

# PREVENTION THROUGH EDUCATION



## TEEN DATING VIOLENCE WORKSHOPS



### EDUCATE. EMPOWER. PREVENT.

Equipping students with the skills and knowledge  
to build healthy, equitable, and safe relationships.

*James J. Tedesco III, Bergen County Executive  
and the Bergen County Board of Commissioners*  
**Bergen County Department of Human Services  
Alternatives to Domestic Violence**



# TABLE OF CONTENTS

---

Let's Talk About Teen Dating Violence.....	1
Middle School Student Workshops.....	2
High School Student Workshops.....	3
Professional & Administrator PTE Workshops.....	4
Joining the Movement Against TDV - Bringing ADV to Your Classroom.....	5
Resources.....	6
References.....	7

# LET'S TALK ABOUT TEEN DATING VIOLENCE

## WHAT IS TEEN DATING VIOLENCE (TDV)?

According to the National Institute of Justice, teen dating violence (TDV) (also known as "intimate partner violence" among adolescents or "adolescent relationship abuse") includes physical, psychological, emotional, mental, and/or sexual abuse; harassment; or stalking of any person ages 12 to 18 in the context of a past or present romantic or consensual relationship. TDV is centered around an individual seeking to dominate the other through the use of violence, intimidation, and coercive control. Abuse in teen relationships can manifest in multiple ways, often occurring simultaneously: <sup>5</sup>



Physical Abuse



Emotional Abuse



Sexual Abuse



Financial Abuse



Digital Abuse

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. <sup>2</sup>

## HOW IS TDV AFFECTING OUR STUDENTS?

**1 in 3**

teens will experience physical intimate partner violence in their lifetime. <sup>4</sup>

Girls ages 16-24 are almost **3 times** as likely to experience violent relationships than women of any other age. <sup>3</sup>

**69.5%** of women who experienced sexual violence, physical violence, psychological violence, or stalking in their lifetime, experienced the first incident of abuse under the age of 24. <sup>1</sup>

As many as **76%** of teens report emotional and psychological abuse during relationships. <sup>3</sup>



**10%** of students nation-wide report having been physically hurt by a partner in the past 12 months. <sup>3</sup>

**LGBTQ+ youth report higher victimization rates:**

43% report physical dating violence  
59% report psychological abuse  
18% report cyber dating abuse  
23% report sexual coercion <sup>4</sup>



## WHY SCHEDULE A TDV WORKSHOP?



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! <sup>2,6</sup>



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. <sup>6</sup>



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 work-shops AT NO CHARGE!

# MIDDLE SCHOOL STUDENT WORKSHOPS

## 7TH GRADE

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.”

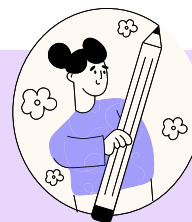


## 8TH GRADE

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 a Q&A period.



### Did You Know?

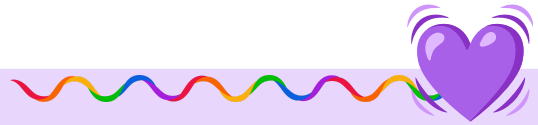
- Approximately 1 in 3 young people be in an abusive or unhealthy relationship.
- Abusive or violent behavior often begins between 6th and 12th grade.





# HIGH SCHOOL STUDENT WORKSHOPS

## 9TH GRADE



This engaging workshop helps ninth graders explore the spectrum of relationship health—recognizing positive traits, warning signs of abuse, and the difference between control and boundaries. Through interactive activities, they'll define their relationship values, understand consent, and learn how to spot red and green flags to build respectful, healthy connections.

## 10TH GRADE



This workshop builds key relationship skills by exploring healthy vs. abusive dynamics. Students learn to define dating abuse, recognize manipulative behaviors like gaslighting and love-bombing, understand the FRIES model of consent, and support peers using the "5D's" strategy. Through interactive activities, they gain practical tools for setting boundaries and spotting red and green flags.

## 11TH GRADE



This workshop helps students critically examine modern teen relationships, focusing on digital abuse and image-based harm. Students are guided through the spectrum of relationship health, followed by defining dating abuse and its various forms. Students will explore affirmative consent and learn to identify red and green flags in dating relationships, gaining essential tools to build respectful, informed connections.

## 12TH GRADE



This workshop equips 12th graders with essential tools to define dating abuse—and to recognize manipulative tactics. Students will explore the consequences of image-based sexual abuse, learn prevention and reporting strategies, and gain a clear overview of domestic violence laws relevant to teens. By the end, seniors will be ready to identify, prevent, and respond to dating violence as they transition into adulthood.

# PROFESSIONAL STAFF & ADMINISTRATOR WORKSHOPS

## TEEN DATING ABUSE 101

1 in 3 teens experience dating violence before graduating high school, yet research tells us that most teens (and adults!) have trouble spotting warning signs and knowing where to turn for help. This workshop equips participants with the language and tools to define teen dating violence, debunk common myths, and recognize its real forms and consequences. It also explores the key barriers that make leaving an abusive relationship so challenging.

## TEEN RELATIONSHIP ISSUES? LET'S TALK ABOUT IT!

Teenage love can be an intense emotional experience with many ups and downs and can expose young people to unhealthy or abusive behaviors for the first time. This workshop trains participants to spot signs of dating abuse and facilitate supportive, open discussions that empower students to think critically about their relationships.

## POSITIVE BYSTANDER INTERVENTION

Only 1 in 3 teen dating abuse victims reach out for help—but anyone can be a positive bystander. This workshop explores how peer norms and role-model behaviors contribute to risk and offers research-backed prevention and response strategies. You'll learn to foster respectful school climates, model healthy relationships, and empower students and staff to safely interrupt unhealthy situations.



**ONLY 33%** of teens in an abusive relationship told someone about the abuse.

**81%** of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

**82%** of teens have a trusted adult in the community they can turn to - while **18%** do not.



**A single trusted adult, simply by "being there," can help teens take fewer risks, boost self-esteem and motivation, improve job prospects, and strengthen their physical and mental health. Imagine if they had an entire community!**



# JOINING THE MOVEMENT AGAINST TDV

## HOW DO I BRING ADV'S TDV WORKSHOPS INTO OUR CLASSROOMS?

To schedule an educational workshop for middle or high school students, please fill out the Educational Workshop/Outreach Event – Request Form:

**Educational Workshop/Outreach  
Event – Request Form**

or you can email our Community Education and Outreach Coordinator, Sian Millard, at [smillard@bergencountynj.gov](mailto:smillard@bergencountynj.gov)

## ARE YOU ABLE TO ALTER YOUR WORKSHOPS TO ACCOMMODATE DIFFERENT GROUP AGES, SIZES, OR STUDENT NEEDS?

Absolutely! We lead in-class workshops with each grade in classroom-sized groups—tailoring content to developmental levels so younger students master basic relationship skills while older teens tackle topics like digital abuse and legal rights. These intimate settings boost participation, honest dialogue, and one-on-one support.

If you prefer a schoolwide event, our assembly-style panel pairs a skilled moderator with clinicians and domestic violence experts. A mix of pre-curated questions and live student Q&A delivers expert insight while empowering young people to drive the conversation.

**We'll work with you to pick the right format, fine-tune the content, and schedule sessions that fit your school calendar!**



# RESOURCES

## 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](http://www.bcpo.net/victim-services)

#### **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](http://www.co.bergen.nj.us/divisions-of-alternatives-to-domestic-violence/alternatives-to-domestic-violence)

#### **Northeast New Jersey Legal Services**

190 Moore St., Suite 100  
Hackensack, NJ 07601  
201-487-2166  
[www.lsnj.org](http://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](http://www.law.rutgers.edu/domestic-violence-clinic)

### ONLINE EDUCATION, TOOLS, & TEEN COMMUNITY HUBS

#### **Break the Cycle**

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

#### **love is respect**

[www.loveisrespect.org](http://www.loveisrespect.org)

#### **NOMORE**

[www.nomore.org](http://www.nomore.org)

#### **VetoViolence**

[www.vetoviolence.cdc.gov](http://www.vetoviolence.cdc.gov)

#### **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](http://www.co.bergen.nj.us/divisions-of-family-guidance)

#### **HealingSPACE: The Sexual Violence Resource Center**

214 State Street, Suite 203A  
Hackensack, NJ 07601  
201-881-1700  
[www.ywcannj.org/healingspace/](http://www.ywcannj.org/healingspace/)

#### **New Directions—Comprehensive Behavioral Healthcare (Adolescents & Family)**

395 Main Street  
Hackensack, NJ 07601  
201-646-0333  
[www.cbhcare.com](http://www.cbhcare.com)

#### **NJ Victims of Crime Compensation Office**

To Apply: 973-648-2107  
For Assistance: 1-877-658-2221  
[www.njoag.gov/vcco/](http://www.njoag.gov/vcco/)

#### **Women's Rights Information Center**

108 West Palisade Ave  
Englewood, NJ 07631  
201-568-1166  
[www.womensrights.org](http://www.womensrights.org)

### RESIDENTIAL & SAFE HOUSING

#### **Center for Hope and Safety**

12 Overlook Ave  
Rochelle Park, NJ 07662  
24-Hr Hotline: 201-944-9600  
[www.hopeandsafetynj.org](http://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/](http://www.neveraloneagain.org/)

#### **Housing Authority of Bergen County**

One Bergen County Plaza,  
2nd Floor, Hackensack, NJ 07601  
201-336-7600  
[www.habcnj.org](http://www.habcnj.org)

### 24-HOUR 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)

### 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](http://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](http://www.bergenpromise.org)

#### **Care Plus NJ, Inc.**

610 Valley Health Plaza  
Paramus, NJ 07652  
201-265-8200  
[www.careplusnj.org](http://www.careplusnj.org)

#### **CBHCare**

#### **Wellness Drop-in Center**

569 Broadway, Westwood, NJ 07675  
201-957-1800  
[www.cbhcare.com/](http://www.cbhcare.com/)

# REFERENCES

1. Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.
2. 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>
3. *Consequences of teen dating violence | youth. Gov.* Retrieved December 22, 2023, from <https://youth.gov/youth-topics/teen-dating-violence/consequences>
4. Dank, M., Lachman, P., Zweig, J.M. & Yahner, J. Dating Violence Experiences of Lesbian, Gay, Bisexual, and Transgender Youth. In Press: Journal of Youth and Adolescence. Online at <http://link.springer.com/article/10.1007/s10964-013-9975-8>.
5. National Institute of Justice. (n.d.). *Teen dating violence*. National Institute of Justice. <https://nij.ojp.gov/topics/crimes/teen-dating-violence>
6. 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](https://www.nj.gov/dcf/providers/boards/dvfnfrb/tdv_fact_sheets.html)