

# **¡NO TE DEJES!**

# **DON'T LET YOURSELF**

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



**Jaime Esparza**  
34<sup>th</sup> Judicial  
District Attorney  
(915) 546-2059



**Jo Anne Bernal**  
El Paso County  
Attorney  
(915) 546-2050

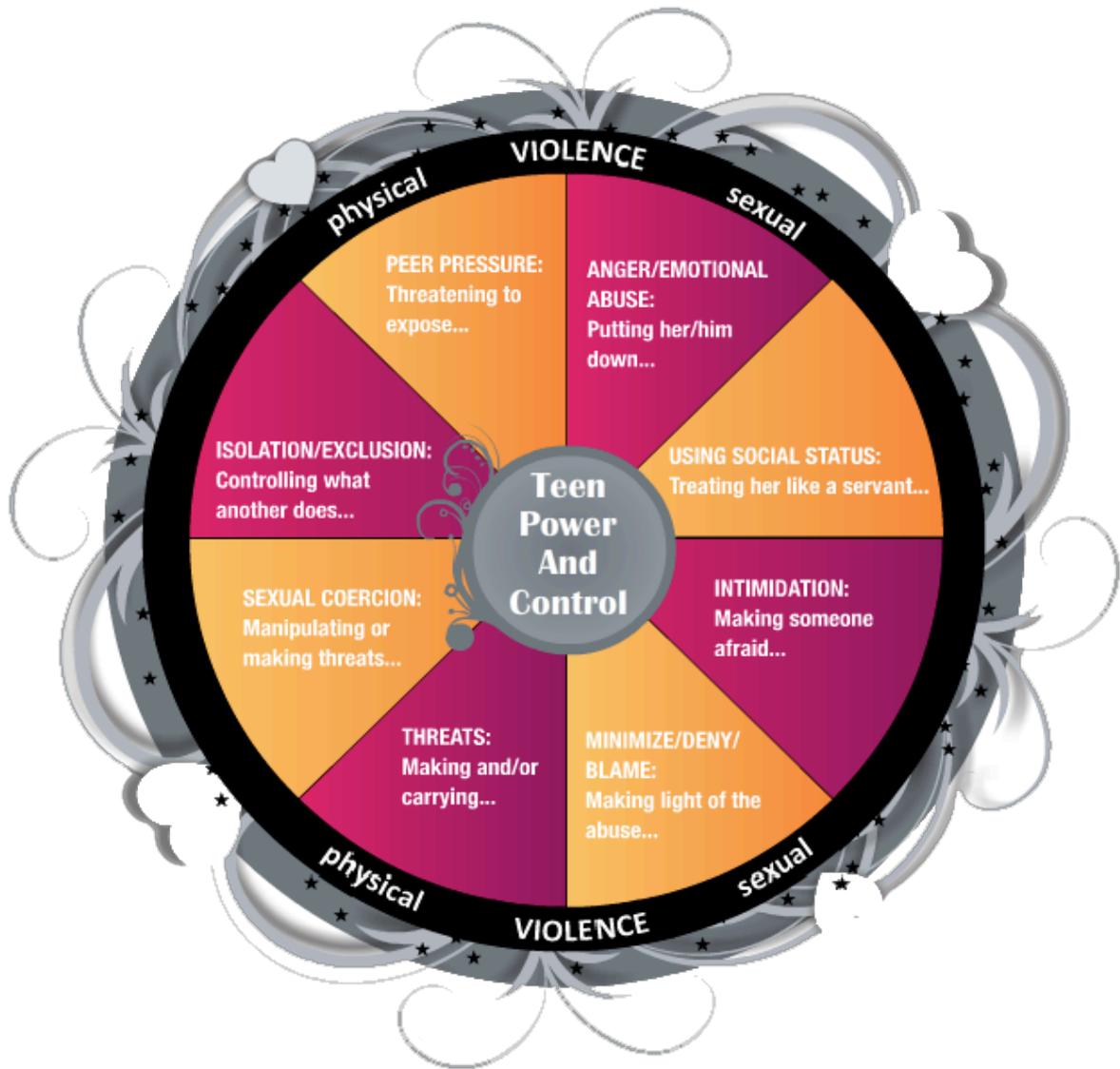
**TEEN DATING VIOLENCE CURRICULUM  
PARTICIPANT'S PACKET**

**[WWW.DONTLETYOURSELF.ORG](http://WWW.DONTLETYOURSELF.ORG)**

**[WWW.NOTEDEJES.ORG](http://WWW.NOTEDEJES.ORG)**

Exercise One:

Definition of Dating Violence/Power and Control Wheel Dynamics



**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.

**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.**

**List the dynamics from the Power and Control Wheel that are depicted in the following scenes from the video.**

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, Alex 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.**

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 refusing 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 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?

**Answer: 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?

**Answer: When Alex is in the pool hall with Natalie, her friend Fernie comes up to talk to her. Alex makes Fernie feel uncomfortable, which results in Fernie leaving. Alex then tells Natalie, “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?

**Answer: 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?

**Answer:**

1.      **“Cell Phone/Mall” Scene**

**When Natalie gets home from being out at the mall with her friend Casey, she answers Alex’s phone call after he has repeatedly been calling and texting her. He is angry and yells and insults Natalie. He then says, “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**

While you do not have control over your partner’s violence, you do have control over how you prepare for it and respond to it.

A safety plan is a plan of action that you will follow if your partner becomes violent. It is important to take the time to prepare a safety plan if you have decided to stay in a relationship where your partner has been violent in the past or where you have decided to break up with an abusive partner, which is the most dangerous time in an abusive relationship.

**SAMPLE SAFETY PLAN**

1. When I see the following behaviors, I know from past experience that it is time to take action to protect myself:

- \_\_\_ Use of drugs/alcohol     \_\_\_ Jealousy     \_\_\_ Verbal abuse/put-downs, cussing at me
- \_\_\_ Embarrassing me in front of friends     \_\_\_ Disagreements about sex

\_\_\_\_\_

2. When I feel that an argument is about to happen, I will try to go to a place where other people might hear the arguing or where there is less risk of injury. (Avoid kitchens, bathrooms, garages, anywhere near weapons or any rooms without an outside exit.) List the places you will try to avoid having an argument:

\_\_\_\_\_

3. If I need to go to a safe location where my partner will not find me, this is where I will go:

\_\_\_\_\_

4. These are some of the ways I have tried to protect myself in the past that HAVE worked. In the future, as soon as I sense that my partner may become violent, I will do as many of these things as I can to protect myself:

\_\_\_\_\_

5. I will plan the breakup carefully with the help of people I trust. If possible, I will involve a parent and a counselor from a local domestic violence services organization. I can also involve friends, counselors, teachers – the more people who are aware of what’s going on, the more people can look out for me and support me. This is who will help me to carry out my breakup safety plan:

\_\_\_\_\_

Getting a protective order is one tool you can use in putting a stop to a partner who is abusive. It is not a guarantee of safety, but it can send a serious message to your abusive partner that you are not going to let yourself.

What is a Protective Order?

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.

While every state is different, in Texas the judge can do the following things in a protective order:

- a. order the abuser not to commit acts of violence against you or threaten you with violence;
- b. order the abuser to stay away from your home, school or work;
- c. order the abuser not to communicate with you in a threatening or harassing way;
- d. order the abuser to move out, if you live together. You can even request that a police officer come to your home when the abuser comes to get his stuff;
- e. order the abuser to attend counseling;
- f. give you temporary possession of any children you have with the abuser, and order that visits with the children be supervised if the children have also been abused.

How do I get a Protective Order?

You have to apply for a protective order in order to get one. Only a judge can give you a protective order. It is against the law for you to be charged any cost to apply for a protective order. Here are the steps you should take if you believe you are in danger and want to apply for a protective order:

- a. Notify the police during or immediately after an incident of abuse or harassment. This will help build your case in court. Write the dates and names of the officers you spoke to here:

_____	_____
_____	_____
_____	_____

- b. Because a protective order application is a lawsuit, notice must be given to the abuser. Make sure you have an address where the abuser can be given notice, either at home or work. If the abuser is under the age of 18, notice must be given to his or her parents. Write the address here and the names of the abuser's parents if your partner is under the age of 18:

\_\_\_\_\_

\_\_\_\_\_

- c. Gather evidence of the abuse. Have a friend take a picture if you have any injuries; save any threatening text messages, Facebook messages or voicemails and get the names and addresses of any witnesses to the incident of abuse. List the evidence here:

---

- d. Go to the County Attorney's Office to apply for a protective order. The County Attorney's Office has two locations where they accept applications for protective orders. The addresses are:

500 E. San Antonio, Room 503  
El Paso, Texas  
Telephone number:(915) 546-2153  
Hours of Operation: 8 a.m. – 5 p.m.  
Monday through Friday

9521 Socorro Road, Suite A-3  
El Paso, Texas  
Telephone number:(915) 858-2239  
Hours of Operation: 8:30 a.m. – 5:30 p.m.  
Monday through Friday

What do I do after I get a Protective Order?

- I. Carry a copy of the protective order with you at all times.
- II. If the abuser violates the order, report it to the police immediately.
- III. CONTINUE TO FOLLOW YOUR SAFETY PLAN. There are risks in getting a protective order because it may make the abuser angry and more dangerous. Even though the abuser can be arrested if he or she violates the order, the abuser may still try to hurt you.

#### CONTINUED SAMPLE OF SAFETY PLAN

6. Getting a protective order is highly recommended if I think I might be in danger. It is not a guarantee of safety, but it is a legal court order that says my ex-partner must stay away from me and can be arrested if he or she does not. This may scare my ex into leaving me alone. This is where I can go to apply for a protective order:

---

7. If I get a protective order, I should carry a copy on me at all times and have copies at my home, school, work and anyplace else I am likely to be. This is where I will keep copies of my protective order (or who will hold them for me.)

---

8. I will not break up with my partner in an isolated place. I will do it in public, with people around who are part of my safety plan and know what's going on. If necessary for safety reasons, I will do it by phone or by letter.

This is where and when I will break up with my partner: \_\_\_\_\_

\_\_\_\_\_

This is who will be around when I do it: \_\_\_\_\_

\_\_\_\_\_

I will be very clear with my partner that I am ending the relationship and that my decision is final. These are the words I will use:

\_\_\_\_\_

9. After breaking up, I will avoid being alone with my ex-partner or being in a situation where s/he might try to corner me. I can change my routines, change the way I go to school or ask a friend or family member to travel with me to school or work. I will not try to go out alone, especially at night. I will never open the door if my ex comes knocking, no matter how sweet or sorry s/he sounds.

These are the routines I will have to change: \_\_\_\_\_

\_\_\_\_\_

10. These are the people who are willing to travel to school or work with me:

\_\_\_\_\_

\_\_\_\_\_

This is what I will do if my ex shows up at my house:

\_\_\_\_\_

11. These are the people I can turn to for help who are willing to be a part of my safety plan:

Name

How they will help

At home: \_\_\_\_\_

At school: \_\_\_\_\_

At work: \_\_\_\_\_

Around the neighborhood: \_\_\_\_\_

12. This is the code word I will use to let the people above know I am in danger and need help: \_\_\_\_\_

13. These are the numbers I can call for help when I sense that I'm in danger:  
(Always have these numbers on you.)

Police: \_\_\_\_\_

Hotline: \_\_\_\_\_

**If there is an immediate emergency, a person should dial 911; if there is not imminent physical danger, the non-emergency police number should be used.**

**National Domestic Violence Hotline: 1-800-799-7233**

**Local Center Against Family Violence Hotline: (915) 593-7300**

**El Paso Police Department Non-Emergency Number: (915) 564-7365**