



ESCALATION WORKSHOP

**Student Discussion Guide for use as part of
the Escalation Workshop Curriculum**

2016 Edition



one1love

F O U N D A T I O N

In honor of Yeardeley Love

Student Discussion Guide for use as part of the Escalation Workshop Curriculum 2016 Edition

Emily F. Rothman, ScD
Boston University School of
Public Health

Amy Bonomi, PhD
Michigan State University

Cris Sullivan, PhD
Michigan State University

Melanie Sperling, BA
One Love Foundation

Sharon Robinson, BA, CFA
One Love Foundation

Katie Hood, MBA
One Love Foundation

Distribution Rights. This manual may be reprinted in its entirety or excerpted with proper acknowledgement to the author(s) and the One Love Foundation in honor of Yeardeley Love, but may not be altered or sold for profit.

Suggested Citation. Rothman, E., Bonomi, A., Sullivan C., Sperling, M., Robinson, S., Hood, K. (2015). Discussion Guide for the Training Video Escalation, New York, NY: The One Love Foundation: www.joinonelove.org.

© 2015, The One Love Foundation in honor of Yeardeley Love

CONTENTS

Yeardley’s Story	4
A Letter from Our Co-Founder, Sharon Love	5
Escalation Workshop Agenda & Overview	6
Before Pressing Play	7
During the Discussion	8
Activation Guide	10
Discussion Guide	12
APPENDIX	38
How to Make a Resources Page	39
National Resources and Referral Page	40
Helpful Statistics	41
How to Help a Friend in an Unhealthy Relationship	43
Creating a Safety Plan	45
Lethality Indicators	47
<i>Escalation</i> Workshop Take-Away Points	48
How to be an <i>Escalation</i> Workshop Facilitator	49
Digital Abuse	55
Healthy Relationships	56
Discussion Questions by Number	57
Discussion Questions by Topic	60

YEARDLEY'S STORY

"TO KNOW YEARDLEY WAS TO LOVE HER- SHE WAS HAPPY, KIND, HARD-WORKING, HUMBLE, HONEST, FUN, AND ENTHUSIASTIC."

Sharon Love

On May 3rd, 2010, Yeardeley Love was brutally beaten to death by her ex- boyfriend. At the age of 22, Yeardeley was then a senior lacrosse player at the University of Virginia and three weeks away from graduating. When Sharon Love, Yeardeley's mother, dropped Yeardeley off in Charlottesville each year, her biggest concern was that she might be injured on the lacrosse field or, even worse, be hurt in a car accident. Relationship violence was never on Sharon's radar. No one close to Yeardeley, including Yeardeley herself, truly understood how prevalent relationship abuse is in our society.

Yards, as those close to her called her, grew up in Baltimore, Maryland with her older sister Lexie. She attended St. Joseph's School and Notre Dame Preparatory School (NDP) and was a four-time letter winner at NDP in both field hockey and lacrosse. In addition to her schoolwork and athletic endeavors, she always gave of herself to others, volunteering with under-privileged children and the elderly. "Yeardeley was the core personality of our team. She was our laughter, a good soul. She always knew how to lighten things up." stated Mary Bartel, NDP's lacrosse coach.

"She was our laughter, a good soul."

Yeardeley's life was not always easy. During her high school years, her father sustained a long battle with cancer and unfortunately passed in 2003. To honor their father, Yeardeley and Lexie vowed to live their lives to the fullest and to make him proud. As such, Yeardeley fulfilled her dream to go to the University of Virginia (UVA), where she majored in government and minored in Spanish, was a member of the Kappa Alpha Theta sorority, and a member of the nationally ranked UVA women's lacrosse team. Throughout her athletic career, Yards wore a jersey with the number "One," from which the foundation drew its name. The "One" represents the number that Yeardeley wore on her jersey throughout high school and college, and "Love" was taken from her last name. Yeardeley lived her life with integrity, gratitude and honesty-- and lots of laughter. She saw the best in everyone, and was always there to give a helping hand. Her leadership on her lacrosse team and at school resonated with her friends and peers. UVA's lacrosse coach, Julie Myers, said that "Yeardeley was the player who always made everyone feel better. What I will always remember about her is her smile and her readiness to play anything we asked of her."

All of the work we do at the One Love Foundation celebrates and honors the positive spirit and kindness that Yeardeley personified. We are committed not only to honoring Yeardeley's memory, but also to saving others from suffering the same fate. Our work is rooted in our honest belief that relationship violence is an epidemic that can be stopped when young adults are educated and empowered to affect change in their communities.



A MESSAGE FROM SHARON LOVE

Greetings,

On behalf of the One Love Foundation, I want to thank you for your commitment to making the Escalation Workshop a part of your educational initiatives.

One Love was created in 2010 to honor the memory of my daughter, Yeardeley Love, a senior at the University of Virginia who was beaten to death by her ex-boyfriend just weeks short of graduation. After Yeardeley's death, we were shocked to learn that 1 in 3 women in this country experiences a violent relationship during her lifetime, and furthermore, that young women ages 16-24 are at 3x greater risk of being in an abusive relationship than women in other age groups.

After my daughter's death, it became my goal to prevent others from experiencing such a devastating loss. I hope to educate as many young people as possible about the warning signs of relationship abuse and encourage everyone to speak up and act when they witness these signs. It has become clear to me that many people witness signs of relationship abuse, but due to lack of education on this subject, they don't understand the gravity of what they are seeing. Here at One Love, we are committed to working tirelessly to change this. Our work is rooted in our honest belief that relationship abuse is an epidemic that can be stopped. One Love's goal is to highlight the difference between healthy and unhealthy relationship behaviors so that everyone can recognize the warning signs and stop abuse before it starts.

Student response to this Workshop has been overwhelmingly positive, with 97% of participants stating they would recommend the Workshop to a friend, and nearly 90% suggesting Escalation be required viewing for all college students. In just one year of national rollout, we have held the Workshop at 900 different campuses with over 50,000 attendees, and this number is growing every day. One Love is building a nationwide movement--encouraging young people to speak up when they recognize the signs of abuse, and to take on this movement by leading workshops, hosting events, creating content, and inspiring their peers.

I want to personally thank you for your commitment to the One Love Foundation and participation in our *Escalation* Workshop. Having partnerships with universities and communities across the country is something I dreamed about, and seeing it come to fruition gives me hope for the future. Together we can and will end relationship abuse.

Warm wishes,

Sharon D. Love

Sharon Love



ESCALATION WORKSHOP AGENDA & OVERVIEW

Thank you for choosing to be a leader in bringing One Love and the *Escalation* Workshop to your campus and/or community. Before we get into the specifics of the workshop itself, there are 3 important things to know:

- 1. The Basics**
Each workshop must consist of all three components: the film, the guided discussion, and the activation piece. The film should never be screened or distributed without the entirety of the 90-minute workshop. The film and manual should not be copied by you or by your institution.
- 2. Know Your Resources**
You must create a list of local and national resources to be handed out at each workshop for students to contact if they need support. It is also helpful (but not mandatory) to have a trained counselor available to students during the workshop. Ask them to stick around for a few minutes after the workshop as well.
- 3. Get Trained**
Any individual facilitating a workshop must be trained by a One Love staff member, and must fill out the workshop log before holding the workshop at www.joinonelove.org/log.

The workshop consists of film, *Escalation*, followed by a guided discussion. On the next page, we outline the exact steps in holding this workshop, including what to do before playing the film, and what to do once the film has finished!

There are some important things you must do before beginning the 40-minute film.

1. The Log

Go to www.joinonelove.org/log to fill out the brief workshop form and gain access to the film.

2. The Resources

Hand out the resource list, including both local and national resources. Check out the “How to Make a Resources Page” in the appendix for more information.

3. The Intro

Give an introduction which includes the following:

- + **About One Love:** “The One Love Foundation was created in 2010 after Yeardley Love, a senior at UVA, was killed by her ex-boyfriend. Her family started One Love to raise awareness and educate students about the warning signs of relationship abuse.”
- + **Trigger Warning:** “The film that we are about to watch depicts examples of relationship abuse including sexual, physical, and emotional abuse. This is a very heavy film and can be difficult to watch, even if you have not been in a similar situation. Please take care of yourself and feel free to leave the room or put your head down at any time. We have handed out a list of campus resources – please turn to them if you need any assistance after the workshop.”

If there is an onsite counselor available for immediate consultation during the workshop, introduce them!

- + **Statement of Inclusivity:** “This film portrays just one example of relationship violence. While it shows a white, heterosexual, college-aged couple portraying male on female violence – this is an issue that is prevalent amongst all types of relationships, no matter the gender, sexuality, class or race. The film is to be used as a catalyst to start a conversation about relationship abuse in many different types of relationships.”

4. Screen Escalation

DURING THE DISCUSSION

After the film, explain to the students that this is a difficult film to watch and that you are grateful for their openness to watching and discussing it. Repeat the trigger warning and statement of inclusivity from the previous page. Please keep the following points in mind as you facilitate the discussion:

PRO-TIPS FOR FACILITATING

- 1. Foster a Positive Attitude**

The goal of this workshop is not to depress people or make them feel powerless or ashamed. Instead, the goal is to empower people to understand the positive role that they can play in ending relationship violence. As discussion leaders, inspire people through your attitude and enthusiasm.
- 2. Let the Audience Do the Talking**

As a facilitator, your job is to guide the discussion, to let the audience members do the talking, and then to interject with the teaching points. This should feel like an organic discussion, not like a lecture.
- 3. If It Gets Personal**

It is incredibly powerful for a group to hear personal stories from their peers. If audience members reveal personal information, or are triggered, be sure to validate that person's experience, and to thank them for sharing. It is then important to continue on with the discussion and not make that one person the focus for the rest of the workshop – not only because that could make them feel uncomfortable, but also because we want everyone in the room to know that their voice and opinion matters, whether or not they have a personal experience with abuse. If an audience member is triggered, they might be emotional or may leave the room. It is important that you do not touch the person, as that can trigger them further. It is important to ask how you can help, and to walk them through the campus resource handout. If someone in your workshop is triggered – they are your first priority, so it is appropriate to leave the room with them and help guide them to a resource.
- 4. How to Be a Good Co-Leader**

It is not required that you lead this discussion with a co-leader, but if you choose to, be sure that you get together ahead of time to plan who will be asking which questions, who will be handling the technology, and so on.
- 5. Self Care is Vital**

Remember that these discussions can be difficult, so it is important to take care of yourself. Although somewhat rare, secondary trauma and burnout can affect facilitators. To prevent and treat secondary trauma and burnout, be gentle with yourself. Make sure you take time to do something fun or relaxing after the screening; talk to a co-leader or someone else you trust about your thoughts, and get some exercise and rest.

6. Have Confidence You are not a pro, and we don't expect you to be! Keep in mind that we are training you to be facilitators of this discussion, not a counselor or an expert in relationship abuse. Your role is to lead this conversation, and if students have specific questions that you cannot answer, that is okay! This is why it is very important to use the resources in the appendix, and to always have the campus advocates or resources available.

7. Don't Stop! Don't stop at the end of the discussion. Once the conversation is complete, explain the many different ways that students can get further involved with One Love on campus. The last 10 minutes of the workshop should be spent activating students to take ownership of this issue! Our activation changes based on the current campaigns and events that are happening. Check out some activation ideas on the next page!

For more tips on facilitating the workshop, please see the Appendix.

Here are a few ways that you can join the growing One Love movement:

SIGN UP & COMPLETE THE SURVEY

Sign up online at www.joinonelove.org/join to get updates about One Love, including new campaigns, ways to get involved, big events, and news and tips about healthy relationships. We also encourage you to take our survey at www.joinonelove.org/workshop_survey to let us know what you think!

TEAM ONE LOVE

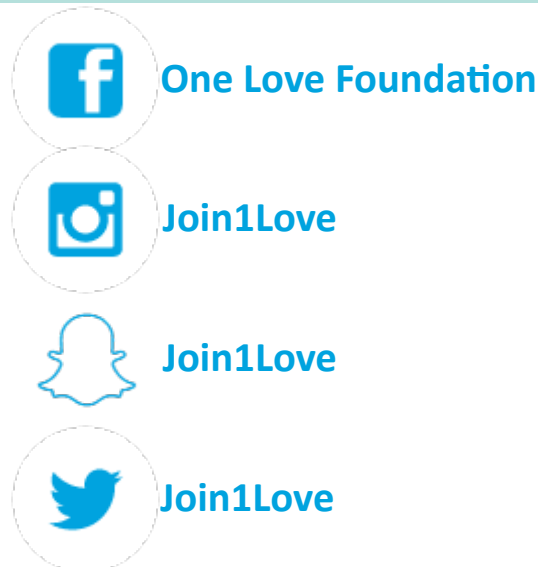
Team One Love is the way your community can build a movement to end relationship violence. We can help you start a team in your community and give you ideas for events, workshops, and activities.

SHARE SOME #THATSNOTLOVE

Our #ThatsNotLove campaign helps people understand the difference between love and control so you can spot relationship abuse and stop it before it escalates. Go to www.joinonelove.org/campaigns to learn more about all of our campaigns and how you can take part in our movement simply by sharing online.

FOLLOW US

Follow us online to stay up to date on the growing movement and see the impact that One Love is making across the country!



+ **Pro tip:** tag us in your One Love posts to be featured on our social media!

WAYS TO GET PEOPLE INVOLVED

As a facilitator, YOU have the power to get your peers to join the movement. In order to keep the movement growing, it's super important to encourage people to continue their involvement post workshop. Here are tips on how you can activate workshop participants and others in your community:

+ **Describe the Big Vision**

“This is the time and place to end relationship abuse in this community. It starts with us. I’ve got some ideas on how we can put an end to relationship violence on our campus, but I’d love to hear your thoughts too.”

+ **Encourage Them to Join**

“The first step in creating a movement in your community is signing up for Team One Love or following us online. Take out your phones right now and go to joinonelove.org/join to sign up, like our Facebook page, and follow us [@join1love](https://www.instagram.com/join1love). Once you’re part of Team One Love, you’ll see how the movement is spreading across the country.”

+ **Think Outside the Box!**

We are constantly inspired and blown away by all the Team One Loves across the country. Feel free to customize activation ideas directly with your campus or community and loop us in so we know how we can best support!

+ **Ask Them for Feedback**

In addition to signing up online, ask participants to complete the survey at www.joinonelove.org/workshop_survey. We want to hear their thoughts on the workshop, and they could win a free t-shirt for completing it!

For more ideas on what you can do to help end relationship abuse, visit: www.joinonelove.org/join

DISCUSSION GUIDE

MISSION OF THE WORKSHOP

- + To provide young people with the tools to recognize the warning signs of relationship abuse, remembering that emotional abuse is a huge issue that is often overlooked or not acknowledged.
- + To understand the difference between healthy and unhealthy relationship behaviors, and learn ways to safely intervene to help a friend.
- + To inspire young people to create and expand movements in their communities to end relationship violence.
- + Remember, this workshop is not a one-time intervention. This is just the catalyst for a larger conversation and a larger movement in your community!

OVERVIEW OF THE DISCUSSION

- 1. Your questions will guide you.** The following discussion questions follow the film and will guide the conversation. Remember, this is a conversation and not a lecture, so be sure to give participants time to answer. This means you'll probably have a few awkward silences – don't sweat it – they'll speak up! Each question has some follow up questions, potential audience answers, and teaching points.
- 2. Live the statement of inclusivity!** Be sure to recognize that this issue is prevalent amongst all types of relationships (including friendships and family relationship). Even though we just watched a heteronormative example in *Escalation*, do not simply use "she/her" when speaking about a victim, or "he/his" when speaking about a perpetrator. Use gender neutral pronouns such as "they, their, partner, significant other," etc.
 - + Remember that relationships take many forms** – when we say "relationship" we are speaking about all different types: hooking up, dating, talking, going out, friendships, family relationships, etc.! So remind everyone to focus on the relationship behaviors, and remember that healthy and unhealthy behaviors happen in all forms and stages of relationships.
- 3. Let the audience guide the conversation.** Although you do not need to follow the discussion questions in order, please be sure to touch upon each question and its associated teaching points. Participants may bring up points that are in another question, so feel free to jump to that question, discuss, and explain the teaching points – you can then return to the question that you might have skipped over.
- 4. Teaching points – sharing your wisdom.** The group will likely come to the teaching points on their own - these points consist of key takeaways, including advice on how to recognize warning signs, how to help someone experiencing abusive behaviors, and how this scenario would look different in a healthy situation. Use your own style and feel free to put these into your own words, but remember to first let the audience come to these points on their own.

QUESTION 1

- How are you feeling?
- What are you thinking after having watched this film?

POTENTIAL AUDIENCE ANSWERS

- The film was incredibly powerful. I was not expecting it to be so relatable.
- Everyone needs to see this, I feel that I have a lot of questions about what I can do to help a friend.

TEACHING POINTS

Set the tone. Your response to the first answers can set the tone for the entire rest of the discussion.

Thank people for participation. Use verbal and also non-verbal cues such as nodding and smiling to encourage them to continue sharing.

QUESTION 2

- What were your first impressions of Paige and Chase, and how their relationship began?
- Why could it be dangerous to rush into dating someone before taking the time to really get to know them first?

POTENTIAL AUDIENCE ANSWERS

- They started dating very quickly after meeting.
- Chase was initially charming and romantic around Paige.

TEACHING POINTS

Rushing into relationships isn't always smart. The relationship started out very quickly, which is a warning sign of an abusive relationship. That is not to say that every relationship that starts out quickly will become abusive, but it happens to be a common thread in abusive relationships, so this is something to be aware of.

Set the pace together. Chase was the one who always pushed the relationship forward, which can be a sign that the person wants control and will be possessive. In a healthy relationship, both people set the pace together and both people feel equally satisfied with the pace.

Take your time getting to know someone. While Chase seemed like a romantic and courteous person at first, in reality, Paige only knew him for a few days when they started dating. People don't always turn out to be as sweet or as courteous as they act in the beginning, and some people who are abusive will intentionally act extra nice in the beginning to lure you in.



QUESTION 3

- We see that Paige’s friends were actually very supportive in the beginning stages of the relationship, by saying things like, “You 2 are so cute!” How could it be potentially harmful for your friends to be speaking only positively about your relationship in the beginning stages?

POTENTIAL AUDIENCE ANSWERS

- This may make Paige less likely to be honest with them.
- This may make Paige focus on how her relationship appears to others, rather than how she feels it is. Focus on how her relationship appears to others, rather than how she feels it is.

TEACHING POINTS

The “perfect” relationship paradox. If everyone is telling you that your relationship is “perfect,” and that you are “so cute together,” you may be more likely to ignore negative things that begin to happen, and blow them off as not a big deal. Also, since everyone else is saying you’re great together you might not want to share negative feelings with your friends or family members, because you don’t want to let them down, or want them to believe that you truly are a “perfect couple.”

Friends don’t always have the full picture. While it is tempting to rely on friends’ opinions, remember that they only see the outer layer of a relationship, so it is important to focus on how the relationship is actually making you feel, and be honest with yourself and with your friends about that.

Your influence as a friend. As a friend, keep in mind that things you say may influence your friend whether you know it or not. Be mindful about the conversations that you have with your friends about their relationships, and encourage honesty about how their partner makes them feel. Ask them questions like “How is everything going?” or “What did you and your partner do this weekend?” to spark a conversation, and encourage your friends to be open and honest with you.

Societal pressure to be perfect. There is incredible pressure to be in a seemingly perfect relationship, and social media only accentuates this pressure. Think about the pressure to post the perfect selfie with your partner. Remember as a friend, that even if you are seeing the happiest posts on social media, that is not the only representation of your friend’s relationship. So as a friend, continue to ask genuine questions about how the relationship is going and do not assume that because it looks great on social media everything is perfect.

QUESTION 4

- When did you first notice signs that there was maybe something off about Chase?
- What would you do if you suspected that a friend was experiencing abuse?

POTENTIAL AUDIENCE ANSWERS

- He is quick to attach (he shows up after Paige’s class unannounced).
- He got jealous quickly of how there were guys in her study group.

TEACHING POINTS

Controlling isn’t caring. Someone who comes on too strong right away, is easily jealous, and/or limits their partner’s freedom is not a good person to date. These can be early warning signs of serious physical, emotional, and sexual abuse. Even if they never develop to those levels, these are still unhealthy and controlling behaviors that are not acceptable.

Healthy passion versus unhealthy passion. There are healthy passionate people and unhealthy passionate people. Healthy passion feels mutual, respectful, and uplifting. Unhealthy passion feels confusing, overwhelming, chaotic, and scary. If you observe examples of unhealthy passion in movies, music, and TV, you will see it everywhere – and it’s even portrayed as a good thing! In real life, healthy passionate people balance their strong emotions with strong respect for what the other person is feeling, too.

Create a healthy balance. In an unhealthy relationship, one partner pressures another to cut ties with friends, family and other people; it crosses the line from “we are excited to spend time together” to “I need you to spend all of your time with me.” An abusive partner will often use isolation as a tactic to weaken a person’s support network and therefore have power over that person. It is important to find a balance between spending time with your partner, and spending time with your family and friends. In healthy relationships, your partner should make an effort to get to know the people in your life that are important to you (such as family and friends).

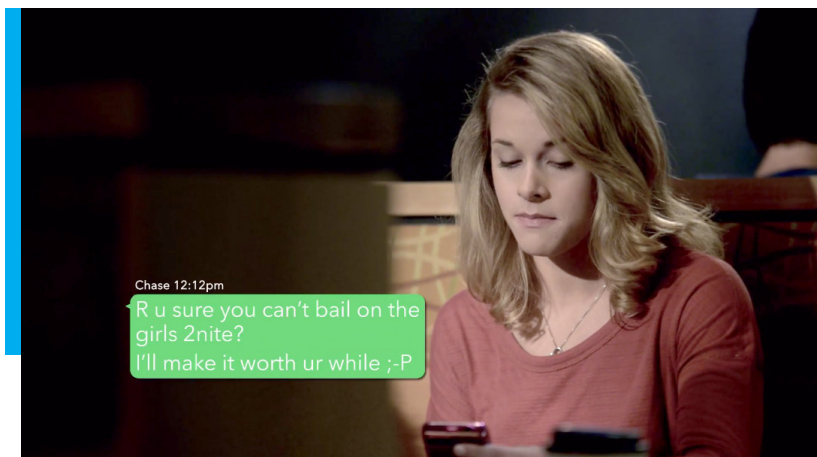
TEACHING POINTS (CONT'D)

The need for honest communication. If you feel that something is off, talk to your partner about it. If you are unable to approach your partner or if they are not listening to you, that is a sign that the relationship is not healthy.

Be approachable as a friend. If you suspect that your friend is experiencing abuse, it is important to be approachable and non-judgmental. Speak with your friend about how their relationship is going – let them know that you are there for them and that you will support them no matter what, but that they deserve to be treated well and deserve to feel happy in their relationship.

Emotional abuse is incredibly harmful. Insults such as “those pants make you look fat,” belittling, and other forms of emotional abuse have serious consequences – not only because they break down a person’s confidence, but also because a person actually may start to believe that these things about them are actually true. Remember that emotional abuse is a tactic that the perpetrator uses to control and manipulate their partner, and to make them believe that they are lucky to be with the abuser.

- + Often in LGBTQ relationships, emotional abuse may include homophobic insults and making you feel as though you deserve abuse because of your sexual orientation. It is important to remember that no matter your gender or sexual orientation, abuse is never okay.



QUESTION 5

- In one scene, we see Paige and Chase go into Chase’s room at a party and begin to hook up on his bed. The next thing we see is Paige waking up in the morning with an interesting look on her face. While we don’t see exactly what happened, what are some possibilities of things that could have happened? If they had sex, was it consensual?
- What do you think Paige was thinking when she woke up after spending the night with Chase?

POTENTIAL AUDIENCE ANSWERS

- Paige had sex with Chase because of the common assumption that you have to have sex with your significant other to show you care.
- Paige felt pressured to have sex with Chase because he said “I love you.”
- Paige had sex with Chase because she was afraid of what Chase could have done if she hadn’t.

TEACHING POINTS

The need for an active “yes”. Consent is an active “yes,” not just an absence of “no.” Consent needs to be given and received before engaging in any sexual activity. It also needs to be given and received consistently throughout that activity, and can be revoked at any time. Lack of protest or resistance does not mean consent, nor does silence mean consent.

Consent cannot be given if a person is incapacitated. Incapacitation means that a person lacks the ability to voluntarily agree to sexual activity because the person is asleep, unconscious, or under the influence of drugs, alcohol, and/or medication. Remember that you and your partner can always choose to have sex later when you are both sober, but you can’t choose to take something back. It is best not to take a risk, as you could be assuming that your partner is interested in having sex, when in fact they are not.

- ✦ Insert two sentences from your school’s policy on consent. Feel free to add information about your state’s laws on consent as well, as they may vary.

Being sexually selfish is a red flag for abuse. In healthy relationships, people verbally communicate what they feel ready for, when they are ready, and how they want to be sexually active. If you assume that your partner is ready to have sex but don’t ask or if you assume that your partner is into the same sexual things that you are into, acting on those assumptions is perpetrating sexual violence. In fact, the most dangerous perpetrators of physical partner violence have typically also perpetrated some form of sexual abuse at some point in the relationship.

TEACHING POINTS (CONT'D)

Healthy relationships are about both parties' comfort levels. There are a lot of reasons why people have sex even when they are not 100% into it. They may feel guilty for “leading someone on,” that anybody else in their position would be lucky to have sex with this person so they should too, or that they have to keep the other person sexually satisfied or they will get dumped. No matter the reason, a healthy relationship is about fun, pleasure, and real sexual satisfaction—all of which come from knowing that both people are feeling equally happy. If it's all about one person's agenda, that's a bad sign. Just because someone is your partner, or because they say “I love you,” that does not mean that you need to have sex with them.

You can talk about consent after having sex too. If Paige consented to having sex while sober and then woke up the next morning feeling regretful or upset, that does not mean that she was sexually assaulted, but it does mean that her and her partner should have a conversation about what occurred. If you are in this situation and feel that your partner is belittling you, not listening to you, or that you are too intimidated to speak with them about how you are feeling, that is a sign that your relationship is not healthy.



QUESTION 6

- Although Paige seemed uncomfortable after Chase pushed her down on the bed, she doesn't seem to consider breaking up with him. Why not?

POTENTIAL AUDIENCE ANSWERS

- She may have been surprised, confused, or too shocked to make a decision about what to do next.
- She may not have thought it was a big deal.
- She may weigh Chase's positive qualities against this "minor" incident and decide that it's not worth losing him, or be worried about being without a boyfriend.
- He was nice to her after which may have caused her to overlook the fact that he used force on her.

TEACHING POINTS

Abuse is not just physical. It can be confusing when someone you like does something that makes you unhappy, and it is possible that you don't even see their abusive behavior as abusive. However, it is important to remember that abuse comes in many forms. Feeling pushed around, held against your will, kept from your school work or job, or controlled in terms of who you can see or talk to are abusive behaviors – even if they are covered up with kind words.

The cycle of abuse. Often times when abusive situations happen, it is followed by the abuser doing something very nice, which then makes you minimize the original abusive behavior.

Listen to that gut feeling. If your gut tells you "something is a little bit off," do not ignore this—really think about it, and ask friends, family, teachers, and counselors for input. Keep track of how often you have negative feelings, and if you feel them more often than not, and you don't feel comfortable talking to your partner about those feelings, that is a warning sign that your relationship is unhealthy.

Healthy conflict versus unhealthy conflict. While all relationships have conflict, there is a difference between healthy conflict and unhealthy conflict. With healthy conflict, you are able to have a discussion with your partner about what it was that upset you, and they listen. When someone does something that makes you unhappy in an abusive relationship, it is tempting to brush it off as normal conflict, but keep in mind that if you feel like you can't talk to your partner about what happened, that is a sign that your relationship is unhealthy.

TEACHING POINTS (CONT'D)

People rarely change. If a person is fantastic 95% of the time and controlling 5% of the time, that's not good enough. If you are in a relationship with someone in which the 'little things' seem off, it can be very tempting to believe that you can fix the person, teach them the right way to behave in a relationship, or blame their behaviors on stress. Everyone deserves to be in a relationship that is 100% non-controlling, safe, and comfortable. Do not stay in a relationship in which you count on someone to change their behavior for the better. If they want to get help or change their behavior, it should be their own initiative.

The importance of a safety plan. Keep in mind: breaking up can be hard to do safely. If someone is a serious aggressor they might lash out violently during or after the breakup, so it's not a good idea to breakup in the spur of the moment. In fact, the most dangerous time in an abusive relationship is after a breakup. If you feel afraid or have a sense that a breakup would "push someone over the edge," that's a sign that you may be in danger and that a safety plan should be created for the breakup. The plan should be carefully thought out (i.e., not in an isolated place) and friends, family, teachers, or counselors should be informed of the plan ahead of time for support throughout.

Check out the Safety Plan in the Appendix on page 45 for more information.



QUESTION 7

- What does Paige tell her friends the day after Chase pushes her down on the bed and won't let her leave his room?
- Soon after the incident occurs, she posts online "best boyfriend ever" when he brings her coffee – why might Paige pretend her relationship is better than it actually is?

POTENTIAL AUDIENCE ANSWERS

- She is trying to not only convince others, but also herself, that the relationship is better than it is.
- She genuinely thinks that he did do something sweet because he wanted to hang out with her all night.
- She may think that her friends wouldn't believe her if she told them that he pushed her.

TEACHING POINTS

Be honest with yourself and others. People make relationships sound better than they truly are to themselves and to their friends for many reasons. Someone in an abusive relationship might make their relationship sound great because they want to live up to that expectation of a perfect relationship or they might not yet understand the behaviors they are experiencing are abusive. These emotions may make it difficult for someone to be honest about a partner's bad behavior, and may lead them to make excuses for their partner in order to act as though everything is okay.

Don't isolate even further by showing anger. If you know that your friend is in an unhealthy relationship but they don't see it or admit to it, don't get angry at them. It is tempting to be annoyed at the fact that they are "blind" to their partner's behavior or "not facing reality," but getting angry with them won't solve that problem. In fact, trying to force them to admit that they are in an unhealthy relationship mirrors what the abusive partner is doing to them: forcing an opinion or action on them. Your friend will never leave a relationship because you tell them to; they will leave a relationship when they make the decision for themselves and feel ready. Be gentle, kind, and patient with your friend and you will be accomplishing a lot more by setting a healthy example for how people should treat each other. Emphasize that you are there for your friend whenever they are ready to talk, without any pressure or a deadline.

TEACHING POINTS (CONT'D)

Don't give up. It is normal to be angry or frustrated if you feel that your friend is putting their life in danger. However, it is more beneficial to your friend that you remain a steadfast support for when they do decide to get help or leave the relationship. If you find that you are overwhelmed or feeling angry, it may be helpful to speak with a counselor about how to properly and safely handle the situation.

Talk about how the behaviors make your friend feel. It's hard to understand, but remember your friend cares about their partner. When speaking with your friend, it can be helpful to focus on how their partner's behaviors are impacting them. Instead of saying "your partner is abusive," or "they are abusing you," try saying "how does it make you feel when they check your phone every night, or when they don't let you go to a party?" Talking about the specific behaviors and identifying how those behaviors make your friend *feel* can be incredibly helpful. Give your friend the power to make their own decisions and form their own thoughts.



QUESTION 8

- If someone texted or messaged you over and over in a way that made you feel uncomfortable, what would you do?
- How can you develop healthy virtual boundaries with your partner?

POTENTIAL AUDIENCE ANSWERS

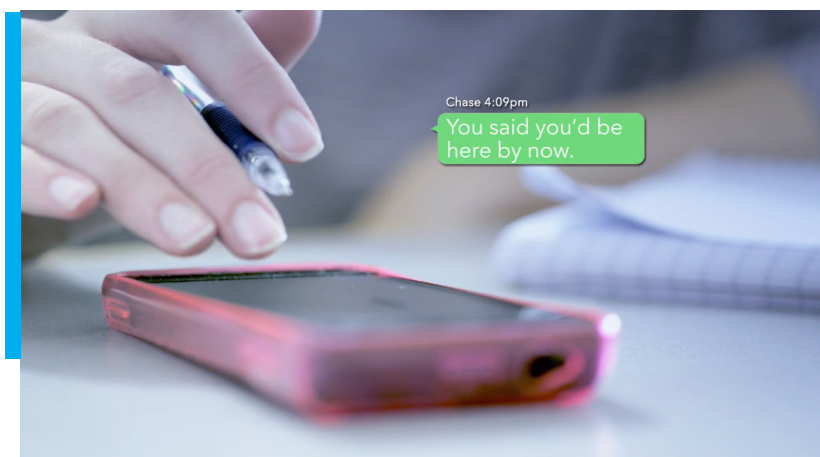
- I wouldn't want them checking up on where I am but otherwise frequent texting is okay with me.
- If someone was texting me too much I would just tell them to stop.
- I would block their number.

TEACHING POINTS

Have a discussion about mutual levels of comfort in contact. People have different comfort levels regarding how often they like to stay in touch. Being attentive means being considerate of your feelings, whereas being controlling is a way of dominating you and neglects your feelings.

Find a happy medium together. If two people want to text all day—and they are both enjoying it—that's fine. It becomes unhealthy if two people don't talk about healthy boundaries, or if one person assumes that they can text all the time regardless of what the other person wants. In a healthy relationship, both people care equally about the other's comfort level. There should be mutual agreement about how often you communicate.

Information on your whereabouts is not "owed". If you feel that someone is demanding to know your whereabouts, doesn't want you to go certain places, or implies that you "owe" them information about what you are doing or why, those are signs of an unhealthy, abusive relationship. In healthy relationships, people feel free and unpressured.



QUESTION 9

- At one point, Chase brags to his roommates that Paige does anything he wants sexually. How do his roommates react and why do they react that way?
- What could they have said (being realistic about the ways that friends talk to each other)?
- Do you think it is common for friends to have these types of conversations?

POTENTIAL AUDIENCE ANSWERS

- The roommates are not sure what to say, but could have said “too much info!”
- It’s common for people to talk about sex; what matters is whether they do it with respect.

TEACHING POINTS

The difference lies in language and wording. It is natural for people to talk to their closest friends about their sex lives, particularly to talk about experiences or ask for advice. That is entirely different from bragging to friends about what you can “get someone to do” in bed. Chase wasn’t talking to his friends about his sex life because he wanted advice. His purpose was to boast about his power over Paige. If you hear someone boasting about controlling someone else sexually, give that person the message that they have crossed a line and that you are not impressed. Keep in mind that if you thought the comment was weird, it is likely that it made others in the room feel uncomfortable as well –be the leader in saying something, anything, to call that person out. Even a simple, “Whoa, why would you say that?” can be impactful!

Sex is about mutual respect, not power. If you have a friend who talks to you about feeling sexually pressured by a partner, sensitively remind your friend that sexual pressure, coercion, or force all count as abuse and are signs that the relationship is unhealthy and could become worse over time. There is never an excuse for these behaviors. Speak to your friend about how, in a healthy relationship, both partners feel equally respected and satisfied sexually, and nobody is pushing his or her agenda on the other. Remember to support your friend, even when you don’t support their relationship.

QUESTION 10

- What was Paige and Chase’s first fight about (when they first broke up at the party), and what role did alcohol play?
- Why do you think it is a warning sign of an abusive relationship when a couple is constantly breaking up and getting back together?

POTENTIAL AUDIENCE ANSWERS

- The fight at the party (when Chase calls Meg a hooker) resolves when Chase follows their taxi home and somehow convinces Paige to let him sleep over.
- Alcohol may have lowered Chase’s inhibitions, making his true controlling behaviors show more clearly.

TEACHING POINTS

It’s not just how they respect you, it’s how they respect everyone. If a partner insults your friends, that’s a sign of an unhealthy relationship. In a healthy relationship, a caring partner might have questions about certain friends or even family members, but the right thing to do is to raise those concerns calmly and in a manner that doesn’t blame, shame, or judge.

The difference between an “excuse” and a “reason.” In this scene, alcohol plays the role of an excuse – “Oh, we were just drunk, neither of us meant what we said.” It is important to recognize the difference between a reason and an excuse. Being drunk may be the reason that the fight escalated, but that is no excuse for the fact that Chase said what he said. People are responsible for their actions whether they are drunk or sober.

On and off again relationships. It is a warning sign that a relationship is abusive if the partners are consistently breaking up and getting back together. Victims of abuse often attempt to break up with their partner several times, but might stay in or return to the relationship because they feel guilty, don’t want to be lonely, or have family or religious pressure to forgive and forget – causing an “on-again, off-again” situation.

TEACHING POINTS (CONT'D)

Establish a safe breakup plan with someone. Because breakups can be especially dangerous for victims of relationship abuse, it is a good idea for friends to talk to each other about their plans for breaking up with someone and carry out the break up in a planned, safe way. A spur-of-the-moment break up is more likely to lead to an “on-again, off- again” pattern as opposed to a planned breakup. It is a sign of an abusive relationship if the situation is “on-again, off-again” because it shows that conflict is not being discussed or resolved using healthy communication.

Check out the Safety Plan in the Appendix on page 45 for more information.

Abuse doesn't always start out extreme. It is important to note that people like Chase do not typically begin relationships with overt signs of abuse, like physical or sexual violence. Offenders will often have established beliefs and attitudes about other groups of people that reinforce a sense of power over others – such as racism, sexism, homophobia, ableism, and so on. A potential perpetrator might “test the water” with a racist joke or sexist remark (like Chase referring to Meg as a “hooker”). If met with a positive response or even apathy, the person will gradually increase their aggressions until it includes overt relationship violence and abuse. It is especially important that we are intervening, even in the moments that seem “small” because putting an end to relationship violence includes putting a stop to the verbal aggression and negative attitudes that support violence.



QUESTION 11

- Why do you think Paige agreed to let Chase take explicit photos of her even though she initially said no?
- Do you think that this is ever a safe or okay thing to do?
- What would you do if someone showed you explicit photos of another person?

POTENTIAL AUDIENCE ANSWERS

- She may have been afraid of what he would do if she didn't.
- She wants to make him happy or keep him happy.
- She might think that's what she's "supposed to do" to be considered "sexual" or "sexy" by her boyfriend.

TEACHING POINTS

The internet is forever. Even if you trust your partner or know that they will delete the pictures immediately, this is still not a safe practice because once a picture is taken, it never truly disappears – even on Snapchat! In our relationships, we always want to be making decisions that are as informed, safe, and comfortable as possible.

Unhealthy power imbalance. This is a common theme in abusive relationships and an increasing problem in the social media world. Once abusers have explicit photos of their partners, they "own them" or control them because they can (and often do) use explicit photos as blackmail. This creates an unhealthy power imbalance in a relationship. Additionally, in LGBTQ relationships, these photos could be used as blackmail to out their partner.

Guilt-tripping isn't good. Chase showed that he lacked respect for her decision when he coerced her by asking repeatedly and guilt-tripping her about the "long, cold nights over winter break." If your partner is pressuring you into doing anything that you are uncomfortable with, that is a clear sign of an unhealthy relationship. In a healthy relationship, your partner will not try to convince you or pressure you into doing something that you are not completely comfortable with.

Not acting contributes to the cycle of abuse. If you don't say anything, you are contributing to this cycle of disrespect, so be sure to intervene. Some examples of ways to intervene could be to say: "Why are you showing me that! Do they know that you're showing me this photo?" "You should delete that from your phone. I'm sure they wouldn't like to know that you're showing people this." Or even a simple "Shouldn't you keep that just between you two?"

QUESTION 12

- What do you think Paige is thinking after she is strangled in the woods under the bridge?
- Why does she allow him to hug and comfort her when she is crying afterwards?
- Why do you think Paige and Chase's friend's didn't follow them? What could they have done differently?

POTENTIAL AUDIENCE ANSWERS

- She may have been in shock and not "thinking" at all; she "went numb."
- She may have wondered if Chase was right and if she really did betray him.
- She might have believed he was remorseful and felt relieved he was apologizing.
- She may have been afraid of losing him as her boyfriend or felt like a failure.

TEACHING POINTS

No one ever deserves to be abused. Nobody deserves to be hit, hurt, or strangled — no matter what they've done. Even if you have done things in your relationship that you are not proud of (such as cheating on your partner), it is still not ok for your partner to hurt you and it is illegal.

Don't make excuses. Do not make excuses for someone who has used physical violence. Even if they are going through a difficult time or have had a tough past, this does not excuse them for the abuse; there is nothing that makes it okay. There are plenty of people going through difficult times who don't harm their partner.

Traumatic Bonding Theory. Another potential explanation for why Paige may have walked back over to hug Chase in that scene is Traumatic Bonding Theory. This theory states that abusers and victims can feel closer after an abusive incident because they feel closer after surviving that conflict together.

Physical violence is likely to occur more than once. If physical violence has occurred, it is not a good idea to continue the relationship. No matter what the abusive partner promises, the physical violence is likely to occur again and the intensity of that violence could get worse and worse each time.

TEACHING POINTS (CONT'D)

Know the risks that come with strangulation. If your partner has strangled you in the past your risk of being killed by them is seven times higher.¹ Additionally, strangulation is one of the most lethal forms of abuse because unconsciousness may occur within seconds and death within minutes. While physical abuse is never okay, any form of strangulation is a particularly high indicator of lethality in the future.

¹ Glass, N., Laughon, K., Campbell, J., Block, C. R., Hanson, G., Sharps, P. W., & Taliaferro, E. (2008). Non-fatal Strangulation is an Important Risk Factor for Homicide of Women. *The Journal of Emergency Medicine*, 35(3), 329-335. doi:10.1016/j.jemermed.2007.02.065

Violence needs to be discussed. A relationship is in serious trouble when any sort of physical violence takes place. It is important for both parties to talk to friends, family, teachers, counselors, and/or authorities about the incident.

You cannot fix your partner's problems. Counseling programs cannot be expected to change the behavior of abusive people within the course of the relationship. It takes, at the very least, six months to determine if your partner is safe to go back to. Your first priority needs to be your safety. It is not the responsibility of a girlfriend or boyfriend to fix their partner's problems; this is a job for a trained, expert counselor. If you stay with your abusive partner, you might prevent them from recovering in a holistic way.

As a friend, don't turn a blind eye. Your safety always comes first, but as a friend, be sure to monitor the situation. Paige and Chase's friends could have: followed them to diffuse the situation (if they felt safe enough to do so), called a resource to help (campus resources, outside resources, or another friend), or followed up with Chase and Paige to see if they were okay.



QUESTION 13

- There is a scene in which Paige and Chase are alone in a car and she tells him that she loves him and only him. Why do you think Paige said that?
- Why would anyone love someone who doesn't treat them respectfully?

POTENTIAL AUDIENCE ANSWERS

- She may be confusing pity with love.
- She may realize that he is troubled but wants to help him.
- We subconsciously internalize “sexual scripts” from media and other sources that sometimes convey the idea that violent or controlling relationships are “passionate” and that a woman’s role is to “stick by her man.”
- **Stockholm Syndrome:** Victims may begin to see things from the abusive person’s point of view more than their own, and replace their own feelings and desires with the feelings and desires that the abusive person wants them to have.

TEACHING POINTS

The role of a partner vs. the role of a counselor. Some people have unhealthy attachment styles that cause them to be needy or dependent on their dating partner, and feel terror about the idea of losing that person. They may say things like “I would die if you ever broke up with me” or “nobody could ever love you as much as I do.” It is vital to remember that it is not the responsibility of a partner to fix this anxiety. A victim may feel that they are the only person that can “help” or “save” their partner from whatever they are struggling with (stress, depression, alcoholism, a parents’ divorce, etc.) but that is a job for a trained expert counselor.

Context is key. Note the difference in what Chase says during this scene compared to what Paige’s father says to her mother later in the film: “I don’t know what I’d do without you, honey!” It is natural to feel that you would be extremely upset if your partner left you, but it is not healthy to feel that you would harm yourself or others if your partner left you.

Look at insecure attachment styles. Be on the lookout for people who attach too soon, expect too much, or seem like they would fall apart without you. Those are not healthy people for you to date. If you have a friend who seems to have an insecure attachment style, gently point that out to them and encourage them to seek counseling.

QUESTION 14

- Why doesn't Paige tell her mother more about her relationship when she goes home, particularly after Chase shows up unexpectedly?
- Why would you hesitate to tell a parent, aunt, uncle, or other important person in your life what is truly going on?

POTENTIAL AUDIENCE ANSWERS

- She is embarrassed and worried her mom will judge her for being in an unhealthy relationship.
- She may be worried that her mother would feel troubled and doesn't want to burden her.
- She may be trying to fulfill what she believes to be her parents' expectations.
- She feels inferior to her mother because her mother has a happy marriage and Paige feels that she has been unsuccessful at having a happy relationship.

TEACHING POINTS

It is never your fault. It's common for victims to feel like they have done something foolish by "getting themselves into a bad relationship," and then feel embarrassed to admit that or talk about it with others. Sometimes it seems easier to try to cover it up by saying it was a one-time mistake that will never happen again, than to admit that they feel scared, confused, unsure about the relationship, or depressed. They may also not tell the full truth of the situation because they don't want their friend or parent to dislike their partner.

Emphasize acceptance, patience, and love. The best thing a family member or friend can do is to remain non-judgmental and available. If you try to force a victim of dating violence to talk to you, you are teaching them that force is normal in caring relationships. If you use patience, gentleness, and acceptance until they are ready, you are teaching an important lesson that loving relationships are about respect and safety. When talking to them about their relationship, focus the conversation on how much these behaviors impact their life – which might help lead them to a realization of the severity of the situation.

Be cautious as a friend with accidental comparing. If your friend is in an unhealthy relationship and your own relationship is fantastic, be extra conscious of not rubbing it in his or her face accidentally. On the one hand, positive examples of healthy love are really great. Everyone should be so lucky as to watch two parents express happy affection! On the other hand, be aware that it can further alienate a victim of relationship abuse if they feel like they are the only one to ever go through hard times. Your friend might open up to you more if you lead the conversation and raise a conflict you have had with your own partner first.

TEACHING POINTS (CONT'D)

If you don't feel comfortable speaking with your parents about your relationship(s): Keep in mind that if you identify as LGBTQ and feel that your parent does not support your sexuality or gender identity, you may not feel comfortable talking to them about your relationship. Remember that if you would like to speak with someone about what you are going through, but don't feel comfortable speaking with your parent, you should try to find another person that you trust. There are counselors and advocates that you may feel more comfortable reaching out to and you can consult the list of national resources in the Appendix.



QUESTION 15

- After dinner, Paige’s mom has a conversation with her in private. She tells Paige: “If he doesn’t make you feel like a better person, it’s not love.” What are some other qualities that you believe make up a healthy relationship, and can you provide some examples of when you’ve seen these positive behaviors?

POTENTIAL AUDIENCE ANSWERS

- Yes, relationships should make you feel great.
- No, all relationships are difficult sometimes. All couples go through problems.
- Sometimes love means going through hard times together.

TEACHING POINTS

Going through abuse is not just “a difficult time.” No matter how you define love, being psychologically, physically, and/or sexually abused should not be part of it. There is a difference between “going through difficult times” in the regular way and going through abuse. How can you tell the difference?

Different types of conflict. In “regular” forms of conflict, you do not feel afraid. You might experience hurt or heartbreak if your partner doesn’t want to be with you anymore, wants some time apart, or doesn’t share your passion for your favorite TV show. Those are normal, expected types of conflict and the healthy reaction is to feel disappointed but to carry on and cope.

Friends don’t always know the full story. It is not healthy, normal, or acceptable to continue in a relationship where someone has made you feel bad about who you are as a person, shamed you, made you feel crazy, hit you, sexually coerced you, or otherwise crossed the line into abuse. If you are confused about whether what you are going through are “regular hard times” or “unhealthy abuse hard times,” don’t just ask your friends for advice. Friends mean well but don’t always know where to draw the line. A good friend will encourage you to ask a counselor or other relationship expert for advice.

You should never question if you are respected. In a healthy relationship, you will not need to question whether or not you are being treated with respect. You feel comfortable communicating with your partner, and feel that you can be yourself. You trust your partner, and do not feel controlled by them.

QUESTION 16

- At the end of the film, the friends are interviewed by a detective. He asks them if they saw any signs that the relationship was abusive. They say yes, and each one gives a different explanation for why they didn't think what they saw warranted further action from them. What were some of their reasons?
- Although we don't blame the friends, Paige's parents, or Paige, what do you think *should* have happened differently, in an ideal world?
- What prevented those things from happening? What can we do as a campus or a society to make it more likely that the ideal thing *does* happen?

POTENTIAL AUDIENCE ANSWERS

- I didn't want to get involved.
- All couples have their problems. It seemed like their private drama.
- It didn't seem that bad.
- I didn't want to see what was in front of me — it was more comfortable to deny the truth.

TEACHING POINTS

It's your job to say something. As a friend, do not ignore the signs that you see in a friend or loved one. Remember that a victim will not leave an abusive situation because you tell them to; they need to make that decision on their own. However, you can help lead them to that decision by reminding them that everyone deserves to feel safe in their dating relationship. Kindly confront your friend on the signs that you see as you see them, and then follow up on those conversations — understand that it will likely take many, many of these conversations before your friend chooses to leave their partner.

Talk to someone first. If you don't feel comfortable talking to your friend about their relationship, consider talking to another friend who might be noticing these behaviors too. You and your friend can be two sets of eyes on the situation and can intervene together if need be, but be sure to do so in a non-judgmental and supportive way.

Label the behaviors, not the person. Many people don't want to label their partner as "abusive," so it can be useful to help a friend label the behaviors, not the person. For example, you can note that the person is exhibiting "abusive behaviors," such as being controlling, possessive, belligerent, etc., and that there is no excuse for those behaviors.

Know your resources. We have provided you with a list of resources on this campus and in our community. Feel free to contact any of these people to learn more about what types of services they can provide, and consider scheduling a meeting with them so you can understand what resources are available within your community.

QUESTION 17

- What, if anything, do you think that you will do differently after having watched this film and having had this discussion?
- Is there anything else you would like to add?

POTENTIAL AUDIENCE ANSWERS

- Be aware of the subtler signs of abuse that often get discounted.
- Intervene earlier when I have concerns about a friend.
- Get out of an unhealthy relationship (by safety planning) as soon as I realize that it is unhealthy.
- Get involved in relationship abuse prevention actions on campus and in my community.

TEACHING POINTS

Don't discount subtle signs of abuse. Be aware of the subtler signs of abuse that often get discounted, and don't make excuses for people who abuse. Remember that emotional abuse is a very serious form of abuse. Recognize that there are reasons that people exhibit abusive behaviors, but there is no excuse for those behaviors. Trust your gut — if you feel that something is off, take the time to analyze how you are feeling and speak to your partner, friends, or family about it.

Do something. Intervene when you suspect a friend is abusive or being abused, and understand that these conversations need to continue over time. Do not stay in an unhealthy relationship and be sure to create a safety plan around the breakup. Recognize the early signs of relationship abuse as serious and leave an unhealthy situation before it escalates even further. Look over the local resources and know who to turn to if you need help in this situation.



APPENDIX

- + As a facilitator, we want you to feel as prepared as possible for any questions that may come your way. The rest of this manual includes tips and specific resources for you to have for yourself and to share with others.
- + Feel free to take any of these pages and print them off as handouts for your workshops. As mentioned earlier, you should always have a list of local resources available in addition to any handouts below or instead of them.

HOW TO MAKE A RESOURCES PAGE

The *Escalation* Workshop can be triggering for individuals who are or have been in an abusive relationship or who have friends or family members experiencing abuse. Making sure that everyone who participates in the workshop feels like they have a resource to call or physically go to if they have questions or concerns is really important. At the very least, print out a national and local resource sheet. We strongly encourage you to have an advocate at the workshop as well, whether it someone from the counseling center or a peer educator. Here are some tips as you prepare for a workshop:

- 1. Local Resources.** We have provided a national resources and referral page (see next page), but you should include a local page, as well. Make sure you are including resources both on your campus and in your community/state in your resource handout. Remember, local domestic violence organizations are for everyone in the community, not just married or older couples!
 - + **Include this:** Please keep in mind that many abusive partners check their partner's electronic devices, so if you want to go on a website or call a hotline, you may want to do it from a friend's device or public phone.
- 2. Be thoughtful about this list of resources.** Put yourself in the shoes of someone who may be triggered by this workshop. They probably want options – a website, a hotline, and one sentence about what the resource provides will be extremely helpful. Include resources for the LGBTQ community, sexual assault resources, and anything else that will help the students on your campus.
- 3. Hand them out!** Have enough copies of your resource pages for everyone and hand them out before the workshop starts. Someone who needs the information may be too embarrassed to pick up the sheet if it's on a table and someone may want to call a resource during the film or discussion.
- 4. Bring an advocate.** The best way to conduct a workshop is with a resource right on hand. Reach out to support services on your campus and tell them what you are doing so they can provide an advocate. They don't need to be in the room with you, but should be nearby in case someone gets triggered. Many schools have great peer advocate/educator programs, so you can utilize those individuals as well.
 - + **Friendly introductions.** Be sure to introduce whoever is providing support before the workshop begins so that participants feel comfortable.
- 5. Know where to go.** If you can't have an advocate at the workshop, be sure to know where you can send someone on campus if they are triggered. Encourage them to bring a friend and head right over.

NATIONAL RESOURCES AND REFERRAL PAGE

ONE LOVE MY PLAN APP

Can be found in the app store | <http://bit.ly/1bJsRll>

This app helps you determine if a relationship is unsafe and it helps create the best action plan by weighing an individual's unique characteristics. Additionally, a friend or family member can use this app to assess the danger of a loved one.

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | Canada: 1-800-363-9010

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Call if you would like more resources or information, or if you are questioning unhealthy aspects of your relationship.

LOVE IS RESPECT

www.LovelsRespect.org | 1-866-331-9474 or 1-866-331-8453 | text "loveis" to 22522

Contact LovelsRespect if you want to talk to someone, need advice about your relationship or a loved one's relationship, or if you have legal questions.

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE

The National Sexual Assault Hotline provides basic information for victims or friends/family of victims, short-term crisis intervention and support, answers to questions about recovering from sexual assault, and resources to assist with the reporting process.

HELPLINE

<http://www.stopitnow.org/help-inquiry> | 1-888-PREVENT

The 1-888-PREVENT number provides support, guidance and information to adults who wish to speak confidentially with the Helpline staff. You can also schedule a 30-minute phone consultation with Helpline Associates.

CENTER FOR RELATIONSHIP ABUSE AWARENESS

<http://stoprelationshipabuse.org/get-help/resources>

This site provides a plethora of resources of all types (legal, seeking help, basic information, help in your area, etc.).

GLBT NATIONAL HELP CENTER

<http://www.volunteerlogin.org/chat> | 1-800-246-PRIDE

This resource provides peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity. They have two national hotlines, as well as a private, volunteer one-to-one online chat, that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems and a lot more.

STATE WIDE COALITIONS

Google your state-wide coalition (such as: "New York State-Wide Coalition") to find a list of all of the domestic violence support centers in your state.

For the purpose of these statistics, intimate partner violence is being defined as: Experiencing rape, physical violence, and/or stalking by an intimate partner in their lifetime.

- +

More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced intimate partner violence.¹

 - Most female and male victims of intimate partner violence (69% of female victims; 53% of male victims) experienced some form of intimate partner violence for the first time before 25 years of age.
 - More than 22% of female victims and 15% of male victims experienced some form of intimate partner violence for the first time between the ages of 11 and 17 years.
 - Nearly half of female victims (47%) and more than one-third of male victims (39%) were between 18 and 24 years of age when they first experienced violence by an intimate partner.¹

- +

The lifetime prevalence of intimate partner violence by racial identity:

 - Approximately 4 out of every 10 Black, non-Hispanic women (43.7%), American Indian, or Alaska Native women (46.0%), have experienced intimate partner violence in their lifetime.
 - 1 in 2 multiracial non-Hispanic women (53.8%) in the United States have been experienced intimate partner violence in their lifetime.
 - About 1 in 3 White non-Hispanic women (34.6%), more than 1 in 3 Hispanic women (37.1%), and about 1 in 5 Asian or Pacific Islander non-Hispanic women (19.6%) have experienced intimate partner violence in their lifetime.
 - Nearly half (45.3%) of American Indian or Alaska Native men and almost 4 out of every 10 Black and multiracial non-Hispanic men (38.6% and 39.3%, respectively) in the United States have experienced intimate partner violence in their lifetime.
 - More than 1 in 4 Hispanic and White non-Hispanic men experienced intimate partner violence in their lifetime (26.6% and 28.2%, respectively).¹

- +

The lifetime prevalence of rape, physical violence, and/or stalking by an intimate partner by sexual orientation:

 - About 4 of every 10 lesbian women (43.8%) have experienced intimate partner violence in their lifetime.
 - About 6 of every 10 bisexual women (61.1%) have experienced intimate partner violence in their lifetime.
 - About 1 in 3 heterosexual women (35.0%) have experienced intimate partner violence in their lifetime.
 - About 1 in 4 gay men (26.0%) have experienced intimate partner violence in their lifetime.
 - About 1 in 3 bisexual men (37.3%) have experienced intimate partner violence in their lifetime.
 - More than 1 in 4 heterosexual men (29.0%) have experienced rape, physical violence, or stalking by an intimate partner in their lifetime.²

- +

LGBTQ people may be nearly twice as likely to experience IPV as non-LGBTQ people, but bisexual people are nearly twice as likely to experience IPV as those identified as gay or lesbian.³

 - Transgender people are at much higher risk for IPV and sexual violence than non-transgender people.³
 - Transgender survivors were more likely to face threats/intimidation, harassment, and police violence within IPV.

- + Leaving an abusive partner may be the most dangerous time in the relationship, as women are 70 times more likely to be killed in the weeks after leaving their abusive partner than at any other time during the relationship.⁴
- + It takes a victim an average of seven times to leave an abusive relationship before the separation is final.⁵
- + Prior non-fatal strangulation is associated with greater than seven-fold odds (7.48x) of becoming a completed homicide.⁶

REFERENCES

- ¹ Basile, K. C., Black, M. C., Breiding, M. J., Chen, J., Merrick, M. T., Smith, S. G., ... & Walters, M. L. (2011). *National Intimate Partner and Sexual Violence Survey: 2010 Summary Report*. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Violence Prevention.
- ² Walters, M. L., Chen, J., & Breiding, M. J. (2013). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 findings on victimization by sexual orientation. *Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention*.
- ³ National Coalition of Anti-Violence Programs (2013). Lesbian, Gay, Bisexual, Transgender, Queer, and HIV-Affected Intimate Partner Violence in 2012. New York, NY: *National Coalition of Anti-Violence Programs*.
- ⁴ Myths & Facts about Domestic Violence | Domestic Violence Intervention Program. (n.d.). Retrieved August 09, 2016, from <http://www.dvpiowa.org/myths-facts-about-domestic-violence/>
- ⁵ Robinson, K. (2013, June 10). 50 Obstacles to Leaving: 1-10. Retrieved August 09, 2016, from <http://www.thehotline.org/2013/06/50-obstacles-to-leaving-1-10/>
- ⁶ Glass, N., Laughon, K., Campbell, J., Block, C. R., Hanson, G., Sharps, P. W., & Taliaferro, E. (2008). Non-fatal Strangulation is an Important Risk Factor for Homicide of Women. *The Journal of Emergency Medicine*, 35(3), 329-335. doi:10.1016/j.jemermed.2007.02.065

HOW TO HELP A FRIEND

If you have a friend whom you think may be in an unhealthy relationship, the first step is to talk to him or her about it. There are many websites with in-depth advice about how you can help a friend who is being victimized. We provide a few tips here, but we encourage you to check out those websites, including our own!

IF YOUR FRIEND IS EXPERIENCING RELATIONSHIP ABUSE

Stay calm. If you feel that your friend is in imminent danger of physical or sexual harm, please alert campus safety or call 911. You can also call the National Domestic Violence Hotline at 1-800-799-7233 to get advice. Barring imminent harm, don't panic. Your friend most likely feels that his or her life is already overwhelmingly chaotic. If you can be a steady, stable supporter who creates a feeling of safety and calm during discussions, your friend will continue to seek your friendship – which is exactly what you want. On the other hand, if you panic, freak out, yell, ask your friend if they are crazy, tell other people, or make demands of your friend, your friend may turn away from you. The last thing they need is for you to start acting just like their controlling dating partner.

Admit that you also have problems. Very few victims of relationship abuse recognize that they are “victims” or want to view themselves that way. Don't force that on them. Again, if you want to be helpful, you have to make yourself emotionally available and accessible to your friend. One way to reassure your friend that you aren't judging him or her, and are a safe person with whom they can talk, is to normalize the idea that nobody's life is perfect. Even if you are in a healthy dating relationship, you can probably “lead by example” and start talking about something that troubles you just to get the ball rolling in terms of an open conversation about deeply personal things. Try to make it feel like an equal exchange between two friends — not like a therapist and a patient or a crisis counselor and a victim. Maintain the feeling of reciprocal friendship, and your friend will be more likely to think of you as a safe friend.

Don't expect anything in particular from your friend the first time you talk. The first time you have a discussion with a friend about an unhealthy relationship, they may admit a few things that have happened and then suddenly retreat or take it back. You do not have to get your friend to “admit” that they are a victim, and the goal of a first conversation should be to establish that you care, you are available, and that you are a safe person with whom they can talk. The situation is unlikely to “wrap up neatly” overnight, so emphasize that you are there for them whenever they might need help.

Slowly move toward solutions that feel right to your friend. The best way to help a friend is to offer options, but not push any one of them in particular. You might propose that they call the National Domestic Violence Hotline, visit the campus violence prevention resource center or behavioral health center together, or talk to a resident advisor or campus administrator. Again, remember to use a calm approach, remain open to hearing your friend retract or try to cover up the abuse, and reassure your friend that they “are the expert on their own life.” It's very important that your friend knows you respect them. Enable them to feel as though they are in the driver's seat and that you are not pushing solutions on them. The exception to this rule is when you suspect that your friend is in imminent danger of bodily harm — either self-harm or harm perpetrated by someone else. In that case, call law enforcement, campus security, and/or other authorities. Your friend may feel betrayed and be angry that you have taken that step, and you may lose the friendship for awhile, but if you have saved his or her life then it's worth it. For more information, visit: <http://womenshealth.gov/violence-against-women/get-help-for-violence/how-to-help-a-friend-who-is-being-abused.html>

IF YOUR FRIEND MAY BE ABUSING THEIR PARTNER

Talk about it. If you see, hear, or find out about a friend being emotionally, physically, or sexually abusive towards someone else, say something and do something. Start with gentle questions like, “How have things been going between you and [partner] lately?” The goal is to get your friend to admit that they are feeling stress and that they could use some help dealing with that “stress.” An abusive person is extremely unlikely to respond positively to being told that they are an abuser. Going along with your friend and pretending it is stress might get that person to accept help faster than trying to get them to admit they are perpetrating relationship violence. An expert may be able to do so, but you risk endangering the victim if you press too hard on an abusive person to make them admit they are a perpetrator of relationship abuse. Talk to other friends about what you’ve seen and heard, and work together to come up with solutions.

Know where to refer your friend. If your friend will admit to being “stressed,” offer to go with them to a behavioral health or a mental health counselor. Normalize mental health treatment by telling your friend about a time you needed help, or someone else in your family needed mental health counseling. Plan in advance where you could go together for help. You can find out by asking the campus violence prevention office or the campus behavioral health center, or by calling the National Domestic Violence Hotline.

Emphasize how important it is that your friend not use violence. Tell your friend that no matter how bad things get, including if their partner has cheated on them, insulted them, or done other unfair things — there is never a reason to hit or hurt them. You can let your friend know that excessive drinking does not excuse use of violence and that having a difficult childhood is no reason to hurt someone else.

CREATING A SAFETY PLAN

What is it? A safety plan is a personalized strategy to remove yourself from potentially dangerous situations. You should include advocates, community organizations, friends, and family when creating a plan and use this support system as part of your plan. Everyone’s plan is different, depending on access to resources and who your support system consists of.

Why is it important? If you are in an unhealthy or abusive relationship, you should know that the abuse is not your fault and that you deserve to feel safe. It is crucial that you create a safety plan whether you are planning to leave or stay in an abusive relationship. You should also know that **the most dangerous time in an abusive relationship is after you have left your partner**. It is very important that you take precautionary measures to keep yourself as safe as possible. For more help creating a safety plan, please visit:

www.joinonelove.org/my_plan_app

SAFETY PLANNING QUESTIONS TO ASK

Are you ready to break up?	Do they have a key to your house/apartment?	Can you keep a “safe” phone, or get one from a local DV agency?
Are you living together?	Do you have a safe place you can stay?	Where do dangerous incidents usually happen? Is there any way to avoid that area, or to move to a more public place when an incidence of abuse is likely?
Can you change the locks?	Will they contact your friends and family to find out where you are?	Are there things you can do to keep your partner from getting to the point where they feel the need to use physical abuse? What sets them off?
Is shelter an option?	Do they have access to your phone/computer/iCloud?	
Will the abuser try and follow you or find you?	Do they know any of your passwords?	
What is a good “safe route” out of your house/apartment?		

TRUST YOUR GUT!

You have already kept yourself safe for this long, you are clearly doing a lot to keep yourself safe without calling it a “safety plan.” Keep trusting your gut!!!

CREATING A SAFETY PLAN (CONT'D)

CHECKLIST

- Have the phone number of two safe people memorized, so you can call from anywhere
- Pack a bag with important documents (passports, ID, cash, birth certificates, etc.) and keep it in a safe place (could be outside of your home, with a family/friend)
- Have a phone and phone charger on you at all times
- DOCUMENT every incidence of abuse, even non-physical
- Save emails, texts, and pictures that are threatening
- Know your resources! Local DV agency, hotline numbers, local shelter/hotel options

TECHNOLOGY TIPS

- Phone: Turn OFF GPS, have a “safe” phone or a 911 phone, change phone number, don’t give out the new phone number to anyone who might have a connection to your abuser
- If you have a car, you can get it checked to make sure there is no GPS or tracking device in it
- Tell friends and family not to respond to your abuser or post anything that would give away your whereabouts on social media

MONEY TIPS

- If don’t have a separate bank account, create one that the abuser doesn’t know about with a different bank and slowly start putting small amounts of money into it that they won’t notice
- Keep cash on you at all times (enough for a bus, emergency food, gas money, and whatever it will take to get you to a safe place or DV center)

EMOTIONAL SAFETY TIPS

- Talk to an advocate
- Have at least one person you feel safe confiding in (friend, family member, etc.)
- Practice self-care whenever possible that you can do safely in the relationship
- Let advocates know what your triggers are or might be so you can try to safety plan around them in advance, especially if know you will have to see the abuser again (in court, for child visitation, etc.)

LETHALITY INDICATORS

In some situations, contacting law enforcement, a domestic violence advocacy agency, or school administrators can be the difference between life and death. If any of the following is happening to you (or a friend), you are highly encouraged to talk to someone who can help.

IF ANYONE...

- Threatens to kill you
- Threatens to kill himself or herself
- Has a gun or another weapon
- Has ever used a weapon to threaten, scare, or hurt you
- Brags that they killed or would kill someone else
- Puts his or her hands around your throat to scare or hurt you (strangling you)
- Forces you to have sex or is otherwise sexually abusive
- Will not let you get medical attention for an injury
- Threatens to hurt someone you care about
- Destroys your property
- Harms a pet
- Follows you, shows up unexpectedly, demands to know your whereabouts (stalking)
- Steals or withholds money from you
- Interferes with your communication with family or friends
- Becomes more and more physically abusive (escalating violence)
- Controls most or all of your daily activities (what you do, who you see, what you wear)
- Is extremely jealous and possessive (“If I can’t have you, nobody will”)
- Is capable of killing you (you have an instinct that they could do this)
- Drinks excessively or uses drugs and becomes abusive
- Has ever or would elude law enforcement

WHEN IN DANGER

If you have knowledge that leads you to believe that a person may be physically harmed, you should:

- Warn the victim and law enforcement if you believe that they are in danger.
 - If it is safe to do so, take your concerns to the victim directly before contacting law enforcement so that they can come up with the safest plan for reporting.
 - If you help an abusive person commit a crime, you can be considered an accomplice. For example, if you drive an abusive person to his or her partner’s home, and you suspect that your friend may become abusive while there, it is possible you could be charged with aiding the perpetrator. Do not support your friends who may be abusive; call the National Domestic Violence hotline and authorities.
- ✦ If the thought of telling an authority makes you worried that the abusive partner could become even more dangerous if they find out, speak with a trained domestic violence advocate first. Call the National Domestic Violence Hotline at 1-800-799-7233.

ESCALATION WORKSHOP TAKE-AWAY POINTS

- + **Relationship abuse is far more common than you might think.** Not every case involves physical violence. Controlling, jealous, sexually selfish or otherwise unhealthy relationship behavior all happen too often and need to stop.
- + **There is a lot that you can do to prevent relationship abuse.** You can be on the lookout for signs of controlling behavior in your own relationships and your friends' relationships.
- + **Your campus cares about relationship abuse.** There are trained specialists on campus who can help you figure out what to do, whether you are being abused, are abusive, or know someone who needs help. Call or email one of your resources for further counseling.
- + **You deserve to feel safe, respected, and very happy in all of your relationships.** Life is too short to spend time with people who don't treat you well. It doesn't matter if someone had a bad childhood, has mental health difficulties, is substance dependent, or has a passionate temper. None of these reasons justify abusive behavior. We cannot "fix" abusive people by loving them more or being more patient. If you aren't completely happy, you can move on and can help your friends move on as well.
- + **Be real.** Pretending that everything is great when it's not is one of the biggest problems faced by college students and adults. Don't cover up your problems. Regardless of gender, race, religion or age, we all have problems and we all need supportive people in our lives to turn to. Resist the trend to try to appear "perfect" to the outside world. Be real, talk openly, and listen actively. It will encourage others to do the same.

The video *Escalation* is intended for a wide variety of audiences. This manual was created to enable non-experts to convene and lead workshops independently. The rationale for empowering individuals to hold their own workshops is that the quality of the discussion may be more authentic, go deeper, and inspire more thought about closely-held beliefs if group members are given the opportunity to explore the topic of relationships amongst their peers. This section of the manual provides a few tips to help facilitators in leading a discussion on relationship abuse.

Foster a positive attitude about this event.

The tragedy of relationship abuse is heartbreaking and deeply moving; however, during the *Escalation* Workshop, we want students to feel empowered and excited to make a difference. Even though the video is designed to evoke strong feelings of empathy for the victims of dating violence and may have audience members reaching for tissues by the end, it's still possible to promote the event as one that leaves participants uplifted and hopeful. The goal of this workshop is not to depress people or make them feel powerless or ashamed. Instead, the goal is to provide a forum through which people can come together to consider one very poignant example of relationship abuse as a case study, and work together to generate ideas for having healthier relationships, creating a more respectful society, and improving safety for all. One Love works to educate, empower, and activate young people in a movement for change. As a facilitator, it is important to motivate each person in the room to want to join the Team One Love movement. As discussion leaders, inspire people through your positive attitude and enthusiasm. It can even be helpful to tell the group before the discussion begins, that although the film was tough to watch, the purpose of the discussion is for each student to feel empowered.

When it's time to discuss, let the audience do the talking.

People retain information better when they are active participants in the learning process, meaning that it's ideal if they are doing the majority of the talking. As a discussion leader, your job is to use the information in this manual to get the audience engaged, not to be an expert on relationship abuse or know how to answer every question. Don't feel that you have to cover every point in this manual if you think the conversation is moving along productively. However, it is a good idea to sense when you should cut off an unproductive tangent or debate, and relay factual information or redirect the audience to a new question.

What to do if nobody talks.

While workshop participants are often very talkative through the discussion, they are often silent after the very first question is asked. Do not worry if this happens – it is natural for people to take a minute or two to gather their thoughts before answering the first question as the film is incredibly powerful and difficult to watch. It's important to remember that the silence sounds twice as long to you as the leader than it actually is. As an audience member, however, you sometimes simply need time to gather your thoughts or to wait and see if someone else wants to speak first. In other words, a long silence isn't necessarily a bad thing, especially with the first few questions directly after the film. Your job is to wait out the silence. As silly as you might feel, do not jump in to rescue the audience by posing a new question or answering the question yourself. Eventually, someone will speak up. In the rare case that people remain silent, you could say, "I am hearing a long silence. I wonder what your thoughts are about the question I asked. (Repeat the question)."

Set a professional tone from the start.

It can be nerve-wracking to stand up in front of a crowd of peers and be responsible for a conversation on a very sensitive topic. Nerves can make some people want to crack jokes, rush through the material, or speak too quickly or quietly. Get to know your own public speaking style so that you can troubleshoot your nervous habits ahead of time. The ideal presentation style for a discussion of *Escalation* is neutral, calm, unhurried, confident, friendly, and encouraging. When you introduce the film and lead the discussion, speak clearly, resist any temptation to interject too much of your own humor or flair, listen attentively to and show respect for your co-leader at all times, and respond to all questions and comments diplomatically. Remember to show respect for your audience members and their experiences and opinions; your role is not so much one of expert teacher as it is a coach or guide. In other words, your main goal is to draw out audience members and get them talking to you and to one another, not to ensure that they leave the film chock-full of facts. The way that you dress can also signal something about your discussion leadership style to your audience; dressing too formally, such as in a suit or dress, could make you less relatable to peers and inhibit a natural conversation, while dressing too informally, such as a tee-shirt with a message or slogan or revealing tank top, could influence your audience to take the discussion less seriously. A neutral look and manner of speaking will let the film and the discussion content take center stage. If you have friends in the audience, avoid the temptation to connect with them in a different way than with the other audience members; put the friendship and shared experiences aside during the discussion to ensure that everyone feels equally comfortable about participating.

What to do if audience members reveal personal information about themselves.

Presentations on sexual and domestic abuse can move people deeply, and often audience members disclose personal information because they are feeling inspired or emotional. While it depends on the way that the speaker references their experience, personal disclosures can be counter-productive if the goal is a free-flowing, inclusive conversation. For example, if a speaker is crying or giving too much detail about his or her own experience, it can trigger other people, make them feel overwhelmed or uncomfortable (because they aren't sure how to react or take care of that person), and it positions that person as an unimpeachable expert in the room, which can then inhibit others from expressing themselves. On the other hand, a brief, controlled reference to a prior relevant experience, such as, "I was once in an unhealthy relationship myself and I found my friends' support to be extremely helpful," is unlikely to disturb other audience members, and can be very valuable. Remember to validate a person's personal experience, while also not making their story the center-piece of the conversation. A great way to do this is to thank them for sharing their perspective and then move the discussion back to the "neutral territory" that is the film. It is important to continue the conversation in a way that makes each person feel included and open to participate. Please be sure to follow up with any individual who shares a personal story after the workshop to see if they need additional support. In general, let the group know that you will be available to talk after the workshop as well.

What to do for audience members who are “triggered.”

The word “triggered” is often used to describe someone who is having a strong reaction to reminders of a traumatic event that they witnessed or experienced. People with post-traumatic stress symptomology (PTSS) may have flashbacks to their own victimization, start to “numb out” (go blank or feel empty and removed inside), cry, or even feel physically nauseated or shaky. Other people may have seemingly inappropriate reactions, such as laughing or becoming irritable or aggressive, or otherwise disruptive. As a discussion leader, your job is to keep your cool no matter what and try to ensure the comfort of all audience members as a whole (not just triggered individuals). Therefore, if you notice that audience members are triggered or disrupting the conversation, here are a few tips on handling the situation:

- **Do not touch the person.** You might have an urge to hug or pat someone who is crying or seems upset. Touch can be even more triggering for an individual experiencing PTSS. It’s best to show your support and empathy with your facial expressions and kind words rather than through touch. If the person appears to want a hug, always ask for consent first by saying: “Would you like a hug right now?”
- **Ask how you can help.** It’s easy to feel like you should say something to calm the person down or to fix the situation. For someone who is triggered, the most helpful thing you can do is to ask what they need. For example, you can say: “It is common for a film like this to stir up strong feelings and emotions. How can I help you feel better right now?” Be prepared that the individual may just want to be left alone. Respect whatever reply they give you by following through on the request.
- **Respect their privacy.** If you leave the room to talk with a triggered individual, be sure that when you re-enter the discussion room, your facial expression is neutral and your body language does not reflect the fact you were just engaged in something personal with an audience member. If anyone asks you if the person is okay, a simple yes is sufficient.

If you are co-leading this discussion and someone is triggered, one of the co-leaders should very subtly approach the individual and ask if they would like to take a bathroom break or take a walk for a few minutes. The other co-leader should continue to guide the discussion so there is minimal disruption for other audience members.

If you are the only facilitator, and a triggered audience member leaves the room, remember that that person is your first priority, and that you should step out of the workshop to check on them. A simple “excuse me for one moment” to the rest of the group is appropriate, and the group will be fine waiting for you to return. This is a great reason to invite a trained advocate to your workshop.

How to handle a disruptive audience member.

Violence in relationships can raise strong feelings in people and be controversial for some. It is always possible that your audience contains a person who is naturally quarrelsome or likes receiving attention for being a comedian, disrupting the group, or undermining the speaker. Your best defense against disruptive audience members is to be prepared and react smoothly without taking their behavior personally.

In some cases, people may genuinely hold these opinions or not fully understand the issue, express this respectfully, and want (or respond well to) a discussion about them. In other cases, the audience members may simply be trying to agitate you, provoke a reaction, or make a show of themselves in front of others (note: this could be a trauma reaction to the topic at hand, as discussed earlier). It's important to use your instinct to assess what's going on so that you don't react too harshly to a genuine statement, or underreact to someone who is being belligerent. If an audience member continues to argue, emphasize that there are a lot of questions to get to, but tell them you will be available afterward to discuss any concerns they have in further detail if they wish. Below are a few common lines of argument, followed by tips for responding:

+ **Victim blaming.**

The argument "Well maybe they should not have gotten themselves into this situation" is an example of victim blaming. There is a big difference between judgment and responsibility. While someone might have used bad judgment by getting into a situation that put them in danger, it does not mean that they are responsible, or asking, for the violence perpetrated against them. This line of argument could come up when discussing why Paige decided to go back to Chase after he strangled her underneath the bridge. It is important to emphasize that there are a number of elements influencing a victim's decision to stay. Also keep in mind that often times people may victim blame even if they have good intentions (i.e. "I wish Paige ran away from Chase when she had the chance"). As the facilitator, have the students discuss some of these reasons. Below are a few factors that you could mention if not brought up by someone in the discussion:

- Young people are relatively inexperienced in relationships, and because some forms of violence are normalized by media, a young person who has experienced one or two instances of abuse may not recognize it as unhealthy.
- A person who has just been physically harmed by a partner whom they care about often feels total shock — to the point where they might not even be able to believe what just happened. In the immediate aftermath, the victim might want to kiss and makeup in order to get the situation back to normal or feel regular again as quickly as possible. In the days and weeks that follow, when the victim has had time to process what happened, it may already feel too late — like the conflict has passed, it was a one-time event, and maybe not even be grounds for a breakup.
- Logic isn't always at play when someone has just been completely startled and scared. It is surprisingly easy for a victim to become convinced that they did something to deserve the abuse. Even people with high self-esteem may be so stunned by a physical assault, and unable to understand why it happened, that the only answer they can think of is: "It must be me, I must have done something."
- People who are abused sometimes recognize that the behavior is inappropriate, but become convinced that their job is to rescue the abuser from his or her emotional torment and forgive their aggression.
- Being abused is embarrassing. Victims often (correctly) assume that others will judge them, blame them, and think less of them if they find out that a relationship that looked terrific from the outside is actually deeply unhealthy.

✦ This doesn't happen.

- As a facilitator, you may get the “This isn't a realistic or a common scenario” line of argument. An audience member may comment that homicide is rare and that the severe and escalating abuse depicted in the film is uncommon. Along those lines, someone may also say that most unhealthy relationships are a “two-way street” or bidirectional. Again, the best response is to acknowledge the truth in these statements: it is true that homicide is rare, that many unhealthy relationships do not involve abuse that escalates in danger or severity, and that many unhealthy relationships do involve bidirectional violence. Moreover, we saw the men and women at the end of the film that are proof that death from relationship violence does in fact happen. Next, emphasize that while homicide represents an extreme outcome of unhealthy relationships, thinking collectively about how to recognize and respond to more common forms of relationship abuse is very important because we're not only concerned about death and injury, but also healthy and unhealthy relationship behaviors.
- Being in an unhealthy relationship can have serious negative impacts on victims and perpetrators alike, including depression, anxiety, eating disorders, increased blood pressure or other health problems, as well as poor school performance. What's more, learning to recognize unhealthy relationship behaviors and what to do about them now will help protect people as they go forward into their twenties and thirties.

How to be a good co-leader.

While it is not required, in some cases it can be useful to co-lead the discussion. It can be especially helpful if you are concerned that someone in the group may become triggered and need additional attention. The art of sharing air-time with a co-leader can take practice. If you are a male-female pair, it is critically important that you talk together beforehand to ensure that you each get equal air-time, both address perpetration and victimization topics (so that you avoid unconsciously reinforcing stereotypes), and plan out who will be responsible for things like shutting off the lights, handling people who are triggered, or other issues that may arise. This is a good opportunity to model respectful cooperation, consideration, and mutuality in a male-female relationship. Take turns calling on people and make frequent eye contact with one another to check in about how the discussion is going. It may be helpful for you and your co-leader to run through a practice session before you run a live session, including role-playing with each other and practicing your responses to potential reactions from the audience. While this is one way in which you can co-lead, we trust that you will find a co-facilitating style that works best for you and the other facilitator, whether they are a student or faculty member. Additionally, while we feel that high school students are able to lead this discussion independently, we recommend that there is a support staff member in the room.

Take care of yourself.

Although somewhat rare, secondary trauma and burnout can affect facilitators. Because the topic is so sensitive, and the conversations can be so emotionally charged, you may notice that at some later time you may experience symptoms that mirror those of trauma survivors: intrusive thoughts, nightmares, an inability to stop thinking about the film, anxiety and/or depression. You may also begin to feel a lack of energy or investment in this topic. To prevent and treat secondary trauma and burnout, be gentle with yourself. Make sure you take time to do something fun or relaxing after the screening; talk to a co-leader or someone else that you trust about your thoughts, and get some exercise and rest. Also, if you do not feel ready or able to facilitate a workshop, turn to your co-facilitators, campus leaders, or an administrator to find coverage for your workshop.

HOW TO BE A FACILITATOR (CONT'D)

Responsibilities as a facilitator.

- Fill out the workshop log in its entirety before each workshop at www.joinonelove.org/log
- Always follow the film with the guided discussion. Be sure to address important points, such as safety planning and consent, even if you don't get to every question.
- Obtain a local and national resource sheet from the One Love point person at your school. Be sure to make copies of this sheet available to participants in advance of the workshop.
- Be sure that the resources at your school are aware that you are holding a workshop.
- End the workshop with a call to action to inspire the audience to join the Team One Love movement.

Did you know that 1 in 4 dating teens are harassed through technology? In a world where we are constantly exposed to technology, it's important to understand the various forms that abuse can take both on and offline.

Digital abuse can come from anyone, whether it is someone you are dating, a friend, or an online acquaintance. The behaviors exhibited in digital abuse are similar to those that are exhibited in offline relationship abuse.

DIGITAL ABUSE & HARASSMENT IS...

- **Coercive.** The abuser pressures a victim to do things they don't want to do, which may include sexual acts or favors.
- **Controlling.** The abuser is dominating and attempts to regulate their victim's behavior.
- **Degrading.** The abuser consistently belittles their victim.
- **Embarrassing.** The abuser threatens to share embarrassing information about their victim, or posts personal or intimate information in public places.

FORMS OF DIGITAL ABUSE

- Using your social media account without permission
- Sending you unwanted sexual photos and messages
- Sending you so many messages that it makes you uncomfortable or feel as though you are unsafe
- Making you feel afraid when you did not respond to calls or texts
- Threatening to harm you physically
- Spreading rumors about you online or through texts
- Creating a profile page about you without your permission
- Posting embarrassing photos or information about you online
- Using information from your online profile to harass you
- Writing nasty things about you on their profile page or anywhere online
- Sending threatening text messages, DMs, or chats that make you feel scared
- Pressuring and threatening you to send sexual photos of yourself, or making you feel inferior if you don't comply
- Taking a video of you and sending it to anyone else without your permission

✦ For more information on digital abuse, check out: www.urban.org/digitizing-abuse-infographic

Everyone deserves to be in a healthy, loving relationship. With the right person by your side, a healthy relationship is completely attainable. There are some aspects that are very important when it comes to having and maintaining a positive relationship. Here are a few of them:

COMMUNICATION

Good communication is one of the most important aspects to having a healthy relationship. When starting a relationship, it's important to be able to talk about what you both want and expect. Being on the same page as your partner goes a long way. Being able to open up to your partner about what's bothering you, compromising over your disagreements, and admiring each other are all equally as important.

TRUST

All healthy relationships require mutual and unguarded trust between partners. Regardless of what either partner has experienced in the past, in a healthy relationship your partner will trust you completely. It takes time to build trust in a relationship, and it's important to note that when your partner fully trusts you with their feelings, you should respect them and not betray their trust. Your partner should never use their lack of trust or past experiences as an excuse to control you, question you, or otherwise make you feel as though you need to go out of your way to earn their trust. Steadfast affection, support, respect, and communication will naturally strengthen the trust in your relationship.

SUPPORT

In a healthy relationship, you and your partner will support each other and treat each other as equals. Your partner won't use tactics to manipulate you, control you, or put you down. They will be protective of you, but not overly possessive. They will encourage you to spend time with friends and family, work toward your personal goals, and have a life outside of your relationship. A healthy relationship will allow you to be yourself, not require you to change everything about yourself and make huge sacrifices. In a healthy relationship, partners will fully support one another and want only the best for each other.

RESPECT

Respecting your partner is another key aspect of maintaining a healthy relationship. Listen to your partner and try to understand their perspective. You should also respect their decisions, opinions, and privacy. Just because you are in a relationship, you are not entitled to know everything that your partner does and everyone who they interact with. Healthy relationships require some space and a filter!

BOUNDARIES

Setting boundaries will allow you to talk about what makes you feel comfortable or uncomfortable in a relationship. Establishing these boundaries should not make you feel trapped, but instead allow you to be open about things that bother you. It's important to know that your partner should never use boundaries to control you, like telling you not to hang out with friends, or requiring you to share passwords.

WHAT ISN'T HEALTHY?

Ultimately, an unhealthy relationship is based on power and control, not love and respect. If you feel like your partner is using tactics to control you, then that is a big red flag and you should talk to someone that can help. Your partner doesn't have to physically harm you for your relationship to be abusive. If your relationship is great most of the time, but unhealthy sometimes, that's not good enough. Everyone deserves to be in a healthy relationship and there is never an excuse for abuse. Even if there is a history of mental illness, cheating, or other hardships either in or outside of your current relationship, those are not excuses for abusive behavior. It's also crucial to know that you can't change your partner. If you are in an abusive relationship, you should seek help — don't wait for your partner to change.

DISCUSSION QUESTIONS BY NUMBER

QUESTION 1

- How are you feeling?
- What are you thinking after having watched this film?

QUESTION 2

- What were your first impressions of Paige and Chase, and how their relationship began?

QUESTION 3

- We see that Paige’s friends were actually very supportive in the beginning stages of the relationship, by saying things like, “You 2 are so cute!” How could it be potentially harmful for your friends to be speaking only positively about your relationship in the beginning stages?

QUESTION 4

- When did you first notice signs that there was maybe something off about Chase?
- What would you do if you suspected that a friend was experiencing abuse?

QUESTION 5

- In one scene, we see Paige and Chase go into Chase’s room at a party and begin to hook up on his bed. The next thing we see is Paige waking up in the morning with an interesting look on her face. While we don’t see exactly what happened, what are some possibilities of things that could have happened? If they had sex, was it consensual?
- What do you think Paige was thinking when she woke up after spending the night with Chase?

QUESTION 6

- Although Paige seemed uncomfortable after Chase pushed her down on the bed, she doesn’t seem to consider breaking up with Chase. Why not?

QUESTION 7

- What does Paige tell her friends the day after Chase pushes her down on the bed and won’t let her leave his room?
- Soon after the incident occurs, she posts online “best boyfriend ever” when he brings her coffee — why might Paige pretend her relationship is better than it actually is?

QUESTION 8

- If someone texted or messaged you over and over in a way that made you feel uncomfortable, what would you do?
- How can you develop healthy virtual boundaries with your partner?

QUESTION 9

- At one point, Chase brags to his roommates that Paige does anything he wants sexually. How do his roommates react and why do they react that way?
- What could they have said (being realistic about the ways that friends talk to each other)?
- Do you think it is common for friends to have these types of conversations?

QUESTION 10

- What was Paige and Chase's first fight about (when they first broke up at the party), and what role did alcohol play?
- Why do you think it is a warning sign of an abusive relationship when a couple is constantly breaking up and getting back together?

QUESTION 11

- Why do you think Paige agreed to let Chase take explicit photos of her even though she initially said no?
- Do you think that this is ever a safe or okay thing to do?
- What would you do if someone showed you explicit photos of another person?

QUESTION 12

- What do you think Paige is thinking after she is strangled in the woods under the bridge?
- Why does she allow him to hug her and comfort her when she is crying afterwards?
- Why do you think Paige and Chase's friend's didn't follow them? What could they have done differently?

QUESTION 13

- There is a scene in which Paige and Chase are alone in a car, and she tells him that she loves him and only him. Why do you think Paige said that?
- Why would anyone love someone who doesn't treat them respectfully?

QUESTION 14

- Why doesn't Paige tell her mother more about her relationship when she goes home, particularly after Chase shows up unexpectedly?
- Why would you hesitate to tell a parent, aunt, uncle, or other important person in your life what is truly going on?

QUESTION 15

- After dinner, Paige's mom has a conversation with her in private. She tells Paige: "If he doesn't make you feel like a better person, it's not love." What are some other qualities that you believe make up a healthy relationship?

QUESTION 16

- At the end of the film, the friends are interviewed by a detective. He asks them if they saw any signs that the relationship was abusive. They say yes, and each one gives a different explanation for why they didn't think what they saw warranted further action from them. What were some of their reasons?
- Although we don't blame the friends, Paige's parents, or Paige, what do you think should have happened differently, in an ideal world? What prevented those things from happening?
- What can we do as a campus or a society to make it more likely that the ideal thing does happen?

QUESTION 17

- What, if anything, do you think that you will do differently after having watched this film and having had this discussion?
- Is there anything else you would like to add?

DISCUSSION QUESTIONS BY TOPIC

IF THE TOPIC IS....ALCOHOL

QUESTION 10

- What was Paige and Chase’s first fight about (when they first broke up at the party), and what role did alcohol play?
- Why do you think it is a warning sign of an abusive relationship when a couple is constantly breaking up and getting back together?

IF THE TOPIC IS....SOCIAL MEDIA & OUTWARD APPEARANCES

QUESTION 2

- What were your first impressions of Paige and Chase, and how their relationship began?

QUESTION 3

- We see that Paige’s friends were actually very supportive in the beginning stages of the relationship, by saying things like, “You 2 are so cute!” How could it be potentially harmful for your friends to be speaking only positively about your relationship in the beginning stages?

QUESTION 7

- What does Paige tell her friends the day after Chase pushes her down on the bed and won’t let her leave his room?
- Soon after the incident occurs, she posts online “best boyfriend ever” when he brings her coffee — why might Paige pretend her relationship is better than it actually is?

IF THE TOPIC IS....SEX

QUESTION 5

- In one scene, we see Paige and Chase go into Chase’s room at a party and begin to hook up on his bed. The next thing we see is Paige waking up in the morning with an interesting look on her face. While we don’t see exactly what happened, what are some possibilities of things that could have happened? If they had sex, was it consensual?
- What do you think Paige was thinking when she woke up after spending the night with Chase?

QUESTION 9

- At one point, Chase brags to his roommates that Paige does anything he wants sexually. How do his roommates react and why do they react that way?
- What could they have said (being realistic about the ways that friends talk to each other)?
- Do you think it is common for friends to have these types of conversations?

QUESTION 11

- Why do you think Paige agreed to let Chase take explicit photos of her even though she initially said no?
- Do you think that this is ever a safe or okay thing to do?
- What would you do if someone showed you explicit photos of another person?

IF THE TOPIC IS...YOUR ROLE AS A FRIEND OR SUPPORT SYSTEM

QUESTION 4

- When did you first notice signs that there was maybe something off about Chase?
- What would you do if you suspected that a friend was experiencing abuse?

QUESTION 14

- Why doesn't Paige tell her mother more about her relationship when she goes home, particularly after Chase shows up unexpectedly?
- Why would you hesitate to tell a parent, aunt, uncle, or other important person in your life what is truly going on?

QUESTION 16

- At the end of the film, the friends are interviewed by a detective. He asks them if they saw any signs that the relationship was abusive. They say yes, and each one gives a different explanation for why they didn't think what they saw warranted further action from them. What were some of their reasons?
- Although we don't blame the friends, Paige's parents, or Paige, what do you think should have happened differently, in an ideal world? What prevented those things from happening?
- What can we do as a campus or a society to make it more likely that the ideal thing does happen?

QUESTION 17

- What, if anything, do you think that you will do differently after having watched this film and having had this discussion?
- Is there anything else you would like to add?

IF THE TOPIC IS....TECHNOLOGY

QUESTION 8

- If someone texted or messaged you over and over in a way that made you feel uncomfortable, what would you do?
- How can you develop healthy virtual boundaries with your partner?

QUESTION 11

- Why do you think Paige agreed to let Chase take explicit photos of her even though she initially said no?
- Do you think that this is ever a safe or okay thing to do?

IF THE TOPIC IS....PHYSICAL VIOLENCE

QUESTION 6

- Although Paige seemed uncomfortable after Chase pushed her down on the bed, she doesn't seem to consider breaking up with Chase. Why not?

QUESTION 12

- What do you think Paige is thinking after she is strangled in the woods under the bridge?
- Why does she allow him to hug her and comfort her when she is crying afterwards?
- Why do you think Paige and Chase's friend's didn't follow them? What could they have done differently?

IF THE TOPIC IS....HEALTHY SIGNS OF LOVE

QUESTION 13

- There is a scene in which Paige and Chase are alone in a car, and she tells him that she loves him and only him. Why do you think Paige said that?
- Why would anyone love someone who doesn't treat them respectfully?

QUESTION 15

- After dinner, Paige's mom has a conversation with her in private. She tells Paige: "If he doesn't make you feel like a better person, it's not love." What are some other qualities that you believe make up a healthy relationship?

IF THE TOPIC IS....LGBTQ

Every question in the guide refers to *all* types of relationships, including LGBTQ relationships. The following questions emphasize characteristics that may be more specific to LGBTQ relationships.

QUESTION 11

- Why do you think Paige agreed to let Chase take explicit photos of her even though she initially said no?
- Do you think that this is ever a safe or okay thing to do?

QUESTION 13

- There is a scene in which Paige and Chase are alone in a car, and she tells him that she loves him and only him. Why do you think Paige said that?
- Why would anyone love someone who doesn't treat them respectfully?

QUESTION 14

- Why doesn't Paige tell her mother more about her relationship when she goes home, particularly after Chase shows up unexpectedly?
- Why would you hesitate to tell a parent, aunt, uncle, or other important person in your life, what is truly going on?

