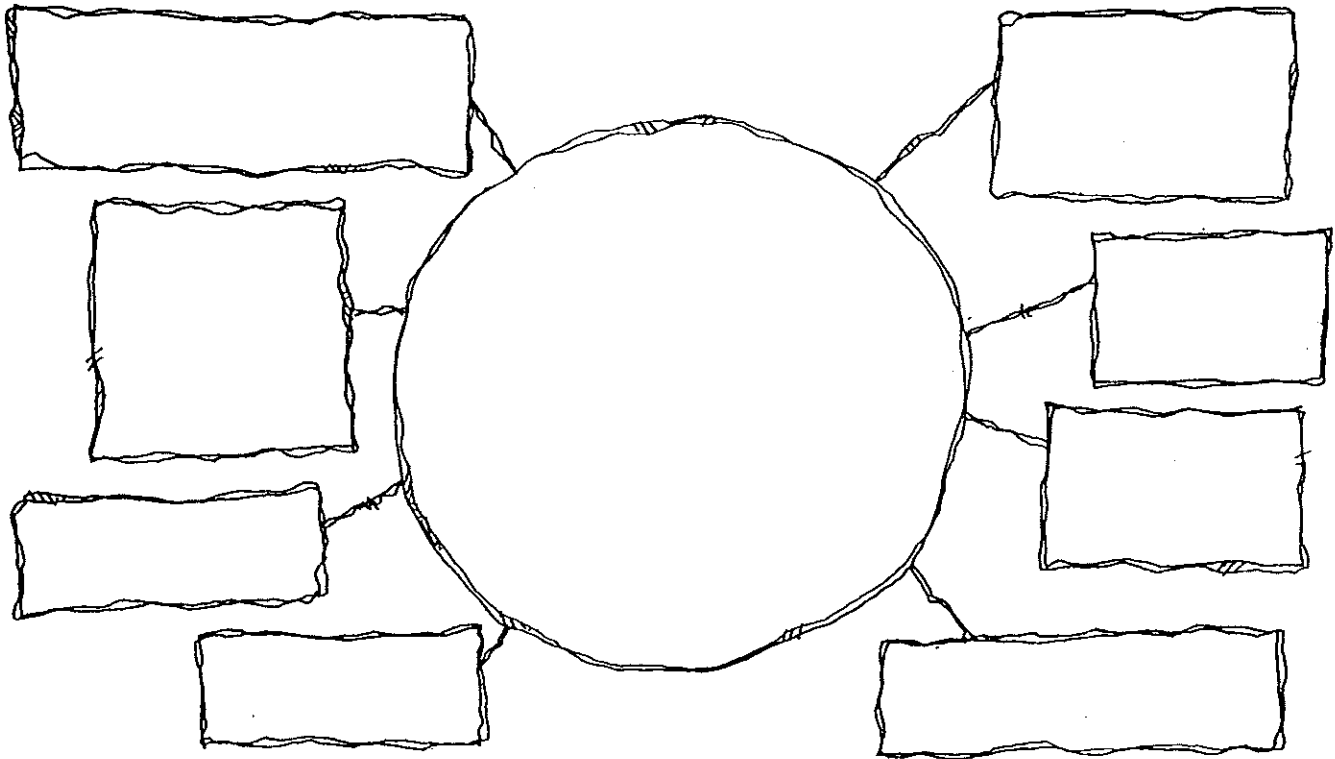


My Support Map

Although you may be thinking a lot about your relationships with 'romantic' or 'intimate' partners, first let's take a look at some of the other relationships in your life. This is important, because sometimes we focus so intensely on one relationship that we lose sight of the importance of our other relationships, like with friends, family and other people who can help us reach our goals. Remember that no one relationship can ever meet all of your needs.

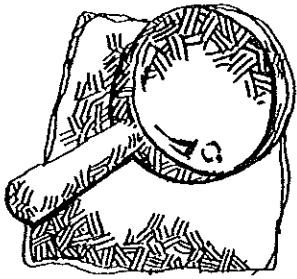
Below you can create a 'map' of your support system. In the center circle, put your name or paste a picture of yourself. In the boxes connected to you, write the names and telephone numbers of the people or organizations who are or could be a part of your support system. This means anyone you could call on for help or support in any area of your life from a serious personal problem, to health care, to help with your math homework. Feel free to draw in extra boxes if necessary!



Examples of people and places you might have in your support system ...

- Parents
- Brothers or sisters
- Other family members
- Close friends
- A teacher you trust
- Your counselor or therapist
- Your church, temple or place of worship
- Your dating partner
- Youth center
- Crisis hotline or youth line
- Health clinic
- A club, team or group you belong to
- Your co-workers or boss
- Your school
- Other _____
- Other _____

As you continue to work on developing healthy relationships, strong or confusing feelings may come up. Who in your support system can you talk with about these feelings?



Evaluating My Relationship

The purpose of this exercise is to help you start thinking about different aspects of your relationship. If you are not in a 'dating' relationship right now, focus on a past relationship or a present relationship with a friend or family member. Ask yourself the following questions about that person and your relationship with him or her.

I am evaluating my relationship with: _____

Can you name five things about this person that you really like? 1. _____
2. _____ 3. _____
4. _____ 5. _____

Can you name five things about this person that you really dislike? 1. _____
2. _____ 3. _____
4. _____ 5. _____

Do you think this person's relationships with family and friends are healthy? Why or why not? _____

Does this person encourage you to have other friends, or discourage other friendships? In what way? _____

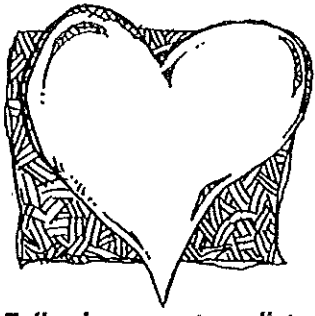
Can you name three things this person is interested in besides you? 1. _____
2. _____ 3. _____

Can you name three activities that you participate in without this person?
1. _____
2. _____ 3. _____

Do you both have equal decision-making power in your relationship? _____

How do the two of you usually handle conflicts? _____

Since you have been in this relationship, do you generally feel better about yourself, worse about yourself, or about the same? _____



How Healthy Is My Relationship?

Following are two lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have a combination of both. The point of this exercise is to figure out what things in your relationship are healthy or unhealthy, so you can gain appreciation for the best things and decide what you want to change. Read both lists, and check the heart next to every statement that is true about your relationship.

I am evaluating my relationship with: _____

IS IT HEALTHY?

Check the heart if you and this person . . .

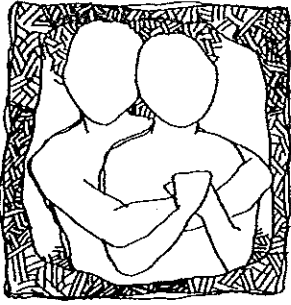
- ♥ Have fun together more often than not
- ♥ Each enjoy spending time separately, with your own friends, as well as with each other's friends
- ♥ Always feel safe with each other
- ♥ Trust each other
- ♥ Are faithful to each other if you have made this commitment
- ♥ Support each other's individual goals in life, like getting a job or going to college
- ♥ Respect each other's opinions, even when they are different
- ♥ Solve conflicts without putting each other down, cursing at each other or making threats
- ♥ Both accept responsibility for your actions
- ♥ Both apologize when you're wrong
- ♥ Have equal decision-making power about what you do in your relationship
- ♥ Each control your own money
- ♥ Are proud to be with each other
- ♥ Encourage each other's interests - like sports & extracurricular activities
- ♥ Have some privacy - your letters, diary, personal phone calls are respected as your own
- ♥ Have close friends & family who like the other person and are happy about your relationship
- ♥ Never feel like you're being pressured for sex
- ♥ Communicate about sex, if your relationship is sexual
- ♥ Allow each other 'space' when you need it
- ♥ Always treat each other with respect

IS IT UNHEALTHY?

Check the heart if one of you . . .

- ♥ Gets extremely jealous or accuses the other of cheating
- ♥ Puts the other down by calling names, cursing or making the other feel bad about him or herself
- ♥ Yells at and treats the other like a child
- ♥ Doesn't take the other person, or things that are important to him/her, seriously
- ♥ Doesn't listen when the other talks
- ♥ Frequently criticizes the other's friends or family
- ♥ Pressures the other for sex, or makes sex hurt or feel humiliating
- ♥ Has ever threatened to hurt the other or commit suicide if they leave
- ♥ Cheats or threatens to cheat
- ♥ Tells the other how to dress
- ♥ Has ever grabbed, pushed, hit, or physically hurt the other
- ♥ Blames the other for your own behavior ("If you hadn't made me mad, I wouldn't have . . .")
- ♥ Embarrasses or humiliates the other
- ♥ Smashes, throws or destroys things
- ♥ Tries to keep the other from having a job or furthering his/her education
- ♥ Makes all the decisions about what the two of you do
- ♥ Tries to make the other feel crazy or plays mind games
- ♥ Goes back on promises
- ♥ Acts controlling or possessive - like you own your partner
- ♥ Uses alcohol or drugs as an excuse for hurtful behavior
- ♥ Ignores or withholds affection as a way of punishing the other
- ♥ Depends completely on the other to meet social or emotional needs

This list is a way of identifying some of the healthy and unhealthy characteristics of your relationship - it does not cover every possible situation. You may want to share this list with someone in your support system, and talk about where you want to make changes in your relationship and how you can begin to do this.



How My Relationship Affects My Life

Ask yourself the following questions about how your relationship is affecting important areas of your life. Then think about any areas where you want to make changes, and talk with someone in your support system about how you can do this.

I am evaluating my relationship with: _____

SCHOOL:

- Does this person encourage me to do well in school? _____
- Have my grades improved, fallen or stayed the same since I've been in this relationship? _____
- Does this person pressure me to skip school? _____
- Have I ever missed or been late to school because of a fight with this person? _____
- Have I ever quit a school group or club so I could spend that time with this person? _____
- If I want to go to college, does this person support this goal? _____

WORK:

- Does this person support me in my job/career? _____
- Have I ever missed or been late to work because of a fight with this person? _____
- Does this person pressure me to miss work? _____
- Do I talk to this person on the phone so much while at work that it gets in the way of my job? _____
- Has this person ever shown up at my job to 'check up' on me because of jealousy? _____
If so, has this caused me embarrassment or questions from co-workers or boss? _____

MY PHYSICAL HEALTH:

- Have I ever had cuts, bruises, or other injuries as a result of a fight with this person? _____
- Have I gained or lost a significant amount of weight since I've been in this relationship? _____
- Have I ever contracted a sexually transmitted disease from this person? _____
- Have I had any unplanned pregnancies from this relationship? _____
- Have I ever been so upset about a fight with this person that I became physically ill? _____
- Does this person ever threaten me physically or do dangerous things, like driving recklessly with me in the car? _____

(continued on next page)



How My Relationship Affects My Life

(continued)

MY EMOTIONAL HEALTH (LEVEL OF STRESS, FEELINGS OF SELF WORTH):

- Do I feel better about myself or worse about myself since I have been in this relationship? _____
- Do I ever think that "I am nothing" without this person - that I couldn't go on without him or her? _____
- Do I feel more or less stressed, depressed or anxious? _____
- Do I cry more or less frequently since I've been in this relationship? _____
- Do I have more trouble sleeping at night or sleep more than usual since I've been in this relationship? _____

USE OF DRUGS/ALCOHOL:

- Have I started/increased or stopped/decreased smoking , drinking or using drugs since I've been in this relationship? _____
- Does this person pressure me to use drugs or alcohol? _____
- Do I ever use drugs/alcohol to help myself calm down or feel better after a fight? _____
- Do I ever use drugs/alcohol because I feel it will "loosen me up" and make me less inhibited around this person or around his/her friends? _____

MY FAMILY & FRIENDSHIPS:

- How do my friends & family feel about this person? How does this person feel about them? _____
- Have I grown apart from my friends & family since I've been in this relationship, or gotten closer? _____
- Does this person ever act jealous of my friends/family and try to keep me away from them? _____
- Has this person ever threatened or gotten into a physical fight with a friend or family member? _____
- Has this person pressured me to quit a club, group or team? _____
- Do I find myself lying to my friends & family to cover up for this person? _____
- Do we each spend time separately with our own friends? _____

MY ABILITY TO FUNCTION INDEPENDENTLY:

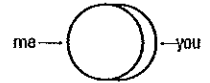
- Do I have control of my own money? _____
- Have my living arrangements become dependent on this person? _____
- Do I ever feel that I could not 'make it' without this person? _____
- In what other ways, positive or negative, do I think this relationship has affected my life? _____



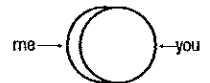
Balancing You, Me and Us

It's a romantic idea that when two people are in love they become one - but in reality, that way of thinking can sometimes be unhealthy. Another way to look at relationships is that two people, ME and YOU, overlap to create a third part of a relationship - US. If one of those three parts dominates, the other parts get neglected.

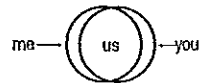
For example, if the relationship's all about ME, then I am focused on getting my needs met and expect you to make my needs your priority too - but your needs suffer.



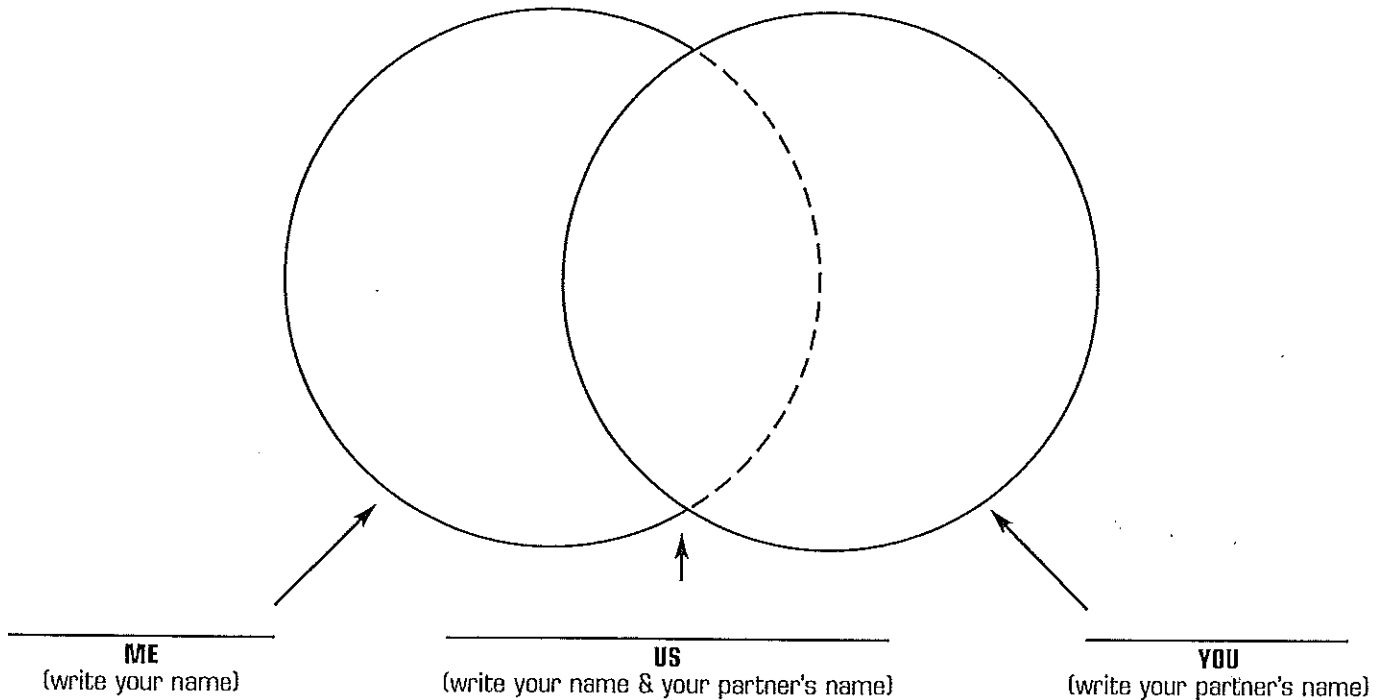
If the relationship's all about YOU, then I might spend all my energy trying to please you, but I do not take care of my own needs.



If the relationship is all about US, then we are both focused so intensely on the relationship that we each lose our individual identities.

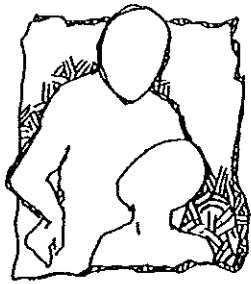


In a healthy relationship, the ME, YOU and US are in balance most of the time. There might be days when I am having a problem so we focus on me, or you are celebrating a special accomplishment so we focus on you. But as a whole, we are able to achieve a balance between ME, YOU and US.



The overlapping circles above represent the three parts of a relationship - ME, YOU and US. Write your name and the name of your partner under the left and right circles. In the part of the circle that represents only you, write the things that are a part of you as an individual - for example, your close friends, family members, activities you enjoy by yourself, your education or career goals, talents and hobbies that are uniquely yours. Then do the same for your partner. In the center, where the two circles overlap to represent the US in your relationship, write things that you and your partner share together: special feelings, activities you enjoy together, friends that you have in common, special memories or future plans.

Now ask yourself: Are the Me, You and Us in your relationship in balance? _____
If not, which part(s) need more attention? _____



Focus on Emotional Abuse

Emotional abuse is a way of hurting someone without necessarily being physical. It's when one person in a relationship tries to control the other person's feelings or thoughts in order to gain power over them.

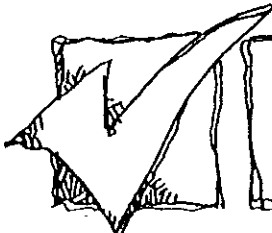
I am evaluating my relationship with: _____

Some examples of emotional abuse (also called mental, verbal or psychological abuse) are listed below. Check any that you have done to this person, or that this person has done to you.

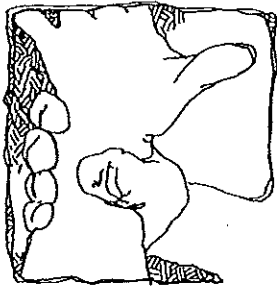
I have done to this person They have done to me

- ▼ Put-downs; Calling names, telling them they're stupid or ugly, telling them they're not good enough or no one could ever love them
- ▼ Frequently cursing or yelling at the other person
- ▼ Threatening or intimidating - making the other person feel nervous or scared for themselves or someone they care about
- ▼ Frequently criticizing or correcting the other person - the way they look, talk, act, etc.
- ▼ Lying or cheating
- ▼ Playing mind games or making the other person think they're crazy
- ▼ Putting responsibility for your behavior on the other person
- ▼ Making fun of or putting down the other person's family, culture, religion, race or heritage
- ▼ Embarrassing or humiliating the other person, especially in front of other people
- ▼ Withholding affection as punishment - not giving them love if they don't do what you want them to do
- ▼ Controlling behavior - telling the other person what to do, what to wear, who to hang out with, etc.
- ▼ Making all the decisions in the relationship and ignoring the other person's feelings
- ▼ Guilt trips - trying to make the other person feel guilty when you don't get your way, especially by threatening to hurt yourself or commit suicide
- ▼ Keeping the other person from spending time with their friends or family members, or from work or other activities that are important to him/her
- ▼ Using the children to get the other person to do what you want
- ▼ Being extremely jealous, and using jealousy to justify controlling behavior
- ▼ Threatening to break up with the other person if you don't get your way
- ▼ Saying you don't love the other person just to get him/her to do what you want
- ▼ Accusing the other person of cheating on you as a way of manipulating him/her to do what you want
- ▼ Keeping constant tabs on a person, expecting to know his/her every move

Here are some examples of emotional abuse I have experienced in my life (not necessarily from the person above):



CHECKPOINT: Am I being emotionally abused by my partner? Yes No
 Have I been emotionally abused in the past? Yes No
 Am I being emotionally abusive to my partner? Yes No
 Have I been emotionally abusive in the past? Yes No



Focus on Physical Abuse

Physical abuse is any behavior that is meant to cause hurt to another person's body or to control another person's physical freedom or movement. One person may abuse another using his or her own physical strength, using an object or weapon, or using size or presence to intimidate or control the other.

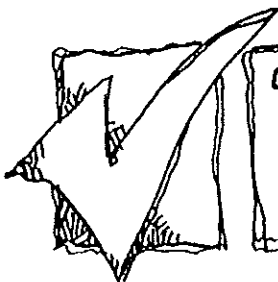
I am evaluating my relationship with: _____

*Some examples of physical abuse are below.
Check any that you have done to this person or they have done to you.*

**I have done
to this person This person
has done to me**

Pushing or shoving	<input type="checkbox"/>	<input type="checkbox"/>
Grabbing	<input type="checkbox"/>	<input type="checkbox"/>
Hitting, slapping or punching	<input type="checkbox"/>	<input type="checkbox"/>
Pulling hair	<input type="checkbox"/>	<input type="checkbox"/>
Kicking	<input type="checkbox"/>	<input type="checkbox"/>
Choking	<input type="checkbox"/>	<input type="checkbox"/>
Holding someone down or holding their arm so they can't walk away	<input type="checkbox"/>	<input type="checkbox"/>
Throwing objects at another person	<input type="checkbox"/>	<input type="checkbox"/>
Use of weapons to hurt or threaten someone	<input type="checkbox"/>	<input type="checkbox"/>
Biting	<input type="checkbox"/>	<input type="checkbox"/>
Pinching	<input type="checkbox"/>	<input type="checkbox"/>
Spitting	<input type="checkbox"/>	<input type="checkbox"/>
Arm twisting	<input type="checkbox"/>	<input type="checkbox"/>
Burning	<input type="checkbox"/>	<input type="checkbox"/>
Carrying someone against their will	<input type="checkbox"/>	<input type="checkbox"/>
Trapping someone in a room or car	<input type="checkbox"/>	<input type="checkbox"/>
Abandoning someone in an unsafe place	<input type="checkbox"/>	<input type="checkbox"/>
Chasing	<input type="checkbox"/>	<input type="checkbox"/>
Standing in the doorway to block the other person from leaving	<input type="checkbox"/>	<input type="checkbox"/>
Hiding car keys, shoes, clothes or money so the other person can't leave	<input type="checkbox"/>	<input type="checkbox"/>
Standing in front of/behind car to prevent person from leaving	<input type="checkbox"/>	<input type="checkbox"/>
Sabotaging car to prevent person from leaving	<input type="checkbox"/>	<input type="checkbox"/>
Refusing to help someone when they're sick or injured	<input type="checkbox"/>	<input type="checkbox"/>
Following or stalking	<input type="checkbox"/>	<input type="checkbox"/>

Here are some examples of physical abuse I have experienced in my life (not necessarily from the person above):



CHECKPOINT: Am I being physically abused by my partner? Yes No
 Have I been physically abused in the past? Yes No
 Am I being physically abusive to my partner? Yes No
 Have I been physically abusive in the past? Yes No



Focus on Sexual Abuse

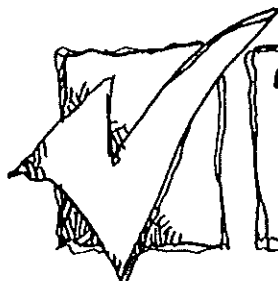
Sexual abuse is any sexual behavior that is forced, coerced or manipulated. It includes sexual harassment, which is discussed in more detail in the separate worksheet Focus on Sexual Harassment. Sexual abuse overlaps with the other types of abuse, because it can be physical (such as unwanted touching), verbal (such as calling someone sexual names) or emotional (such as using sexual behavior to humiliate someone.)

Some examples of sexual abuse are listed below.

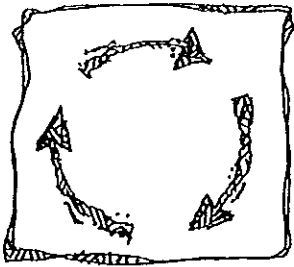
Check any that you have ever done to someone or someone else has done to you.

	I have done	Have had done to me
▷ Threatening to break up with someone or spread rumors about them if they refuse sexual acts	<input type="checkbox"/>	<input type="checkbox"/>
▷ Threatening to hurt the other person or someone they care about if they refuse sexual acts	<input type="checkbox"/>	<input type="checkbox"/>
▷ Lying to or manipulating someone to get him/her to agree to sexual behavior	<input type="checkbox"/>	<input type="checkbox"/>
▷ Ripping or tearing at someone's clothes	<input type="checkbox"/>	<input type="checkbox"/>
▷ Unwanted grabbing or touching of someone's rear end, breasts, or genital areas	<input type="checkbox"/>	<input type="checkbox"/>
▷ Forcing someone to take off his/her clothes	<input type="checkbox"/>	<input type="checkbox"/>
▷ Physically forcing someone into any kind of sexual behavior – even when they have agreed to one form of sex but not to another	<input type="checkbox"/>	<input type="checkbox"/>
▷ Sex while one person is too drunk or high to make a sound decision about sex	<input type="checkbox"/>	<input type="checkbox"/>
▷ Forcing someone into sexual acts with a third person	<input type="checkbox"/>	<input type="checkbox"/>
▷ Forcing someone to watch sex between others	<input type="checkbox"/>	<input type="checkbox"/>
▷ Taking pictures or videos of someone undressing or involved in sexual behavior without his/her consent	<input type="checkbox"/>	<input type="checkbox"/>
▷ Any sexual activity between an adult and child or a child and a much younger child	<input type="checkbox"/>	<input type="checkbox"/>
▷ Rape with an object	<input type="checkbox"/>	<input type="checkbox"/>
▷ Sex that hurts	<input type="checkbox"/>	<input type="checkbox"/>
▷ Withholding sex as a way of manipulating someone into doing what you want	<input type="checkbox"/>	<input type="checkbox"/>
▷ Making partner dress in a sexier way or less sexy way	<input type="checkbox"/>	<input type="checkbox"/>
▷ Sexual harassment (see <u>Focus on Sexual Harassment</u> for details on this form of sexual abuse.)	<input type="checkbox"/>	<input type="checkbox"/>
▷ _____	<input type="checkbox"/>	<input type="checkbox"/>
▷ _____	<input type="checkbox"/>	<input type="checkbox"/>

Here are some examples of sexual abuse I have experienced:



CHECKPOINT: Am I being sexually abused by my partner? ___ Yes ___ No
 Have I been sexually abused in the past? ___ Yes ___ No
 Am I being sexually abusive to my partner? ___ Yes ___ No
 Have I been sexually abusive in the past? ___ Yes ___ No

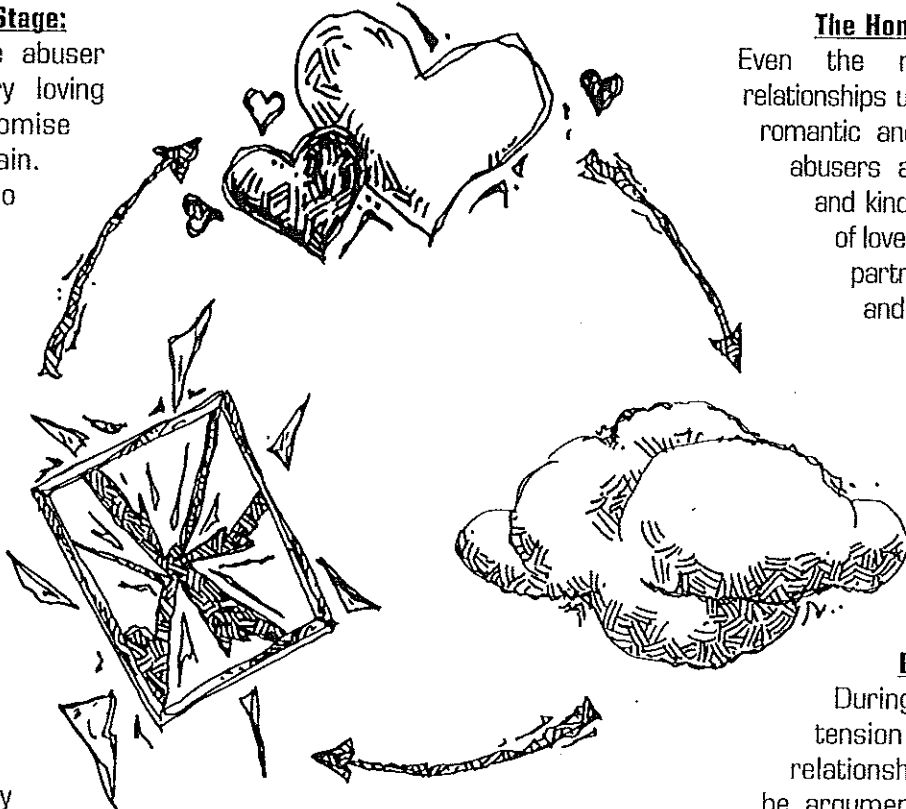


The Cycle of Abuse

Although not all abusive relationships follow the same pattern, there is a cycle that is similar in many abusive relationships. It looks something like this.

Back to The Honeymoon Stage:

After the 'blow up' the abuser may apologize, be very loving and kind, and promise it won't happen again. Because the abuser is so convincing, the partner will often try to 'forgive and forget.' Unfortunately, the cycle usually repeats itself and the abuse gets worse.



The Honeymoon Stage:

Even the most abusive relationships usually start out romantic and loving. Many abusers act very sweet and kind, express a lot of love and make their partners feel special and cared for.

The Blow Up Stage:

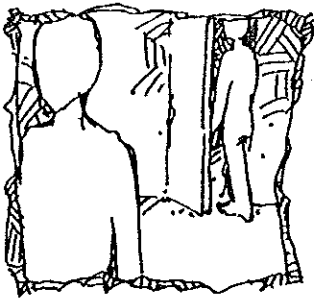
This is when the abuse is at its worst, and it may include extreme physical or sexual violence.

The Tension Building Stage:

During this phase, tension builds in the relationship. There may be arguments, emotional abuse or minor physical abuse like grabbing or pushing.

Have you experienced this cycle in your relationship? If so, briefly write down the behaviors you saw during each of the phases. Or think of a relationship from a movie, book or TV, and write down examples of behaviors you saw at each stage of the relationship.

1. The Honeymoon Stage (beginning of the relationship): _____
2. The Tension Building Stage: _____
3. The Blow Up Stage: _____
4. The Honeymoon Stage (after the blow up): _____



Ending A Relationship

Ending a relationship is never easy. Your relationship is something you have probably invested a lot of emotional energy in, and it's a letdown that things didn't turn out the way you planned. It might help to remember that you have grown from your experiences in this relationship – even from the most painful parts of it – and what you have learned from this relationship can help to make future relationships more successful. Also remember that you have the right to end a relationship any time you want to.

How do I end the relationship?

That depends. If your partner has ever been violent or threatened violence, even once, then it is very important that you not attempt to break up until you have a safety plan in place. Work with your counselor to complete the Safety Plan in this workbook.

If you have no concerns about your physical safety:

1. First, be clear about your reasons for breaking up, and be sure that ending the relationship is what you want to do. It's normal to feel confused at times, but never tell someone you want to break up with them as a way of manipulating them or getting them to do something you want them to do. Don't say you want to break up if you don't mean it.

What are your reasons for ending the relationship? _____

Are you sure that breaking up is what you want to do? _____

2. Choose a time when you have plenty of time to talk about your reasons for the break-up and for both of you to let out your feelings about it. (However, don't be surprised or angry if your partner does not want to talk about it too much and leaves abruptly. This is his or her way of saying s/he is overwhelmed with emotions and needs some time alone to think about it.)

This is when I will tell my partner: _____

3. Choose a quiet, private place to let your partner know in person that you want to end the relationship. Don't do it on the phone, through a friend or by letter (unless you are concerned about violence). Even if you're not concerned about violence, it's still a good idea not to be too isolated – be within ear shot of other people just in case things get out of control, but somewhere you can have privacy to talk and cry if necessary.

This is where I will tell my partner: _____

4. Be clear, honest and 'firm but gentle' when telling your partner you want to end the relationship. Don't be wishy-washy, because it might lead your partner to think he or she can change your mind, and it's unfair to lead someone on like this. But don't be cruel either – there is no reason to put your partner down or try to make them feel bad. Use your assertiveness skills and "I" messages. (Work with your counselor on assertiveness skills if you haven't already.)

These are the words I will use to let my partner know I want to end the relationship: _____

5. It's OK to agree to be friends, but it's a good idea to limit your time together so you can both have time to process your feelings and move on. And don't be surprised if your partner does not want to be friends – it may be too painful right now to be around you. However, even if you decide you can't be friends, you can still respect the relationship you had by being polite if you run into each other and by not badmouthing your ex.

6. Be prepared to cope with difficult feelings about breaking up, so you don't end up going back to a relationship you really don't want to be in. Work with your counselor to complete the worksheet on Dealing with a Breakup.



Dealing With A Breakup

If you've decided to end a relationship, it's a good idea to be prepared for your partner's reaction as well as your own feelings.

How will my partner react when I end the relationship?

There's no way to be sure, but below are some common and pretty normal reactions to a break up. Are you prepared for them? Write how you will respond to each of the following reactions by your partner:

- ♣ Disbelief, even if you think your partner should have seen it coming _____
- ♣ Crying _____
- ♣ Some degree of anger directed toward you, but no violence or threats _____
- ♣ Acting as if he or she doesn't care _____
- ♣ Making some effort to get you to change your mind, but without threats or coercion _____
- ♣ Denying that it is really over by saying that he or she believes that you'll get back together someday – but without making scary threats _____
- ♣ Trying to hurt you back by saying mean things _____
- ♣ Wanting a detailed reason for the breakup, and having a hard time accepting the reason you give _____
- ♣ Other _____

Most of these reactions are using defense mechanisms – ways of protecting oneself from hurt feelings. The best way to deal with it is to just let your partner use whatever defenses s/he needs to protect him or herself at this time. Your partner's anger at you will probably go away with time. In the mean time, you should have someone you trust to talk to about your feelings.

Below are reactions to a breakup that are NOT normal or acceptable and require you to get HELP from a trusted adult or the police. Write how you will respond if your partner reacts in the following ways. If you think your partner might react in any of these ways, you should have a safety plan in place before breaking up.

- ♣ Any violence or threats of violence _____
- ♣ Words that scare you like "I will never let you go" or "If I can't have you no one can" _____
- ♣ Threats of suicide, stated clearly like "I'll kill myself if you leave me" or implied like "I can't go on living without you" _____
- ♣ Refusing to 'let you' breakup by not letting you leave, or refusing to leave you alone _____
- ♣ Stalking you after the breakup: following you, calling constantly, or having you watched _____
- ♣ Other _____

(continued on next page)



Dealing With A Breakup

(continued)

How Will I Feel After the Breakup?

Below are some normal feelings you may experience, along with suggestions for how to deal with them:

- ♣ Sadness and frequent crying, but this should begin to slow down after a week or two. It's OK to let yourself be sad and cry – even though you wanted the breakup, you are experiencing a real loss. One healthy way to work through your confusing feelings is to write about them in a journal. Start here by writing some of the feelings you are having while thinking about breaking up: _____

- ♣ Feelings of loneliness and missing your partner. You should let yourself go through some of these feelings, but don't sit around feeling lonely for too long. Now is the time to re-connect with your friends and family, get involved in extracurricular activities, or get involved with a project or hobby. Write names of people or activities that can help you cope with the loneliness: _____

- ♣ Guilt. There's no way to get around someone getting hurt when a relationship ends. You and your partner will both get through it and grow from the experience. Console yourself by knowing that you did the best thing for your partner by being honest and ending the relationship at the right time; it would have hurt your partner more to string him or her along. Write this sentence in the space below, and remind yourself whenever necessary: *"I have the right to end a relationship. I am making the best decision for me."* _____

- ♣ Questioning yourself about whether you did the right thing. It is normal to have some doubts, but it is not a good idea to call up your partner and tell him or her about them. This might give your partner false hope and hurt them more, or lead you both into a painful 'on again - off again' cycle. The best thing is to talk about these doubts with someone in your support system, and remind yourself of all of the reasons you made the decision to break up in the first place.

Who will you talk to? _____

What are the biggest reasons for your decision to end the relationship? _____

- ♣ Other _____

Below are some more serious reactions to a breakup that you could experience. These reactions mean that you need help from a counselor or doctor. List the people or organizations you will go to for help if you experience each problem:

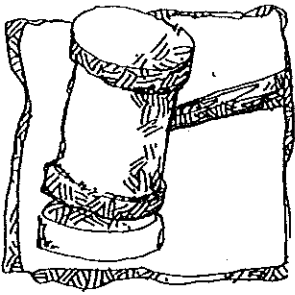
- ♣ Feelings of extreme depression and loneliness that do not go away after a short period _____

- ♣ Thoughts about hurting or killing yourself _____

- ♣ Loss or gain of more than a few pounds _____

- ♣ Use of drugs or alcohol as a way of dealing with the pain _____

- ♣ Other _____



Orders of Protection

Getting an Order of Protection (or Protective Order) is one step you can take to try to put a stop to abuse or harassment. It is not a guarantee of safety, but it can send a serious message to your abuser that you are not willing to put up with abuse.

What is an Order of Protection?

It is a legal order from a judge that sets strong limits on the abuser's contact with you. Every state is different, but in many states an order of protection can do the following things:

- ☆ Order the abuser to stay away from you. It may say the abuser can not come within a certain distance of you, your family, your home, your job or your school. It may also say the abuser can not call you, send you mail or write you notes.
- ☆ Order the abuser not to abuse you. Some types of orders of protection do not make the abuser stay away from you, but say the abuser can not physically hurt you or verbally abuse you.
- ☆ 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/her personal belongings.
- ☆ Order the abuser to join a counseling or educational program for abusers.
- ☆ Give you temporary custody of any children you have with the abuser, and order that visits with the children be supervised by a social worker if the children have also been abused.

How do I get an Order of Protection?

You have to apply for an order of protection in court - Family, Criminal or Supreme Court, depending on the situation. Usually, you can go to family court if you are/were married or have a child together. Otherwise you will have to go to criminal or supreme court. Here are some steps you should take:

- ☆ Notify the police during or immediately after an incident of abuse or harassment. This will help build your case in court. If police are involved, write the names of the responding officers here:

- ☆ Gather evidence of the abuse. Have a friend take a picture if you have any injuries, and get written statements from any witnesses.

List evidence here: _____

- ☆ Call a domestic violence or victim advocate agency to get advice. Many agencies have legal counselors who can tell you the specifics about orders of protection in your state, tell you which court to go to, accompany you to court, and provide free legal representation if necessary. If you are a minor, they can also tell you whether you have to have a parent involved in order to get the order of protection.

The agency you can call and its phone number: _____

- ☆ Complete the forms and file for the order of protection at the appropriate court. You will have to write down details of the abuse, with dates and places. A counselor from the domestic violence services agency or the court clerk can help you. An emergency order of protection can be put in place immediately, and you will be given a hearing date.

Write the locations of your local Family, Criminal and Supreme Courts here:

Family Court: _____

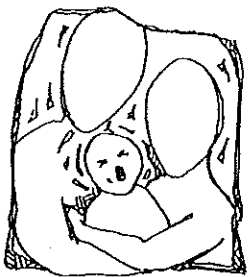
Criminal Court: _____

Supreme Court: _____

- ☆ Go to the court hearing and tell your story to the judge. Be sure to have a supportive person with you. The abuser will probably be there and may try to upset or intimidate you. Make sure you get a certified copy of your order of protection.

After getting an Order of Protection:

- ☆ Carry a copy of the order of protection with you at all times.
- ☆ If the abuser violates the order, report it to the police immediately.
- ☆ Do not make contact with the abuser.
- ☆ **Continue to follow your safety plan.** There are risks involved in getting an order of protection because it may make the abuser angry and more dangerous. Even though the abuser can be arrested if s/he violates the order, the abuser may still try to hurt you.



Is My Relationship Ready for a Baby? Am I?

People choose to have children for a number of reasons, and it is important to be clear about what those reasons are before making that decision. The purpose of this activity is to get you thinking about how ready you and your partner are for a baby.

1. Are you ready for a lifelong commitment to your partner? Even if you break up, a child means a permanent relationship as co-parents. On a scale of 1-10, how certain are you that you want to have a relationship with this person for at least the next 18 years?

(not very certain) 1 2 3 4 5 6 7 8 9 10 (very certain)

2. Do you think having a child will change your relationship? List the changes you expect.

Positive Changes

Negative Changes

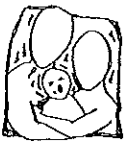
3. Having a child is sure to be the greatest source of conflict in your relationship. If you have experienced any form of abuse in your current relationship (physical, emotional or sexual) it is most likely that that abuse will escalate (get worse) during pregnancy and when you have a child. In other words, an emotionally abusive relationship often escalates into physical abuse during pregnancy; a physically abusive relationship often gets even more violent, more often.

What's the worst conflict or abuse you've ever experienced with your partner?

What would it look like if the conflict or abuse were twice as bad?

Are you concerned that your child might be affected by violence between you and your partner?

(continued on next page)



Is My Relationship Ready for a Baby? Am I?

(continued)

4. Think about your reasons for wanting to have a baby. Many people want to have a baby to fill in something that's missing in their own life or their own relationship - they want to feel loved or have someone to love, or they think caring for a baby will make them feel like a capable adult. When you think about being a parent, what are the most positive ways you imagine it will make you feel?

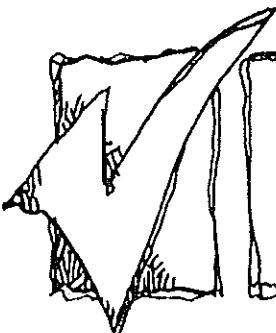
Are there other ways, besides having a baby, you could get to have those feelings?

What are the most negative ways you imagine it will make you feel?

How will you cope with those feelings when they arise?

5. List some of your goals in life around school, career, family, social life.

How do you think having a baby will affect those goals?

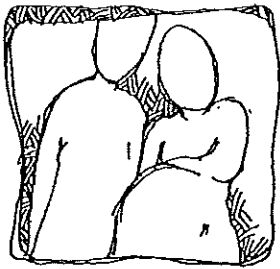


CHECKPOINT:

Based on your thoughts answering the last five questions, do you think you are ready to have a baby now?

___ Yes ___ No

If yes, go on to the next page for issues to discuss with your partner before making a final decision.



For My Partner & Me: Decisions About Having a Baby

Following are some things you should discuss with your partner before making a decision about having a baby. Once you have discussed and resolved each issue, write down what you and your partner have agreed upon.

1. Have you both been tested for HIV and other Sexually Transmitted Diseases recently, to make sure you don't pass anything on to your baby? _____
2. If either of you use drugs and/or alcohol, are you prepared to stop using while you are trying to get pregnant and during pregnancy? _____
Will your partner also stop using? _____
Will you and your partner use drugs/alcohol when you have a child? _____
3. Have you both talked with a health care provider to make sure you can have a healthy baby? _____
Have you reviewed both your families' medical histories? _____
4. If you/your partner get(s) pregnant, how will you both react to you/your partner gaining weight? _____
5. Are you/your partner prepared for the pain of childbirth? _____
Have you and your partner seen a video on childbirth so you can understand what is involved? _____
6. How will you support your child financially: Will you and your partner both work, will you receive public assistance, depend on family? _____
7. Who will take care of the baby if you both plan to work? _____
8. If you and your partner break up, will one of you be able to support the baby by yourself if necessary? _____
9. Do you and your partner have the emotional support of your families? _____
Will they offer support in the way of money or childcare if needed? _____
10. Will you have enough money for food, clothes, diapers, childcare, emergencies, illnesses? _____
11. How will you both feel about changing dirty diapers? _____
12. How will you both react if the baby won't stop crying? _____
13. How will you discipline your child? _____
Will you ever hit the child? _____
14. How will you feel if your child is born with a disability? _____
15. Are you both prepared to be responsible for a baby 24/7? _____
16. Are you prepared to give up your social life - going out with friends, parties, dates, etc.? _____
17. Will you live together? _____
If not, how often will each partner care for the child? _____
If so, who will get up in the middle of the night to feed or change the baby? _____
Who will do the chores like laundry, cooking, cleaning, etc.? _____
18. _____



The Effects of Relationship Abuse on Children

If you are in an abusive relationship and have children or are thinking about having a baby, there are some things you should know about how your relationship will affect your child. First of all, your child is much more likely to be abused him or herself. About 70% of men who abuse their female partners also abuse their children.¹ Even if your partner doesn't abuse your child, the emotional effects of being in an abusive relationship might make YOU more likely to abuse or neglect your child.

Here are just some of the characteristics that are common among children who witness relationship abuse (see or hear the abuse, or see the aftereffects of the abuse.)

Many children who witness relationship abuse²:

- Suffer from depression, sadness, stress and anger
- Refuse to go to school
- Act out sexually (are very promiscuous or sexually abusive)
- Run away
- Suffer from low self-esteem and have few expectations for success
- Have troubled relationships with peers
- Are in constant fear for their own lives or their parents' lives
- Lie, cheat and steal
- Believe that violence is normal
- Begin hitting as a way of solving problems at a very young age
- Become involved in abusive relationships as teens
- Use violence in school, with peers and with family members
- Are at risk for suicide
- Have thoughts of murdering their parents
- Feel constantly confused and insecure

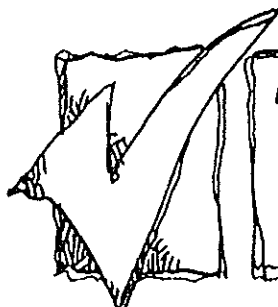
Children who witness relationship abuse are affected in these ways because they learn certain things from their environment. Below are some of the things children learn from violence. Next to each item, write what you want to teach your children.

What Violence Often Teaches Children . . .

- It's OK to hurt others in order to control them
- They should be ashamed of their families
- They are powerless and incompetent
(which leads to low self-esteem)
- People can not be trusted
- The world is a scary place, it is never safe
- Love and violence go together
- Males are cruel, controlling and violent*
- Females are weak and powerless*

**(If they are witnessing male on female violence)*

What I Want to Teach my Children by Role-Modeling Healthy Relationships...



CHECKPOINT: Are you ready to role-model a healthy enough relationship to teach your child all of the things you want to teach them? Or will they learn the things that violence teaches?