

**Independent Living Program Activity Card**

**Category: RELATIONSHIPS & COMMUNICATION**

**Activity: Learn About Abusive Relationships**

**Description:** **The objective of this assignment is:** To help you better understand the signs of unhealthy relationships, types of abuse, and risk factors/red flags.

**To receive full credit for this assignment, you will need to:**

- Review and complete the red flags quiz activity by following link.
- After completing the quiz, answer the two questions.
- Email the completed work along with this cover sheet to: ILP Admin at [ilpadmin@orangewoodfoundation.org](mailto:ilpadmin@orangewoodfoundation.org)

**You can earn up to \$20.00 ILP dollars for completing this quiz.**

Total Dollars Earned:

<p><b>\$</b></p> <p>(ILP use only)</p>
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Notes:	
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Date: \_\_\_\_\_

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

<b>Receipt</b>
(ILP use only)

## Learn About Abusive Relationships

### Definitions

- **“Abuse”** means intentionally or recklessly causing or attempting to cause bodily injury or placing another person in reasonable apprehension of imminent serious bodily injury to himself or herself, or another.
- **“Domestic violence”** means abuse committed against an adult or a minor who is a spouse, former spouse, cohabitant, or person with whom the suspect has had a child or has had a dating or engagement relationship.
- **“Cohabitant”** means two unrelated adult persons living together for a substantial period, resulting in some permanency of relationship.

### Types of Abuse

- Abuse can take many forms. Some types are subtler than others and might never be seen or felt by anyone other than the victim. The abuser uses a combination of tactics that work to control the victim. The abuse also usually increases in frequency and severity.

*McDowell, Barbara, Ward, Catherine. Intimate Partner Violence. San Diego, Cognella, 2011.*

### Resources

- The National Domestic Violence Hotline at 1-800-799-7233
- The National Teen Dating Abuse Hotline 1-866-331-9474
- The National Sexual Assault Hotline at 1-800-656-4673
- Laura’s House HEART chat line 949-484-8440

### Red Flags for Abusive Relationships

Abuse alcohol or other drugs	Ignore you, give you silent treatment, disappear for days	Lie to you, don’t show up for dates, hang up on you
Threaten suicide if you break up with them	Tell you to shut up, tell you you’re dumb, stupid, fat, or call you some other name	Cheat on you or have a lot of partners
Tell you how to dress or act	Try to isolate you and control who you see or where you go	Are physically rough, (push, shove, pull, yank, squeeze, pinch, restrain)
Take your money or take advantage of you in other ways		

**Are you in an abusive relationship? Click the link below and to learn your level of awareness.**

<https://www.laurashouse.org/lhteen/redflags/abused-quiz>

1. Was there a question on the quiz that surprised you to know was a sign of abusive behavior?  
If so, what was it?


2. Identify a resource you have available to you if you or someone you know is experiencing any of these red flags.
