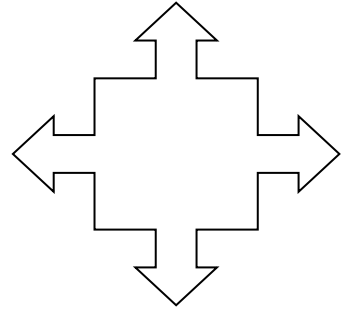


# Challenge 4

## Abuse



***Abuse in any relationship can be physical, sexual, or emotional.  
None are acceptable.  
None are the fault of the victim.  
None should be tolerated.***

### **Rule #1:**

If someone harms you in any way, such as: slapping, shaking, twisting, kicking, punching, etc., you need to get out of the relationship. This behavior will only escalate through time and could cause you serious emotional damage as well. It's important to always feel safe and unthreatened.

**How could these actions indicate symptoms of bullying?**

### **Rule #2:**

If someone tries to control your actions, your choices, and your behavior, you need to let him/her know that you are in charge of your own life. Although there should be compromise in any relationship, it is crucial that each person has the right to their own opinion without feelings of guilt.

## **Why do some people try to control the decisions of others?**

### **Rule #3:**

If someone continues to humiliate you or make you feel uncomfortable or foolish in front of others, he/she is trying to boost his/her own self-esteem by making you look "less than". Relationships thrive by building up each other's sense of self, not destroying it.

**How can you tell if someone has hurt another person through their sarcasm or comments? When does it become more than just joking around?**

### **Rule #4:**

If someone constantly attacks you verbally or physically because of constant jealousy, you need to be cautious. Often times, teens will say that at first jealousy "lets them know that someone really cares about them." However, jealousy is destructive. It takes away your personal freedom and allows someone to control your life. Each person should have the ability to have friends of both sexes, a time to be with them, and a sense of space. Friendships are an individual's choice.

**Why is jealousy often associated with someone's poor self-concept or lack of self-esteem?**

### **Rule #5:**

If someone threatens to harm you if you leave the relationship, you should sense that the person's threats are a sign of mental instability. You need to let your friends and family know of your fears. If this person does not allow you to move on, then you may need to get a restraining order. If the threat is real, it is considered a criminal act.

**When can you tell if a threat feels dangerous versus from when it is just a moment of anger?**

### **Rule #6**

If someone makes you feel accountable for their decisions, it may be a form of emotional abuse. People often like to blame others for what they did. It takes away their guilt and makes YOU the responsible party. It may continue when they threaten you with their self-destructive habits so that they can control and manipulate your behavior.

**Why do people often resort to blaming others for their mistakes?**

## **Rule #7**

No one should feel obligated to have any kind of relationship with another person unless they so choose. Forced sexual activity is a crime. Bullying, harassment, and intimidation to perform any type of sexual act needs to be reported to a parent, school counselor or adult mentor. A person has the right to say “no” at any time.

**Is sexual harassment common on social media? How can it impact the victim?**

***We are meant to be part of a social community,  
experiencing friendships and relationships in life.  
It is crucial, however, that in any type of association,  
that there is mutual respect.***

***Both people need to respect the other person's priorities.***

***Relationships are about mutual appreciation,  
celebrating common interests and  
accepting imperfections (that are not abusive).***

***We also need to continue to create a balance in life that includes  
maintaining other friends, sharing activities,  
and creating experiences  
that enable us to be independent and empowered.***

When someone is in an abusive relationship, it takes a great amount of courage to step away from it. Usually, abusive people are so controlling, that it is hard for the victim to see the damage that is taking place. Because the abuser has made the victim feel guilty and ashamed, along with being insecure and fearful, it is usually necessary for the victim to find support from a family member, mentor, or within a professional support system.

**Why do people stay in relationships that aren't necessarily good for them?**



**Why is it dangerous for people to stay in an abusive relationship, not just today, but in terms of their future?**



**Personal boundaries are important for each us to practice. Those are imaginary lines that say that certain behaviors are unacceptable. How can personal boundaries keep peoples safe?**



## Rule #8

If someone neglects you, in terms of providing basic safety, health care, supervision, nutrition, emotional support, education, housing, etc. one may experience physical, social, and emotional neglect. Not all parents are able to provide those systems that are crucial because of poverty or mental instability. Nevertheless, teens need support for a healthy life and should find resources at school to help their families.

**How can we support our friends who aren't raised in stable homes and possibly suffer with hunger and possible abuse?**

**To reach the highest level of personal empowerment means that we have found the confidence, self-respect, and compassion to reach out to others in our community. What does this statement mean to you?**