



JUST A MEMO FOR EDUCATORS

As educators, you play a crucial role in shaping student learning and behaviors. An overwhelming statistic from Love Is Respect explains that one in three adolescents is a victim of emotional, physical, or sexual abuse from a dating partner. By leveraging classroom time, educators have the opportunity to engage in meaningful conversations around violence prevention.

We have created this Educator Resource Toolkit as a medium to provide educators with materials that can have a tremendous impact on how students understand healthy relationships and learn to recognize what is unhealthy or abusive behavior.

It is our hope that you will distribute these materials to your students and/or utilize the resources to supplement a larger curriculum. We strongly believe that violence prevention education can help create a new culture, one with zero-tolerance for violence, and can ensure future generations are better equipped to break the cycle.

If you have any questions or would like to speak with the Education and Outreach team, please do not hesitate to reach out to us. Using two of our tools, advocacy and collective action, let us work toward a community free from violence, where all are safe and can live productive and healthy lives.



Women's Advocates
Breaking the cycle of domestic violence

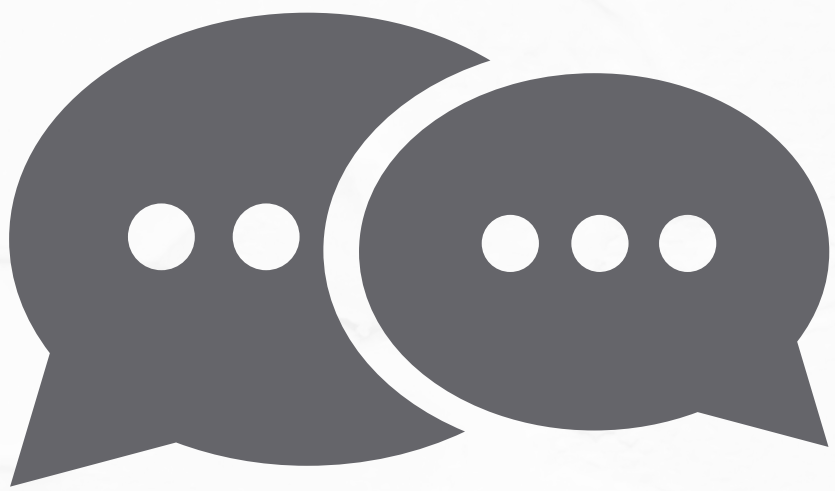
outreach@wadvocates.org | <https://www.wadvocates.org/>

What to do if you're concerned a student is experiencing violence in their home and/or relationships



1

Calmly express your concern, be supportive and remind your student that help is available.

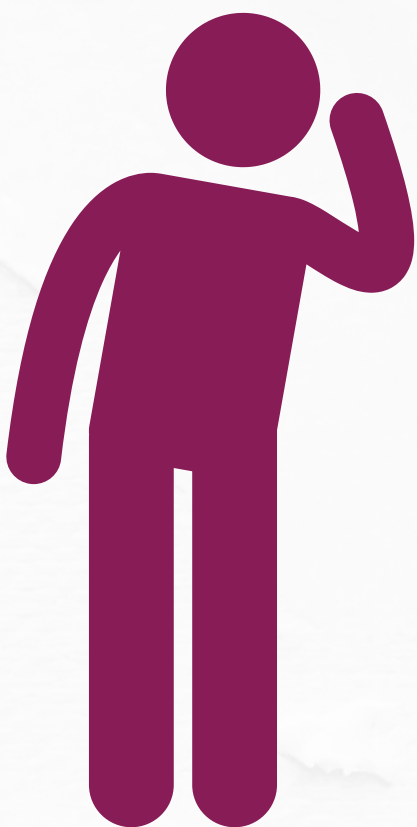


2

Remind your student that they deserve a healthy and violence-free relationship.

3

Focus on your student, not their abuser. A trauma informed approach includes: safety, collaboration, choice, empowerment, and trustworthiness



4

Listen and believe your student and acknowledge that you are not an expert, but that you can be there to help.



5

Be patient. On average, it takes someone up to seven times to permanently leave an unhealthy relationship. But, remember you ARE a mandated reporter.

SEEK OUT THESE RESOURCES FOR MORE GUIDANCE ON HOW TO SUPPORT STUDENTS



DAY ONE SERVICES

www.dayoneservices.org

Call 1-866-223-1111 anytime to get free and confidential help and resources regarding domestic violence, sexual assault/violence, human trafficking, or questioning aspects of a relationship.

LOVE IS RESPECT

Chat at www.loveisrespect.org

Text LOVEIS to 22522* | Call 1-866-331-9474

Highly trained advocates offer support, info, and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat, and texting services are available 24/7.

YOUTH SERVICES NETWORK MN

Learn more at: www.ysnmn.org | Call 612-377-8800

Online platform and app to help youth and young adults find shelter and services. Includes shelter, outreach workers, drop in centers/basic needs, food, medical, crisis line/counseling, parenting, education and employment.

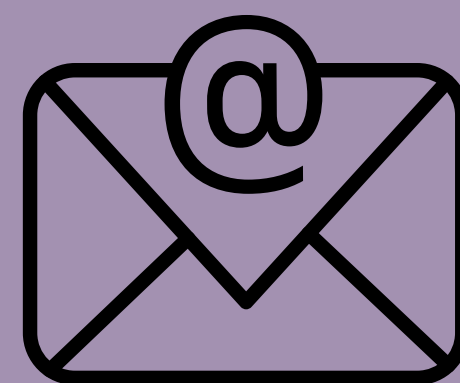
WOMEN'S ADVOCATES IS HERE TO SUPPORT EDUCATORS



Are you looking for presentations or resources?
Head to our webpage by clicking the icon above.



Learn more about family and dating violence through our video presentations by clicking the icon above.



Are you struggling to talk to a student? Email us at outreach@wadvocates.org or resources@wadvocates.org

TIPS Source: (Source: <https://www.breakthecycle.org/sites/default/files/pdf/ta-teacher-manual.pdf>)

What to say:

- I'm glad that you told me about this.
- This is important.
- I want you to be safe.
- Let's make sure you get the help you need right now.
- It's not your fault.
- You deserve to be treated with respect.
- I am here if you ever need help or want to talk.

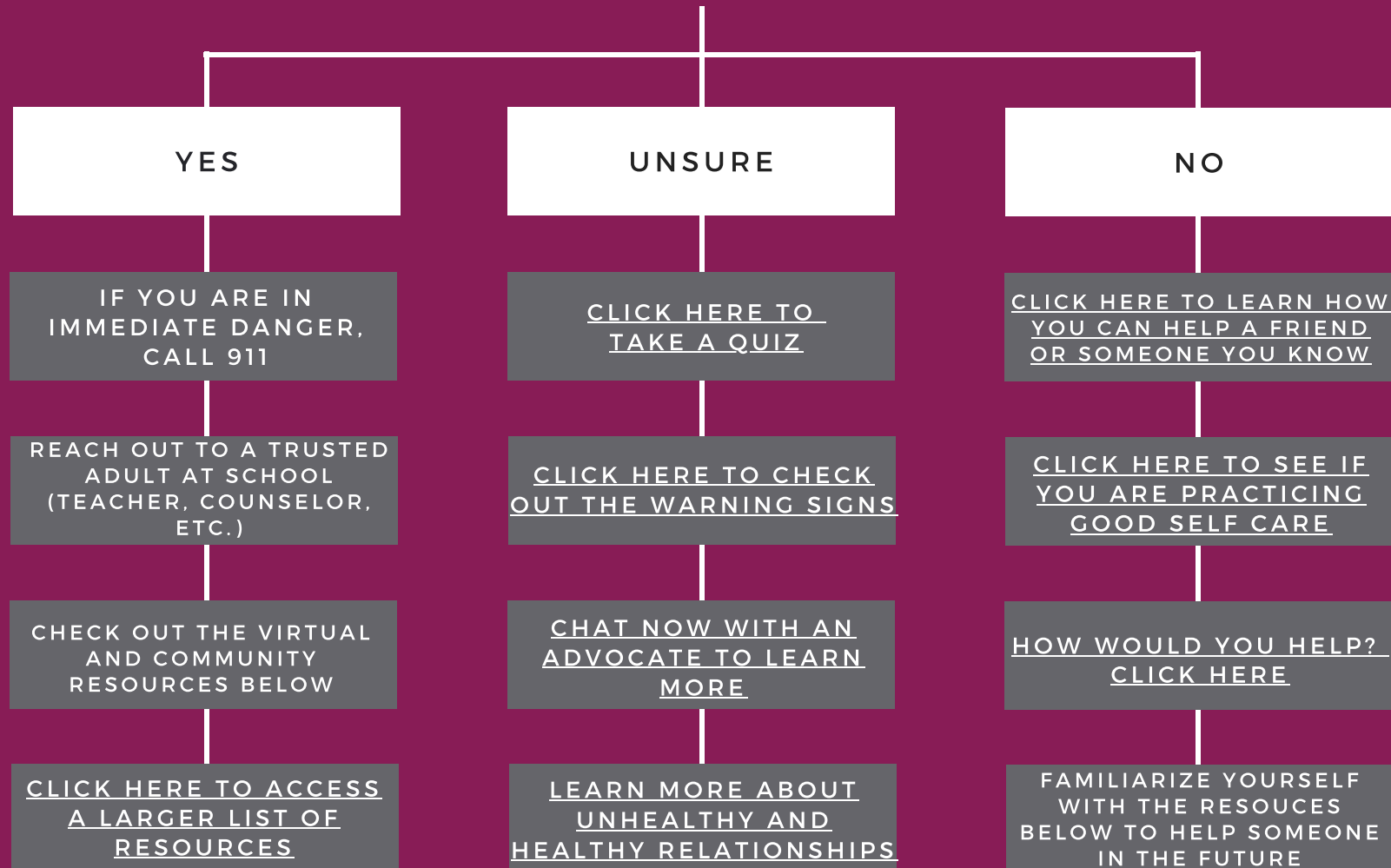
What to do:

- Listen.
- Be honest about your ability to keep information confidential or not.
- Be specific in your concerns (especially if you have witnessed abusive behaviors).
- Ask questions.
- Challenge your student to see the warning signs.
- Allow your student to make their own decisions.
- Tell your student what you are required to do under the law or school policy.
- Provide information on local resources.
- Reach out to community organizations to educate yourself on the issue.
- Urge your student to seek help.
- Educate all your students about violence.
- Continue to check in with the student.

What NOT to do:

- Be judgmental about your student's choices.
- Try to take control of the situation, unless an emergency requires you to.
- Ignore the red flags you see – say something.
- Make assumptions about how your student wants to handle the abuse.
- Minimize the abuse or the importance of the relationship.
- Assume that the student is heterosexual.
- Share a student's private information with unnecessary people or talk about students in public areas of the school.
- Show shock or disapproval if your student tells you about his/her sexual activities.

Are you facing abuse at home and/or in your relationship?



LOVE SHOULDN'T HURT.

Resources You Can Use

Click on each shape to learn more

[Love Is Respect](#)

Call, text or chat anytime with a highly trained advocate who will offer support, info, and advocacy to you if you have questions or concerns about your dating relationships.

[Youth Services
Network MN](#)

Online platform and app to help you find shelter and services. Includes shelter, outreach workers, drop in centers/basic needs, food, medical, crisis line/counseling, parenting, education and employment.

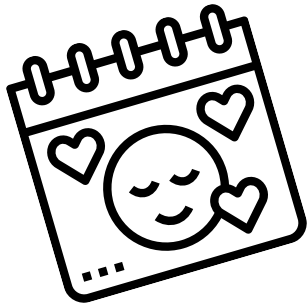
[Day One Services](#)

Call anytime to get free and confidential help and resources regarding domestic violence, sexual assault/violence, human trafficking, or questioning aspects of your relationship.

**Are you facing
abuse at home
and/or in your
relationship?**

Everyone deserves people that in their life that are healthy, safe, and supportive. If you are experiencing a relationship that is hurting you, it is important for you to know that the abuse is not your fault.

Abuse can occur in any type of relationship, such as with an intimate partner like a boyfriend, girlfriend or partner, a family member such as a parent, aunt/uncle, grandparents, sibling or even a friendship.



Self Care Plan

Having a strategy or plan can help you deal with everyday stressors and other big issues in your life. Self care is unique to everyone, but you can always take steps towards developing an action plan.



Mind

School

**Supportive People in My
Life**

Body

Spirit

**What Might Get In the Way
of Self Care?**



Self Care Tips



Having a strategy or plan can help you deal with everyday stressors and other big issues in your life. Self care is unique to everyone, but you can always take steps towards developing an action plan.

1. **Nurture your social support system.** Most of us would agree that it is important to have people in our lives who care about us and are there through the good times and the bad. These are the folks who make up our social support system — friends, family, and peers — that we can turn to when we need help. Think about how you can maintain your current relationships, build new ones, and perhaps even prune out damaging relationships.
2. **Honor your emotional needs.** Self-care activities are simple: Be good to yourself. Do things you like that keep you happy. Know when you need to take time out or be near other people. Get in the habit of staying in tune with your emotions.
3. **Manage stress.** Know your key stressors and how best to cope with or neutralize them.
4. **Love yourself.** Work on cultivating a positive self-image and high self-esteem.
5. **Come up with a self-care plan.** Research “self-care plans/ideas” or use templates below.
6. **Get counseling.** If you’re uncertain how to proceed and feel constantly overwhelmed, try talking to a school counselor or social worker about your problems.