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DON'T LET YOURSELF

EI PASO COUNTY & DISTRICT ATTORNEYS' DOMESTIC / DATING VIOLENCE INITIATIVE



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**TEEN DATING VIOLENCE CURRICULUM
FACILITATOR'S PACKET**

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Exercise One: Definition of Dating Violence/Power and Control Wheel Dynamics

The facilitator should review the following definition of dating violence with the audience and explain the Power and Control Wheel as a tool used to demonstrate the overall pattern of abusive and violent behaviors used by abusers to establish and maintain control over their partners.

Dating Violence is the intentional use of physical, sexual, verbal, or emotional abuse by a person to harm, threaten, intimidate or control another person with whom that person has or has had a relationship of a romantic or intimate nature.

The facilitator should explain that abuse exists when there is a pattern of one person trying to gain power and control over another. The most obvious way of controlling another person is by using physical violence – hitting a person, holding them down or sexually assaulting them. However, there are other ways of controlling a person that are not as obvious; they are still abuse and will often lead to physical violence.

The facilitator should go through each of the following scenes with the audience asking the audience to indicate which of the dynamics on the Power and Control Wheel are depicted in each scene.

1. “Pool Hall” Scene

Alex puts his hand on Natalie’s friend Fernie’s shoulder and says, “Hey, we’re playing a game here,” creating an uncomfortable situation for Fernie, which leads to Fernie leaving Natalie abruptly. Alex then gives Natalie a disapproving look and says, “Come on, you’re with me right now.”

Answer:

Dynamics depicted: Anger/Emotional Abuse, Intimidation, Isolation/Exclusion.

2. “Cell Phone/Mall” Scene

Alex calls Natalie repeatedly while she is out at the mall with her friend Casey. She doesn’t respond to several attempts by Alex to contact her. When she finally does answer the phone, he is angry and blames her for his anger.

Answer:

Dynamics depicted: Anger/Emotional Abuse, Intimidation, Isolation/Exclusion, Minimize/Deny/Blame.

3. “Garage Party” Scene

Alex becomes angry over Fernie kissing and hugging Natalie as he welcomes her to the party. In addition to the physical abuse portrayed in this scene, he inappropriately expresses his jealousy, criticizes the way Natalie is dressed and specifically asks her to stay away from Fernie...for him.

Answer:

Dynamics depicted: Anger/Emotional Abuse, Intimidation, Isolation/Exclusion.

4. “Lunchroom” Scene

During the scene in the lunchroom, Alex uses an inappropriate physical gesture to indicate that he is unhappy with Natalie. He also insults her, gives her a disapproving look and throws her purse to the floor.

Answer:

Dynamics depicted: Anger/Emotional Abuse, Intimidation, Isolation/Exclusion.

5. “Scenic Drive” Scene

During this scene, Alex inappropriately touches Natalie after she has told him she does not want to continue being intimate. He then insults her and shoves her out of his truck.

Answer:

Dynamics depicted: Anger/Emotional Abuse, Intimidation, Isolation/Exclusion, Sexual Coercion.

The facilitator should end the exercise with question number six.

6. What behavior on Natalie’s part, depicted in the final two scenes – “entrance to quinceañera” and “playground scene,” indicates Alex is prevailing in exerting his power and control over Natalie?

Answer:

Natalie apologizes to Alex for failing to be sexual with him and offers to make it up to him – “entrance to quinceañera” scene. In addition, she defends Alex’s behavior and gets angry at her friend Casey when Casey comes to her defense – “playground” scene. These are telltale signs that Natalie has begun the dangerous decline into the cycle of the domestic violence victim.

Exercise Two: Warning Signs of an Abusive Person

The facilitator should explain to the audience that the following warning signs are particularly important because they indicate that a person has the strong potential to be **PHYSICALLY** abusive.

1. Getting serious with a boyfriend/girlfriend very quickly or coming on very strong, being extremely charming or an overly smooth talker. **Does Alex portray this quality in the video? If so, where?**

Facilitator: Alex does portray this quality in the video. When Alex meets Natalie for the first time in the restaurant, he recognizes her from a quinceañera they both attended. He immediately begins flirting with her and telling her that she should have been at the quinceañera with him.

2. Isolation – wanting their partner all to themselves; trying to keep their partner from friends, family or outside activities. **In what scene does Alex first exhibit this behavior?**

Facilitator: In the pool hall Natalie asks Alex why he behaved the way he did with Fernie. Alex tells her, “Come on, you’re with me right now.”

3. Attempting to control what a partner wears, does or who she sees. **Where in the video does Alex portray this quality?**

Facilitator: At the garage party Alex tells Natalie she’s dressed like a slut; he also tells Natalie to stay away from her friend Fernie.

4. Blaming others for his or her misbehavior. **In what two scenes does Alex portray this quality?**

Facilitator: 1. Mall Scene

On the phone when Alex is angry because Natalie has not responded to his attempts to contact her, he tells her, “It’s your fault we’re having all these problems.”

2. Playground Scene

In the “playground scene” Alex pushes Natalie’s friend Casey and then kicks sand at Natalie and blames her for his abusive behavior saying, “See what you made me do?”

Exercise Three: Safety Planning and Protective Orders

In this exercise the facilitator will define the concept of a safety plan and the protective order as one component of a well-designed safety plan.

Facilitator: What is a safety plan?

Answer: A safety plan is a plan of action that you will follow if your partner becomes violent at some point in the future.

Facilitator: It is highly important that someone who is in an abusive relationship take the time to make a safety plan if they are planning to stay in the relationship, even if the abuse has not escalated to the point of physical abuse. In addition, if the person is contemplating ending a relationship with someone who has demonstrated signs that they may be abusive, it is wise to design a safety plan before breaking up. **THE FACILITATOR SHOULD EXPLAIN THAT A SAMPLE SAFETY PLAN IS CONTAINED IN THE CURRICULUM MATERIALS.**

Facilitator: While getting a protective order is highly recommended, it is not a guarantee of safety, but is most appropriately used as one tool in a well designed safety plan which will increase a victim's safety.

Facilitator: What is a protective order?

Answer: A protective order is a legal order from a judge that sets strong limits on the abuser's contact with you. It can be a very powerful tool because it is enforceable by criminal arrest.

THE FACILITATOR SHOULD EXPLAIN THAT THE INFORMATION CONCERNING PROTECTIVE ORDERS, INCLUDING WHERE TO APPLY FOR A PROTECTIVE ORDER IS CONTAINED IN THE CURRICULUM MATERIALS.