



OKLAHOMA STATE DEPARTMENT OF  
**EDUCATION**  
— CHAMPION EXCELLENCE —

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## Teen Dating Violence and Sexual Assault

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Chat Online Now

Welcome to loveisrespect.org. We're here to help.

CHAT: 24/7/365  
CALL: 1.866.331.9474  
TEXT: LOVEIS TO 23522

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# 1.5 Million

high school students nationwide experience physical abuse from a dating partner in a single year.

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# 1 in 3

adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of violence.

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# 1 in 10

high school students has been purposefully hit, slapped, or physically hurt by a boyfriend or girlfriend.

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**33%**

of teens who were in a violent relationship never told anyone about the abuse.

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**81%**

of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

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## Physical Abuse

Physical abuse is any intentional and unwanted contact with you or something close to your body. Sometimes abusive behavior does not cause pain or even leave a bruise, but it is still unhealthy.

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## Examples of Physical Abuse

- Scratching, punching, biting, strangling, or kicking
- Throwing something at you such as a phone, book, shoe, or plate
- Pulling your hair
- Pushing or pulling you
- Using a gun, knife, box cutter, bat, mace, or other weapon
- Grabbing your clothing
- Smacking your bottom
- Forcing you to have sex or perform a sexual act
- Grabbing your face to make you look at them
- Grabbing you to prevent you from leaving or to force you to go somewhere

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## Escaping Physical Abuse

You are not alone

- Realize this behavior is wrong
- Talk to a trusted adult, friend, or family member
- Create a safety plan
- Consider getting a restraining order
- Do not accept or make excuses for your partner's abusive behavior
- Remember that physical abuse is never your fault

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## Emotional Abuse

Emotional abuse includes non-physical behaviors such as threats, insults, constant monitoring or "checking in," excessive texting, humiliation, intimidation, isolation, or stalking.

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## Examples of Emotional Abuse

- Name calling & put downs
- Yelling and screaming at you
- Intentionally embarrassing you in public
- Preventing you from seeing or talking with your friends and family
- Telling you what to do and wear
- Using online communities or cell phones to control, intimidate, or humiliate you
- Blaming your actions for their abusive or unhealthy behavior
- Stalking you
- Threatening to commit suicide to keep you from breaking up with them
- Threatening to harm you, your pet, or people you care about
- Making you feel guilty or immature when you don't consent to sexual activity
- Threatening to expose your secrets such as your sexual orientation or immigration status
- Starting rumors about you
- Threatening to have your children taken away

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## Digital Abuse

Digital abuse is the use of technologies such as texting and social networking to bully, harass, stalk, or intimidate a partner. Often this behavior is a form of verbal or emotional abuse.

In a healthy relationship, all communication is respectful whether in person, online, or by phone. It is never ok for someone to say anything that makes you feel bad, lowers your self esteem, or manipulates you.

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## Examples of Digital Abuse

- Tells you who you can or can't be friends with on social media
- Sends you negative messages, tweets, DMs, or other messages online
- Uses sites like Facebook, Twitter, foursquare, and others to keep constant tabs on you
- Puts you down in their status updates
- Sends you unwanted, explicit pictures and/or demands you send them in return
- Pressures you to send explicit videos or sexts
- Steals or insists to be given your passwords
- Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished
- Looks through your phone frequently, checks up on your pictures, texts, and outgoing calls
- Tags you unkindly in pictures on social media

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## Sexual Abuse

Sexual abuse refers to any action that pressures or coerces someone to do something sexually that they don't want to do. It can also refer to behavior that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including oral sex, rape, or restricting access to birth control.

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## Sexual Abuse

It is important to know that just because the victim "didn't say no" doesn't mean that they meant yes. When someone does not resist an unwanted sexual advance, it doesn't mean they consented. Sometimes physically resisting can put a victim at a bigger risk for further physical or sexual abuse.

Some think that if the victim didn't resist, that doesn't count as abuse. It still is. This myth is hurtful because it makes it more difficult for the victim to speak out and more likely that they will blame themselves. Whether they were intoxicated or felt pressured, intimidated or obligated to act in a certain way, IT IS NEVER THE VICTIM'S FAULT.

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## Examples of Sexual Abuse

- Unwanted kissing or touching
- Unwanted rough or violent sexual activity
- Rape or attempted rape
- Refusing to use condoms or restricting someone's access to birth control
- Keeping someone from protecting themselves from sexually transmitted infections (STIs)
- Sexual contact with someone who is very drunk, drugged, unconscious, or otherwise unable to give a clear and informed "yes" or "no"
- Threatening someone into unwanted sexual activity
- Pressuring or forcing someone to have sex or perform sexual acts
- Using sexual insults toward someone

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## Things to Consider About Sexual Abuse

- Everyone has the right to decide what they do or do not want to do sexually; not all sexual assaults are violent attacks
- Most victims of sexual assault know the assailant
- Both men and women can be victims of sexual abuse
- Sexual abuse can occur in same-sex relationships
- Sexual abuse can occur between two people who have been sexual with each other before, including people who are married or dating

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## What to do if you've been sexually abused

You are not alone

### Contact someone you trust.

Many people feel fear, guilt, anger, shame and/or shock after they have been sexually assaulted. Having someone there to support you as you deal with these emotions can make a big difference.

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## What to do if you've been sexually abused

You are not alone

### Report what happened to the police.

If you decide to report what happened, you will have a stronger case if you do not alter or destroy any evidence. Don't shower, don't wash your hair, don't comb your hair, or change your clothes. There are advocates available to walk you through this process.

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**What to do  
if you've  
been  
sexually  
abused**  
You are not  
alone

**Go to the Emergency Room  
or the Rape Crisis Center.**  
It is very important for you to seek  
health care as soon as you can after  
being assaulted. You will be treated  
for any injuries and offered  
medications to help prevent  
pregnancies and STIs.

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Teen Dating Violence and Sexual Assault

## Creating a Safety Plan



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1-866-339-9474 1-866-339-9453 TTY

### A TEEN'S GUIDE TO SAFETY PLANNING

**WHY DO I NEED A SAFETY PLAN?**  
Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible.

**WHAT IS A SAFETY PLAN?**  
A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through the changes that will help keep you as safe as possible at school, at home and other places that you go on a daily basis.

**HOW DO I MAKE A SAFETY PLAN?**  
Take some time for yourself to go through each section of this safety planning workbook. You can complete the workbook on your own, or you can work through it with a friend or an adult you trust.

**Keep in Mind:**

- In order for the safety plan to work for you, you'll need to fill in personalized answers, so you can use the information when you most need it.
- Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone that you trust.
- Getting support from someone who has experience working with teens in abusive relationships can be very useful.

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Teen Dating Violence and Sexual Assault

## Oklahoma Law



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## Rape

First-degree rape includes:

- Rape when the offender is over 18 years old and the victim is less than 14 years old
- Rape when the victim is incapable of giving legal consent due to mental illness or unsoundness of mind
- Rape where the victim is intoxicated due to a narcotic or anesthetic agent administered by the offender
- Rape where the victim is unconscious, and the offender knows that the victim is unconscious, during the sexual intercourse
- Rape accomplished by force, violence (or threat of force or violence with the apparent ability to carry out the threat)
- Rape by instrumentation that results in bodily harm (regardless of the age of the offender), or
- Rape by instrumentation when the victim is less than 14 years old

All other instances of rape qualify as second-degree rape.

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## Age of Consent

The age of consent in Oklahoma is 16. This means that people who are 16 years old and older are legally mature enough to consent to having sexual intercourse with another person. On the other hand, anyone who is less than 16 years old is legally incapable of consenting to sexual intercourse.

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## Age Limitations on Rape Conviction

Minors who are less than 18 years old can't be convicted of rape in Oklahoma for having *consensual* sexual intercourse with anyone over the age of 14. For example, if Tom is 17 years old and has consensual sexual intercourse with his girlfriend Karen who is 16 years old, then neither Tom nor Karen has committed rape in Oklahoma.

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Teen Dating Violence and Sexual Assault

## What do I do if I suspect abuse?

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## Warning Signs

Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's unhealthy in one relationships may be abusive in the next. Although there are many signs to pay attention to in a relationship, look for these common warning signs of dating abuse:

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## Warning Signs

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Erratic mood swings
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what to do
- Repeatedly pressuring someone to have sex

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



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## Why do you suspect?

- You've seen unexplained injuries, bruises, scratches, cuts, etc.
- You've seen the student with their significant other and it seems dysfunctional in some way
- You've overheard the student talking to someone else about their relationship and it is alarming to you
- You've noticed a drastic difference in their academic performance, personal hygiene, demeanor, etc.



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## Options

- Ask the student if they are ok; share with them what you have witnessed, overheard, or suspected
- Tell a counselor or principal immediately; based on what you know to be true, you could be required to make a report to DHS
- DON'T ask their friends if they are ok
- DON'T think you are overreacting or being paranoid
- DON'T call home first without talking to the student, counselor, or principal



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## Mandatory Reporter

Every teacher of any child under the age of eighteen (18) years, having reason to believe that a child under the age of eighteen (18) years is a victim of abuse or neglect, shall report the matter promptly to the Department of Human Services. Such reports may be made by telephone, in writing, personally or by any other method prescribed by the Department. Any report of abuse or neglect made pursuant to this section shall be made in good faith.

**DHS Hotline 1-800-522-3511**



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## How can I help?

- Let students know where you stand
- Listen to what they have to say
- Show empathy
- Go with the student to report
- Check in with them



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## Let students know where you stand

- Don't be afraid to tell them that they deserve a healthy relationship
- Hang a poster in your room
- Build relationships with students
- Notice if things aren't right and ask if they need help



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## Listen to what they have to say

- Don't cut them off when you know what they are talking about
  - Don't say, "Wow, I can't handle this. You need to talk to your counselor."
  - Say, "I am so glad you told me. I can help you find help. I will go with you to talk to your counselor."
- Engage in active listening
  - Don't let them see that you are uncomfortable
  - Make eye contact, nod, repeat back what you heard
- Don't pressure them to tell you more than they want to share
- Always tell them you are a mandatory reporter
  - "I want to be sure you know that I can keep what you are telling me confidential UNLESS you or someone else is in danger. If that is the case, the law says I have to get you help."



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## Show Empathy

- Empathy is the act of putting yourself in someone else's shoes and imagining how they would feel
- Tell them you believe them
- Use empathetic words and phrases
  - "This sounds like it is really difficult."
  - "That would scare me, too."
  - "This isn't your fault."
  - "I don't know what to say, but I am so glad you told me."



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## Help the student report

- Explain you are a mandatory reporter by law
- Offer choices of to whom to report (counselor, principal, or advocate)
- Don't delay until tomorrow; reporting should be the same day
- You don't have to stay in the room while they report; sometimes walking them there is enough



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## Check in with the student

- Ask to speak to the student in private
- Ask if they are doing ok
- Ask if they are safe
- Ask if there is anything that anyone can do to help them



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