

Counseling Newsletter

Sponsored by the IMPACT Counseling Team

Teen Dating
Violence
Awareness
Month

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner. This is a figure that far exceeds rates of other types of youth violence. One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend. (Source: loveisrespect.org)

What consent looks like.....

- **Communicating** every step of the way. For example, during a hookup, ask “is it okay if I kiss you”, and don’t just assume that they are comfortable with it.
- Respecting that when they don’t say “no,” it doesn’t mean “yes.”
- Breaking away from gender “rules.” Girls are not the only ones who might want to take it slow. Also, it’s not a guy’s job to initiate the action (or anything else, really).

What consent DOES NOT look like....

- Assuming that dressing sexy, flirting, accepting a ride, accepting a drink etc. is in any way consenting to anything more.
- Saying yes (or saying nothing) while under the influence of drugs or alcohol.
- Saying yes or giving into something because you feel too pressured or too afraid to say no.

Here are some red flags that indicate your partner doesn’t respect consent:

- They pressure or guilt you into doing things you may not want to do.
- They make you feel like you “owe” them — because you’re dating, or they gave you a gift, etc.



Relationship Equality

According to the Centers for Disease Control and Prevention, approximately 9% of high school students report being hit, slapped, or physically hurt by boyfriend or girlfriend in the last 12 months.

Dating violence can be physical, emotional/psychological, or sexual, and includes stalking. It has serious short- and long-term effects. Youth who are victims are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, and other consequences, including being at higher risk for victimization in college.

Relationship equality involves acting so your partner feels safe, negotiation and fairness, shared responsibility, honesty, accepting responsibility for your own behaviors, respecting your partner’s right to goals in life—including the right to his or her own feelings, friends, activities, and opinions., and being respectful. (Source: loveisrespect.org)

A healthy relationship is when.....

- Both are feeling good about self. Feel good individually-whether in relationship or not.
- Both are feeling good about the relationship. We really enjoy each other.
- Shared interests. Shared power and decision making. Shared values.
- Normal ups and downs, but more ups than downs.
- Can disagree and solve problems without verbal or physical abuse.
- Relationship is part of a well-rounded life of friends, family, school, sports, hobbies, and spiritual life.
- Like and respect each other.
- Both enjoy the company the other people and support individual interests and friendships of their boyfriend/girlfriend.

Red Flags cont'd.....

- They react negatively (with sadness, anger or resentment) if you say “no” to something, or don’t immediately consent. They ignore your wishes, and don’t pay attention to nonverbal cues that could show you’re not consenting (ex: pulling/pushing away). **(Source: loveisrespect.org)**

Where to Get Help

The Turning Point
972.985.0951 office
800.886.7273 hotline
www.theturningpoint.org

Hope's Door
820 Avenue F, Suite 100
Plano, TX 75074
972.422.2911 ext 316
972.422.7233 hotline
www.hopesdoorinc.org

Denton County Friends of the Family
1400 Crescent, Suite 5
Denton, TX 76201
940.387.5131
972.221.0650 Lewisville
940.382.7273 crisis line
800.572.4031
www.dcf.org

MISD Resources

McKinney Boyd High School:
Sandra Shelton at
469-302-3438
sshelton@mckinneyisd.net

McKinney High School: Jill
Lueke at 469-302-5742
jlueke@mckinneyisd.net

McKinney North High School:
Deidre Vetterick at
469-302-4248
dvetterick@mckinneyisd.net

MISD Director of Guidance
and Counseling:

Jennifer Akins at 469-302-4150
jakins@mckinneyisd.net

When is a Relationship Unhealthy?

This may have been a good thing once, but it is no longer a well-balanced and enjoyable dating relationship- it is time to cut the ties to this relationship and move on.

- One or both are not enjoying the relationship much- lots of drama or boredom, not much fun.
- When they ask you to do things you’re uncomfortable with such as sending pictures of your- self. Or, the person seems demanding or pushy when it comes to engaging in any type of sexual act, even if it’s kissing.
- May not have as many shared interests or values, or differ on important interests and values.
- Can disagree and solve problems fairly, but there are a lot of disagreements and problems.
- One partner sees the relationship much more important than the other one does---one is getting too serious or too dependent.
- One partner has violated trust or hurt the other in a way that is hard to repair.
- Have just grown apart- not very interested in each other anymore- it is more of a habit than anything else.
- Feel sadness, anger, hurt, and failure about breaking up, but open to the possibility to new relationships.

(Source: loveisrespect.org)

**A true relationship
is someone who
accepts your past,
supports your present,
loves you and
encourages your future.**

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