



*Heels that Heal*  
WALKING A MILE IN *Her* SHOES

### Take the Dating Pledge

Take the pledge and promise to have healthy, safe relationships free from violence and free from fear. Then, share it with our partners, family, and friends because everyone has the right to a healthy relationship!

I, (your name), promise myself, future and current partners to maintain relationships that are based on respect, equality, trust, and honest communication. I will value my partners' boundaries online and behind closed doors. I will never engage in any type of abuse----physical, emotional, sexual, financial, or digital.

If one of my friends' experiences abuse, I pledge to help them by saying something, modeling healthy communication and connecting them to resources. I pledge to remember, demonstrate and promote the fact that love is respect.



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- \*I have the right not to be abused-physically, emotionally, sexually.
- \*I have the right to “fall out of love” with someone and live with no threats.
- \*I have the right to express my own opinions.
- \*I have the right to have my needs be as important as my partner’s needs.
- \*I have the right to grow as an individual in my own way and not be criticized for it.
- \*I have the right to accept responsibility for my own behavior, not someone else’s behavior.
- \*I have the right to change my mind.
- \*I have the right to have friends of my own.
- \*I have the right to say “NO”
- \*I have the right to be respected and loved, and to live a peaceful life.



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### RESPONSIBILITIES in a DATING Relationship

- \*It is my responsibility not to inflict physical, emotional, verbal or sexual abuse on my partner.
- \*I cannot blame anyone but myself if I am abusive.
- \*Alcohol or drugs cannot be used as an excuse for abusive behavior.
- \*It is my responsibility to treat other people the same way I want to be treated.
- \*I am responsible only for my own actions, not my partner's actions.
- \*It is my responsibility to get counseling if I realize I am being abusive.
- \*It is my responsibility to find support and information from a reliable source if I am being abused.
- \*I will recognize and accept my own needs and honor them.
- \*It is my responsibility to understand the relationship is only one part of my total life.
- \*I am responsible for my own life.



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### POP QUIZ

Do you know how teen dating violence affects teens across the country? Take this quiz to find out !

- 1) At what age do females experience the highest amount of relationship violence?
  - a. 16-24
  - b. 25-30
  - c. 31-35
  
- 2) What percentages of young teens (ages 11-14) in relationships know friends who have been verbally abused (called stupid, worthless, ugly, etc.) by a partner?
  - a. 5%
  - b. 25%
  - c. 47%
  
- 3) What is the number of teens that have had partners try to prevent them from spending time with friends or family?
  - a. 1 in 35
  - b. 1 in 4
  - c. 1 in 50

4) What percentage of high school students have been physically forced to have sexual intercourse?

a. 2%

b. 15%

c. 8%

5) What percentage of teens in relationships has been sent text messages 10,20, or 30 times an hour by a partner wanting to know where they are, what they are doing, and who they are with?

a. 30%

b. 10%

c. 25%

6) What percentage of teens in relationships have been called names, harassed, or put down their partner through cell phones and texting?

a. 25%

b. 17%

c. 3%

7) Which of these groups can deal with teen dating violence better?

a. Lesbian, Gay, Bisexual, Transgender, and Queer(LGBTQ) teens

b. Teenage boys

c. Heterosexual teens

d. Teenage girls over 17

e. No one group is better able to overcome teen dating violence

