assistance in creating a “Paint Phoenix Purple” awareness campaign and implement workshops/activities. You can also check out [paintphoenixpurple.org](http://paintphoenixpurple.org) for additional information.

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# Arizona State Law

Prior to September 2009 domestic violence in the state of Arizona covered those who were married, living together, shared a child and were related by blood. Following the death of a 17-year-old girl named Kaity in January 2008, killed by her ex-boyfriend, a new law was passed through the Arizona legislative branch to include those who were involved in romantic dating relationships. “Kaity’s Law,” named for Kaitlyn Marie Sudberry was enacted on Sept. 30, 2009 in Arizona; provides those in dating relationships, (romantic or sexual), the same protection under the law as those who are married, living with someone, blood related, have a child in common or are pregnant under the AZ Domestic Violence statutes 13-3601 (Senate Bill 1088, 2009). Under some circumstances, a domestic violence offense may be prosecuted as a felony. For example, if a defendant is convicted of a domestic violence assault while an Order of Protection is in place, it could be a felony.

- A.R.S. §13-3601
- A.R.S. §13-3601.02
- A.R.S. §13-1204



## Instruction on dating abuse; definitions:

Arizona Statute 15-712.01 states:

- A.** A school district that provides instruction in grades seven through 12 may incorporate dating abuse information that is age appropriate into the school district’s existing health curriculum for pupils in grades seven through 12 that includes the following components:
1. A definition of dating abuse.
  2. The recognition of dating abuse warning signs.
  3. The characteristics of healthy relationships.
- B.** On written request to the principal of the school where a child is enrolled, the parent or guardian of a pupil who is under 18 years of age shall be permitted to review the dating abuse information instructional materials within a reasonable time after submitting the written request.
- C.** For the purposes of this section:
1. “Dating abuse” means a pattern of behavior in which one person uses or threatens to use physical, sexual, verbal or emotional abuse to control the person’s dating partner.
  2. “Dating partner” means any person who is involved in an intimate association with another person that is primarily characterized by the expectation of affectionate

involvement and that includes casual, serious and long-term dating partners.

Disclaimer: These codes may not be the most recent version. Arizona may have more current or accurate information. We make no warranties or guarantees about the accuracy, completeness or adequacy of the information contained on this site or the information linked to on the state site. Please check official sources.

(Universal Citation: AZ Rev Stat § 15-712.01 (through 1st Reg Sess 51st Leg. 2013) 15-712.01)



# Community/School Awareness Campaign

The establishment of awareness months will benefit all students in your school, including their parents, families and communities. Everyone has the right to a safe and healthy relationship and to be free from abuse. Promoting healthy and positive relationships will change lives forever. Two significant months recognize awareness around domestic and teen dating violence.

- n October is “National Domestic Violence Awareness Month,” an effort to raise awareness about domestic violence, resources available and encourage the community to prevent and report this form of abuse.
- n February is “National Teen Dating Violence Prevention and Awareness Month,” a national effort to raise awareness about dating violence; promote programs that support young people; and encourage communities to prevent this form of abuse from continuing.

During October and February, your school should send strong messages that there is no place for domestic or teen dating violence in students’ homes, neighborhoods, schools and workplaces. Below are ways schools can start a community/school awareness campaign to engage students in meaningful dialogue around healthy relationships:

- n Create healthy relationship skits during pep assemblies
- n Athletes wear purple socks or wrist/headbands during games
- n Publish stories in the school newspaper on healthy relationships
- n Provide information and trainings on healthy relationships to students
- n Create public service announcements to air at schools
- n Organize “In Their Shoes” exercise for teens
- n Sign the “Paint Phoenix Purple Commitment to Act”
- n Wear purple ribbons
- n Wear purple clothing
- n Turn computer screen savers purple
- n Post “Paint Phoenix Purple” on marquees
- n Place purple ribbons on buses, trees and bulletin boards
- n Create purple-themed activities during spirit week



Please visit [paintphoenixpurple.org](http://paintphoenixpurple.org) for additional marketing material to begin your campaign. Additional resources can also be located at [azcadv.org](http://azcadv.org), Arizona Coalition to End Sexual and Domestic Violence.



# Workshops – Project B.R.A.V.E.

Project “BRAVE” is a violence prevention program funded by JAG (Justice Assistance Grant) sponsored through the U.S. Department of Justice and coordinated by the city of Phoenix Parks and Recreation Department. “BRAVE” is an acronym which stands for ‘Bringing Reality about Violence Education.’ The main goal is to increase public awareness about the dangers and consequences of risky choices by teaching healthy alternatives to violence and other destructive behaviors.

Youth Program Counselors facilitate prevention awareness workshops at elementary, middle and high schools throughout the valley. Project BRAVE workshops are also provided at parks and recreation centers, nonprofit agencies, churches, community centers, Parents Teachers Student Organization (PTSO) meetings, Teacher In-Service seminars and numerous events involving youth and families.

Workshops are the foundation of the program and BRAVE workshops are designed to coincide with regular school class periods; (45 minutes to an hour in length).

The 9 workshops below are usually sequential, building in continuity. However, a single workshop can be requested that addresses a specific topic for the school or community.

- n Anger Management
- n Building Self-Esteem
- n Conflict Resolution
- n Developing a Safety Plan
- n Domestic Violence
- n Healthy Relationships
- n Recognizing Danger
- n Teen Dating Violence
- n Violence in the Community

## Planning Steps

1. The city of Phoenix can provide the workshop in your classroom. Please call 602-534-1963 to schedule the workshop.



## “In Their Shoes” Teen Exercise

*“In Their Shoes: Teens and Dating Violence”* is designed as an engaging way to talk about dating violence and healthy relationships with young people in one class period. Participants become one of six characters based on the experiences of real teens including: sexting, pregnancy, homophobia and stalking. They make choices about their relationships and move through the scenario by reading about interactions with their dating partner, family, friends, counselors, police and others.

The “In Their Shoes” curriculum is aligned with the Arizona College and Career Readiness standards.

The curriculum can also be purchased at [wscadv.myshopify.com/products/in-their-shoes](http://wscadv.myshopify.com/products/in-their-shoes).



# Youth Town Hall

The Town Hall meetings are community events for students and their parents with presentations from agencies on dating issues highlighting resources and potential solutions. Facilitators are experts in the field and can assist students in managing anger and stress, resolving conflicts and preventing bullying through a series of interactive lessons and open dialogue.

Specifically, the Youth Town Halls can provide information and skill building activities to prevent violence and provide information on related topics to include but not limited to: Building Self Esteem; Understanding Choices and Consequences; Bullies; Bystanders and Victims; Gang Violence in the Community; Domestic and Dating Violence; Anger Management; Conflict Resolution; Substance Abuse; Appreciating Diversity; Hate Crimes; Cyber Bullying; Self-Injury and Suicide; and Building Up Character.

## Planning Steps

1. Contact 602-262-6150.
2. Identify a date and school to hold the Youth Town Hall.
  - a. Make a list of organizations with experts on the topics to speak; be on a panel; or answer questions from students.
3. Invite media and your local city council member to attend.
4. Carefully evaluate who might be a good moderator of the event.
5. Develop main points you want to make sure are communicated clearly to the students. Review and share the points with the panelists and/or guest speakers. Each school may want to address a specific topic on “Healthy Teen Relationships” or it may be more general. A sample agenda for Healthy Teen Relationships is below:
  - a. 5:00 p.m. - Refreshments/sign in
  - b. 5:25 p.m. - Welcome - principal, council member, etc.
  - c. 5:30 p.m. - Introductions - moderator
  - d. 5:35 p.m. - Presentation “video” (dontletyourself.org)
  - e. 5:55 p.m. - Topic from community-based organization
  - f. 6:10 p.m. - Topic from community-based organization
  - g. 6:30 p.m. - Topic from community-based organization
  - h. 6:35 p.m. - Breakout
  - i. 7:00 p.m. - Student feedback/presentations
  - j. 7:15 p.m. - Q&A
  - k. 7:25 p.m. - Wrap up
6. Incorporate media, e.g. videos, skits, etc.
7. Solicit giveaways or prizes from local businesses for the event.
8. Provide dinner and/or light refreshments for the students.
9. Review the resources provided in the appendix of this toolkit.



# Resource Fairs

The resource fairs are a convenient way to share information and resources to students in your school during the lunch hour or immediately after school. Coordinating a fair will enable you to tap into local organizations that offer help and information around domestic violence and healthy relationships.

## Planning Steps

1. Contact the City of Phoenix 602-262-6150 for any assistance needed.
2. Identify a date and location of the resources fair. Schedule the resource fair in the school's courtyard, multipurpose room, etc.
3. Find local partners to team up with and to provide additional resources on domestic violence, healthy relationships, bullying, etc.
4. Hold planning meetings to discuss the details and logistics with your partners, such as goals, objectives, set up, signage, supplies, tables, etc.
5. Develop a layout of the event and timeline so each partner knows where to attend, what table to set up materials, critical due dates, etc.
6. Publicize the event for several weeks in the school's announcements.
7. Identify free giveaways or prizes for attending the fair, visiting resource tables, participating in workshops, etc. You can create a resource "passport" for students to get stamps or stickers for visiting tables and winning a prize at the end of the event.





# Teen Dating Violence Awareness Dance Contest

The dance contest is a way for students to creatively express themselves through the art of dance. The focus is to raise awareness about domestic violence and empower healthy relationships. The City of Phoenix offers this contest annually.

## Basic Guidelines:

One entry per group

1. Open to all city of Phoenix youth
2. All forms of dance are accepted.
3. Dance must be under three minutes
4. Must be original work
5. No music with profanity or inappropriate language. It should be empowering and have a positive message. i.e. Roar, I'm a Survivor, other examples here: <http://tinyurl.com/DVDance15>
6. Costumes must incorporate the color purple and/or the "Paint Phoenix Purple" logo or the purple ribbon

Any questions on appropriate music or clothing should be discussed, before submission to: 602-262-6150

## Judging criteria is based on four core elements:

- n PRESENTATION: The dance meets all necessary requirements of the guidelines.
- n ORIGINALITY: The concept of the dance shows creativity and originality around the theme of Domestic Violence/healthy relationships. There is exploration of innovative and unique movements.
- n VISUAL IMPACT: The dance portrays a message to the viewer and evokes an emotional response around the theme.
- n CRAFTSMANSHIP: The dance should reveal the style of the artist through its composition and technique. Good planning and theme should be well thought out.

## Flashmob

The "Paint Phoenix Purple" flashmob is an organized routine of a group of performers working together on a large scale to educate and bring awareness to the general public about domestic violence and/or healthy teen relationships.

The flashmob is a fun way to involve the entire student body to participate and learn a dance routine for domestic violence awareness.



# Teen Dating Violence Awareness Art Contest - Power of a Paintbrush

The art contest is a way for students to creatively express their knowledge and raise awareness about domestic violence in schools and to increase teens knowledge about healthy vs. unhealthy dating. Students should incorporate a positive perspective in their artwork around healthy relationships. Artwork should highlight positive influences to healthy relationships within their schools and communities. To encourage participation, schools may offer extra credit for the students' submission to the contest.

## Basic Guidelines

1. Original, freehand artwork in any medium, color or black and white.
2. Artwork must be on matte finish, 11x17.
3. Incorporate the color purple and/or the Paint Phoenix Purple logo or domestic violence purple ribbon.

## Judging criteria is based on five core elements:

- n PRESENTATION: The artwork appears complete with all necessary requirements of the guidelines. No marks, smudges or folds on the project; properly finished.
- n ORIGINALITY: The concept of the artwork shows creativity and originality around the theme. Shows use of student's own ideas, the degree to which the work is fresh and something never seen before and represents their own work.
- n TECHNIQUE: The artwork reveals skillfulness and consistency in the type of application chosen, i.e. pencil, paint, etc.
- n VISUAL IMPACT: The artwork portrays a message to the viewer and evokes an emotional response around the theme.
- n CRAFTSMANSHIP: The artwork reveals the style of the artist through its composition and technique. Good planning and organization; the theme was well thought out; appropriate use of design elements: line, shape and form, space, color, value and texture.



# RESOURCES AND ORGANIZATIONS:

## Arizona Coalition to End Sexual and Domestic Violence

602-279-2900 — [acesdv.org](http://acesdv.org)

- n Education/training
- n Preventative services
- n Legal advocacy

## Arizona Rape Prevention

Call Mercy Maricopa Crisis Line

1-800-564-5465

[azrapeprevention.org/need\\_help](http://azrapeprevention.org/need_help)

- n Crisis line
- n Support and resource information
- n Advocacy and civil rights
- n Laws and policy
- n Research and statistics

## Break the Cycle (See Love is Not Abuse)

## Crisis Response Network, Inc.

1-800-631-1314 or 602-222-9444

[crisisnetwork.org/crn](http://crisisnetwork.org/crn)

- n Suicide prevention hotline
- n Emergency mobile services
- n Mental health intervention services

## City of Phoenix to Family Advocacy Center

602-534-2120

[phoenix.gov/fac](http://phoenix.gov/fac)

- n Counseling services
- n Emergency services and shelter if needed
- n On-site orders of protection and law enforcement support
- n Advocacy
- n Evidence collection for prosecution for rape or assault cases
- n Resource information

## Fix the Hurt

480-834-3387

[helpfixthehurt.org](http://helpfixthehurt.org)

- n Using theater production to educate about relationship abuse at numerous venues, including schools and universities, military installations and correctional facilities.

## Kaity's Way

602-740-2734

[kaitysway.org](http://kaitysway.org)

- n Arizona Education and Healthy Teen Relationships workshops
- n Community education/school presentations
- n Parent support

## LGBTQ National Hotline

1-800-246-PRIDE (7743)

[thehotline.org/is-this-abuse/lgbt-abuse](http://thehotline.org/is-this-abuse/lgbt-abuse)

- n Emergency hotline and 24 hour chat room
- n LGBTQ specific education and information
- n Resources and information
- n Advocacy and support

## Love is Not Abuse/Break the Cycle/Love is Respect 24-hour Chat

### (All three programs are connected)

1-866-331-9474 - hotline

Text HELP to 22522

[facebook.com/LovelsNotAbuse](https://facebook.com/LovelsNotAbuse)

[twitter.com/Love\\_IsNotAbuse](https://twitter.com/Love_IsNotAbuse)

[youtube.com/watch?v=gCxn8sFt0ck](https://youtube.com/watch?v=gCxn8sFt0ck)

[youtube.com/watch?v=Mc9kpXl7stM](https://youtube.com/watch?v=Mc9kpXl7stM)

**Washington office** - 202-824-0707

[loveisnotabuse.com](http://loveisnotabuse.com)

[breakthecycle.org](http://breakthecycle.org)

[loveisrespect.org](http://loveisrespect.org)

- n Blog
- n 24-hour peer chat room and phone hotline
- n Social media support groups and support
- n Policy reform advocacy nationwide
- n Community capacity building and education
- n Community and political activism
- n Education and training
- n Resources and information

## Chrysalis

602-944-4999

[noabuse.org](http://noabuse.org)

- n Domestic violence/Intimate partner violence hotline
- n Counseling for Teens and Adults
- n Healthy relationships education for parents and teens
- n 120-day emergency shelter for families

## National Center on Domestic and Sexual Violence

National Domestic Violence Hotline:

1-800-799-SAFE

National Sexual Assault Hotline:

1-800-656-HOPE

[ncdsv.org/](http://ncdsv.org/)

- n Crisis hotlines
- n Training and education
- n Public policy
- n Advocacy n Consulting
- n Military intervention
- n Resources and information
- n Community support

## Red Light Rebellion

602-734-5635

[info@redlightrebellion.org](mailto:info@redlightrebellion.org)

[www.redlightrebellion.org](http://www.redlightrebellion.org)

- n Youth prevention program for sex trafficking
- n Student presentations: classroom presentations, documentary screenings, youth group presentations, etc.
- n Trainings for parents and professionals who work with students



**Not My Kid**

602-652-0163  
notmykid.org

- n Education and awareness of many teen issues including healthy relationships
- n Bullying and technology harassment
- n Events and activities
- n Peer-to-peer mentoring
- n Parental support and education

**Peer Solutions**

602-225-0942  
peersolutions.org

- n Community linkages
- n Resource building
- n Advocacy and support
- n Education and information
- n Prevention programs for social issues connected to violence

**Arizonarapeprevention.org**

Call Mercy Maricopa Crisis Line -  
1-800-564-5465  
azrapeprevention.org/need\_help

- n Crisis hotline
- n Support and resource information
- n Advocacy and civil rights
- n Laws and policy
- n Research and statistics

**Teen Life line**

602-248-8336 (TEEN) or  
outsidePhoenixarea-1-800-248-8336(TEEN)  
teenlifeline.org

- n Teen emergency hotline
- n Resources and information for help
- n Education and support
- n Parent support
- n Suicide prevention

**That's Not Cool - Tech Safety**

No phone contact  
thatsnotcool.org

- n Education on the use of modern technology to abuse and control
- n Textual harassment
- n Excessive messaging
- n Pic pressure/video or pictures to exploit and harass
- n Communicating clearly
- n Spreading rumors
- n Invading privacy
- n Helping Friends Ambassador Program
- n Education and resource sharing

**Tumbleweed Center for Youth Development**

1-866-SAFE-703(7233)  
tumbleweed.org

- n Teen emergency shelter
- n Teen support services and resources
- n Counseling and guidance
- n Education

**Web of Friends**

602-254-6300  
weboffriends.org

- n Resources
- n Testimonials
- n Education and information

**GoPurple.org**

1-888-606-HOPE  
GoPurple.org

- n Educate
- n Engage
- n Empower

**City of Phoenix Victim Services Unit**

602-261-8192  
<https://www.phoenix.gov/law/victims>

- n Advocacy
- n Community Resources & Referrals
- n Safety Planning and Orders of Protection  
i.e., Injunctions Against Harassment

# Addendums

## References:

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Violence Prevention, <http://www.cdc.gov/violenceprevention/nisvs/> September 4, 2014 - last update, p.1.

*U.S. Department of Justice, Bureau of Justice Statistics, Special Report: Intimate Partner Violence and Age of Victim, 1993-99 (Oct. 2001, rev. 11/28/01)*

*Senate Bill 1088, 2009. An Act Amending Section 13-3601, Arizona Revised Statutes; Relating to Domestic Violence. Retrieved January 29, 2010, from <http://www.azleg.gov/legtext/49leg/1r/bills/sb1088s.pdf>*



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