



## **Outline Safe Dates: Teen Presentation**

### **Introduction:**

- About Synergy Services
- About Safe Dates

### **Healthy Relationships in General**

- What is Dating?
- How I want to be treated in a relationship
- How I want to treat others in a relationship

### **Unhealthy Relationships**

- What is Abuse?
- Abusive/Harmful Behaviors

### **Define Dating Abuse**

- Types of Abuse
  - \* Physical (We will discuss and name types)
  - \* Emotional (I do use some derogatory terms here)
  - \* Sexual (We will discuss and name types)
- Facts about Dating Abuse
- Why Do People Abuse
  - To Control the way someone Acts, Feels and Thinks
- Common Methods of Abuse
- Warning Signs of Abuse
- Cycle of Violence
- Consequences of Dating Abuse for victim and abuser

### **Why Don't People Just Leave?**

- Why is it hard to get help?

### **How to help a friend who is being abused**

- Safety Planning
- Intervention
- Community Resources

*\*If you have any concerns or questions about the presentation content please contact your speaker before the first scheduled presentation date.*