



2022-2023

PREVENTION **T**HROUGH **E**DUICATION

Teen Dating Violence Workshops

Learn the facts. Have a plan. Get involved.

Empower our students to stand up for healthy and safe relationships.

Free educational programming brought to you by



BERGEN
NEW JERSEY *County*
Alternatives to Domestic Violence

James J. Tedesco III
Bergen County Executive
and the Board of Chosen Freeholders

Fast Facts on Preventing Teen Dating Violence

What is Teen Dating Violence (TDV)?

In the State of New Jersey, “dating violence” refers to the pattern of behavior where one person threatens to use, or actually uses a series of abusive behaviors over a course of time to control a dating partner.⁴

Abuse in teen relationships can take on many forms and multiple forms can occur at once.



Physical



Verbal



Emotional



Sexual



Financial



Cyber & Tech

Left uninterrupted, TDV has a tendency to escalate, making it increasingly difficult for a victim to walk away safely. TDV can occur during in person or virtual interactions through teens’ use of technology.¹

How is TDV affecting our students?

- At 13-14 years old, it is estimated that **72%** of teens will be “dating.”²
- Approximately **1 in 3** young people will be in an abusive or unhealthy relationship.^{2,3,4}
- **25%** of female students in high school have reported physical or sexual abuse.^{2,4}
- Young people, ages 16-24 years old, experience the **highest rate** of relationship violence of all age groups.^{2,4}
- Students who identify as lesbian, gay, bisexual, transgender, or queer (LGBTQ), or those who are unsure of their gender identity, experience **higher rates** of physical and sexual dating violence compared to students who identified as heterosexual.^{1,4}
- Teens who suffer dating abuse are subject to **long-term consequences** like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.^{1,2,3,4}
- Teen reports of cyber and tech abuse to the National Domestic Violence Hotline increased by **101%** from 2019 to 2020.³
- Abusive or violent behavior often begins between **6th** and **12th** grade.⁴
- Only **1 in 3** teens who are involved in an abusive relationship confide in someone about the violence.^{2,4}

Why schedule a TDV Workshop?

Because violence is a **learned** behavior and can be **unlearned!** Studies have shown that prevention education programs can help change belief systems and attitudes around dating violence, empower bystanders to provide helpful support to students, and teach youth how to stay safe and healthy in romantic relationships!^{1,4}

As of 2011, the NJ Department of Education has required all 7-12th grade curriculums to provide dating violence education to students and for all school districts to have a policy to prevent and respond to incidents of dating violence.⁴

Bergen County’s Alternatives to Domestic Violence (BCADV) has over 40 years of experience in delivering comprehensive intervention programs for domestic violence– and we are here to help! With the goal of “Prevention Through Education” (PTE), we invite your school to schedule our interactive and customizable workshops **AT NO CHARGE!**

Middle School & High School Student Workshops

Middle School Workshops

7th grade

Growing Pains

This workshop, specifically designed for younger students, teaches participants basic definitions about domestic and dating violence, and explains how families may be impacted.

Students will be engaged in interactive short skits, where your students will be the STARS, acting out short scenarios that highlight the issue of unhealthy relationships.

A PTE Educator will facilitate classroom skits, provide props and handouts, and lead guided discussion and Q&A period following the "production."

MOST POPULAR

8th grade

Creating Healthy Relationships

This workshop focuses on teaching teens how to distinguish between healthy and unhealthy behaviors and how to actively shape their relationships in positive ways.

In addition to learning how to identify specific behaviors that constitute abuse, students will explore the issue of personal boundaries and assertive responses to abusive behavior. Students will learn that setting and respecting appropriate boundaries are key components to a healthy relationship.

A PTE Educator will facilitate interactive presentation, guided discussion, and Q&A period.

High School Workshops

9th grade

Relationships: The Healthy & The Harmful

This workshop expands beyond basic definitions of teen dating violence and teaches students how to identify the red flags of abuse in relationships.

With the help of visual tools and media, students are oriented to how power and control is commonly misused in unhealthy relationships. Students will also learn where to go for help.

A PTE Educator will facilitate interactive presentation, provide tools and handouts, and lead guided discussion and Q&A period.

10th grade

R.E.A.L. Lessons

This workshop continues more nuanced dialogues on the healthy-unhealthy relationship spectrum and teaches students how to prioritize safety in situations of TDV.

Through interactive, group skit activities, students will recognize more complex causes of TDV, as well as common barriers to safety that victims encounter.

A PTE Educator will guide activities, teach practical skills and tools to safety plan in risky situations, and engage students on how to become more involved in community solutions to TDV.

11th grade

My V.O.I.C.E. Matters

This workshop tackles the sensitive topic of sexual abuse and harassment amongst teens, separates fact from myth, and teaches students how to identify and reduce risk factors for this specific form of abuse.

Students will learn the latest language and definitions for important concepts, such as "consent", and how all students, regardless of gender or sexual orientation, have a role to play in shaping community norms about sexual abuse.

A PTE Educator will facilitate activities, distribute resource materials, and lead guided discussion and Q&A period.

12th grade

D.E.E.P. Relationships

This workshop focus on legal issues surrounding TDV. Students will learn the latest legal definitions of NJ domestic and dating violence offenses and how to access legal supports for dating violence, such as Temporary & Final Restraining Orders.

Students will be taught the various legal consequences for abusive behaviors and will be oriented to the different supports available for interrupting patterns of abuse in relationships.

A PTE Educator will facilitate interactive presentation, distribute resource materials, lead guided discussion and Q&A period.

Professional Staff & Administrator PTE Services

In-Service Professional Development Workshops

Includes options for :

1. General orientation presentations for all personnel working directly with students (Appropriate for groups of all sizes).

2. Special topic workshops, fully customizable for each designated team of teachers, administrators, and support personnel (Recommended for groups of up to 30).

Educators and administrators will learn how to recognize the visible effects of dating violence on their students, how to engage students and families with safe and effective responses to incidents, and how to promote and develop students' skill-building and ally-ship in the classroom and beyond!

TDV Policy Consultation & Technical Support

Our PTE Educators are available to help craft or fine-tune an effective and comprehensive teen dating violence policy. In addition to gaining access to our teen dating violence policy model templates with evidence-based recommendations, our professional consultation services ensure that your policy is customized for your unique school community's prevention and intervention needs.

Consultation can be done on-site or virtually. Partnering school districts will also be eligible for year-long technical assistance from ADV's special trained Prevention Through Education and Clinical program staff.

Thinking about pulling in parents & guardians on the conversation?

We agree! The best prevention and intervention strategies often include parent and family components that invite influential adults and family members to join a teen's trusted support system.

Our PTE Educators can help you design, market, and organize engaging parental & family programming specifically intended to support families on how to navigate tough conversations about healthy relationships with their child(ren).

Here are some examples of customizable, creative parent programming:

- Parents' Coffee Hour support group chats
- Back-School Night informational presentations
- Parent-Teacher Conference Night quick-stop stations
- Virtual Lunch and Learn with Q&A sessions
- Specialized workshops, panel events, and much, much more!

Joining the Movement Against Teen Dating Violence

How do I bring Teen Dating Violence workshops and services to our classroom or school community?

Contact us! School educators, administrators, coaches, and parents are welcome to reach out to our Community Education & Outreach Coordinator directly to inquire about any of our **FREE** programming and to schedule a visit by our PTE educators:

Sian Millard
Community Education & Outreach Coordinator
201-336-7526
smillard@co.bergen.nj.us

We will work closely with you to identify the best workshop content and to schedule dates and times that work best for your academic and professional development calendars!

Are you able to alter your individual workshops to accommodate different group ages, sizes, or student needs?

Absolutely! Our individual PTE workshops can be taken **a-la-carte** and can be easily customized to accommodate different ages, to include in-demand topics, and to fit during varied class run-times.

The complete curriculum can also be presented to small student groups as a comprehensive **4 to 6-week workshop series**, where content builds on itself and workshops make space for more individualized attention to each student participant.

Our PTE educators also have years of experience making presentation topics accessible and engaging for different students' learning needs.



Looking to engage larger groups of participants (30+)?

It can be done! Interactive workshops and presentations can also be conducted as stand-alone, half- or full-day programming that can better engage larger student groups at a time. TDV programming can even be coordinated to run during special themed school events, such as Teen Dating Violence Awareness Month or Spirit Week, and to complement existing school campaigns and missions.

Please contact our office for more information about organizing a TDV school event with student, staff, and/or parent components!



**Schedule your Teen Dating Violence
workshop now for the new school year!**

What our Student and Teacher Workshop Participants are Saying

Top Comments

Student

"Very interesting workshop. I learned a lot today about what's ok and what's not ok in a relationship. Thank you for coming to my school. I know this will help me in the future."



Teacher

"I thought the presentation was excellent and age appropriate for my students. Thank you for sharing this crucial information."



Student

"I liked the workshop because it taught me a lot. It was explained clearly and now I know what to expect in a healthy relationship."



Teacher

"The speaker's energy and ability to engage the students was great. The material was age appropriate and very relevant to them. We'd love to have you back."



Teacher

"The speaker was excellent. She had a great way of relating the material to the class. She had a good dialogue with the students – asked questions appropriately and made the students feel comfortable."



Student

"Great presentation. I thought it was very important and will help me, and all of us, down the road."



Teacher

"The workshop was very engaging. The students were very interested in the topic and eager to learn. It was great."



Student

"I liked the workshop because it taught me a lot. It was explained clearly and now I know what to expect in a healthy relationship."



Teacher

"Very thorough and easy to understand. The speaker uses a variety of techniques to present the information. It was great!"



Student

"This was a very educational workshop and I liked it a lot. I learned the different types of abuse and what a healthy relationship looks like."



Student

"I thought the workshop was very informative and helpful. There was a lot of valuable information that can be used by everyone."



Resources & References

LOCAL, STATE, & NATIONAL RESOURCES

ADVOCACY & LEGAL

Bergen County Office of Victim– Witness Advocacy

Two Bergen County Plaza
Hackensack, NJ 07601
201-646-2264
www.bcpo.net/victim-services

Northeast New Jersey Legal Services

190 Moore St., Suite 100
Hackensack, NJ 07601
201-487-2166
www.lsnj.org

Rutgers Domestic Violence Clinic

217 North Fifth Street
Camden, NJ 08102
For clinic legal services: 856-225-6425
Rutgers Domestic Violence Project Helpline:
856-225-2915
www.law.rutgers.edu/domestic-violence-clinic

Women’s Rights Information Center

108 West Palisade Ave
Englewood, NJ 07631
201-568-1166
www.womensrights.org

COUNSELING & BEHAVIORAL HEALTH

Division of Alternatives to Domestic Violence

One Bergen County Plaza, 2nd Fl
Hackensack, NJ 07601
24-Hr Hotline: 201-336-7575
www.co.bergen.nj.us/divisions-of-alternatives-to-domestic-violence/alternatives-to-domestic-violence

Bergen’s Promise

3 University Plaza Dr, Suite 300
Hackensack, NJ 07601
201-712-1170
www.bergenpromise.org

Care Plus NJ, Inc.

610 Valley Health Plaza
Paramus, NJ 07652
201-265-8200
www.careplusnj.org

Division of Family Guidance

One Bergen County Plaza, 2nd Fl
Hackensack, NJ 07601
24-Hr Hotline: 201-336-7350
www.co.bergen.nj.us/divisions-of-family-guidance

HealingSPACE: The Sexual Violence Resource Center in Bergen County

214 State Street, Suite 203A
Hackensack, NJ 07601
201-881-1700
www.ywcannj.org/healingspace/

New Directions—Comprehensive Behavioral Healthcare (Adolescents & Family)

395 Main Street
Hackensack, NJ 07601
201-646-0333
www.cbhcare.com

RESIDENTIAL & SAFE HOUSING

Center for Hope and Safety

12 Overlook Ave
Rochelle Park, NJ 07662
24-Hr Hotline: 201-944-9600
www.hopeandsafetynj.org

Never Alone Again— Domestic Violence Organization & Resource Center

668 American Legion Dr, Suite 5
Teaneck, NJ 07666
201-289-1718
www.neveraloneagain.org/

ONLINE EDUCATION , TOOLS, & TEEN COMMUNITY HUBS

Break the Cycle

www.breakthecycle.org/

love is respect

www.loveisrespect.org

NOMORE

www.nomore.org

VetoViolence

www.vetoviolence.cdc.gov

24-HR HOTLINES

National Domestic Violence Hotline

1-800-799-SAFE (7233)

National Teen Dating Abuse Hotline

1-866-331-9474

National Sexual Assault Hotline

1-800-656-HOPE (4673)

NJ Statewide Domestic Violence Helpline

1-800-572-SAFE (7233)

NJ State Child Abuse Hotline

1-800-531-1096

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Bergen County PESP (Psychiatric Emergency Screening Program)

201-262-HELP (4357)

REFERENCES

1. Centers for Disease Control and Prevention (CDC). (2022, February 28). *Fast facts: Preventing teen dating violence | violence prevention | injury Center | CDC*. Centers for Disease Control and Prevention. Retrieved September 13, 2022, from <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>
2. Hattersley-Gray, R. (2012, December 10). *The Dating Abuse Statistics Everyone Should Know*. Campus Safety Magazine. Retrieved September 13, 2022, from <https://www.campusafety.org/safety/dating-abuse-statistics>
3. Obenschain, K. C., & Jackson, G. (2021, February 23). *Teen dating violence and digital abuse during the COVID-19 pandemic*. Center for Injury Research and Prevention. Retrieved September 13, 2022, from <https://injury.research.chop.edu/blog/posts/teen-dating-violence-and-digital-abuse-during-covid-19-pandemic>
4. State of New Jersey, Department of Children and Families. (n.d.). *DCF: Teen dating violence fact sheets*. DCF | Teen Dating Violence Fact Sheets. Retrieved September 13, 2022, from https://www.nj.gov/dcf/providers/boards/dvfnfrb/tdv_fact_sheets.html