An Adolescent Dating Abuse Prevention Curriculum for LGBTQ Youth

TOOLKIT
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</tbody>
</table>
About Diverse & Resilient

Our Mission: To achieve health equity and improve the safety and well-being of LGBTQ people and communities in Wisconsin.

Our Vision: At Diverse & Resilient, we see a future in which lesbian, gay, bisexual, transgender, and queer people in Wisconsin thrive, living healthy, satisfying lives in safe, supportive communities.

Our Name: Our name serve as reminder that LGBTQ people are everywhere, engage in interesting and meaning lives, and contribute to the welfare of each other and the broader community.
About this Toolkit

This toolkit is a part of a project by Diverse & Resilient and the Healthier Wisconsin Partnership Program *Promoting Healthy Relationships among LGBT Youth*.

Since July 2013, Diverse & Resilient, alongside community partners across Wisconsin in Milwaukee, Appleton, Green Bay, Eau Claire, Madison, and La Crosse, implemented the project *Promoting Healthy Relationships among LGBT Youth* with the following goal:

**To promote healthy relationship behaviors among LGBT youth in Wisconsin (ages 14 – 24) to decrease their risk of becoming involved in intimate partner dating violence.**

This toolkit has been created to support robust implementation of healthy relationship programming for LGBTQ youth, particularly with the Safe Dates curriculum, but may also be helpful for anyone doing healthy relationship programming or education with youth.
Why Support LGBTQ Youth

Lesbian, gay, bisexual, transgender, and queer youth are at a higher risk of relationship and dating violence than their heterosexual peers. In order to help address this health disparity, dating abuse curriculums, programming, and education should be tailored to the unique needs of LGBTQ youth. This toolkit will help provide ideas on how to do so.

Statewide Pride Festival Data
Of 839 LGBTQ individuals who participated in the 2015 IPV survey,

- 23% reported being physically abused by a partner
- 24% reported unwanted sexual touching
- 39% reported feeling controlled by a partner
- 42% reported being verbally abused by a partner
- 74% reported feeling more comfortable seeking services from an LGBT organization

Source: 2013 Milwaukee YRBS
# How to Support LGBTQ Youth through Safe Dates

## Social Media

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Action Steps</th>
<th>Examples</th>
</tr>
</thead>
</table>
| Use social media platforms associated with your program / organization to engage youth on the topic of healthy LGBTQ relationships. (Instagram, Snapchat, Facebook) | • Create content for youth by youth by engaging a youth social media intern.  
• Incentivize youth to follow the account.  
• Post daily (or as close to that as possible).  
  o Post unique content at least 2 times a week.  
  o Repost other relevant account content / current events 3 times a week to maintain follower engagement.  
• Use Safe Dates curriculum content to inform posts.  
• Create content themes for certain days of the week.  
• Social media is a time intensive strategy - focus on one platform and do that well.  
• Ask youth what their favorite platform is and use it.  
• Make a bulk of content ahead of time.  
• Schedule posts.  
• Use popular hashtags and geotags.  
• Canva is a helpful online tool for designing posts. | • Youth are entered into a raffle to win a prize for following.  
• If youth get 5 of their friends to follow the account, they automatically win a prize.  
• Regularly ask youth to repost their favorite post and tag 3 friends to be entered into a raffle to win a prize.  
• Safe Date Ideas Fridays, What Would You Do Wednesdays, Tuesday Tips.  
• Schedule ahead of time with Facebook and Latergram for Instagram. |
Social Media Post Examples

Our first week of Q Safe Dates, weekly advice column! Submit your questions here for next week: docs.google.com/forms/d/1pGwKT ...

Dear Q Safe Dates,

At school I've been seeing this couple in the hallway. One partner is very aggressive and treats his partner very physically, sometimes an arm grab or getting in her face when he looks angry or upset. I don't know them at all but I want to help. I'm not very comfortable going up to them and saying something. What can I do?

Signed,

Worried Hallway Passerby

Dear Worried,

If you see the partner experiencing harm outside of the hallway on campus, could you get them to know Loveisrespect.org is a great website with information on resources. You can contact their 24/7 hotline 1-866-331-9474.

It introducing yourself is out of the question, find a trusted adult that you know them and let them know about the situation. Another option is to find another trusted adult. Could you get them to check on them, or going up to that partner and have those notes from that class you needed, could get your phone it could meet up and go over them?!

Even if you aren’t able to get them resources right away, it’s important that the partner experiencing harm know that you see it — that they’re not isolated in their experiences, and that you are witnessing it. It might help them feel more comfortable reporting experiencing abuse and seek help.

HAPPY NATIONAL COMING OUT DAY!

Safe Date Ideas:

- Learn about identities different than your own
- Watch an accurate film about LGBTQ+ history
- Find ways to be allies together

#TuesdayTip - Use the Friends Wheel to help friends who might be getting hurt by their partner!
**Social Media Post Examples**

**Electronic Harm**
Any unwanted situation or intimidation using technology or internet.
- Sending rude or sexual text messages without consent.
- Inappropriate comments or news articles shared about you and your friends online.
- Constantly checking up on a person using technology when they don’t want you to.
- Using data or images of people without their consent.
- Changing your online relationship status to manipulate their partner.

**Physical Harm**
Any unwanted physical contact or threat of physical harm.
- Hitting
- Pinning
- Acting in an intimidating way
- Throwing things
- Pulling hair
- Spitting
- Coding names
- Spitting objects
- Throwing things
- Making them feel guilty
- Behaving perversely
- Threatening
- Criticizing opinions
- Humiliating a partner
- Putting down friends or family
- Criticizing beliefs about sex
- Driving recklessly to scare a partner
- Ignoring feelings
- Cheating on a partner
- Using sexually derogatory names
- Threatening to harm oneself
- Isolating a partner from others

**Emotional/Verbal Harm**
Any non-physical action that harms a person.
- Telling lies
- Spreading rumors
- Making them feel guilty
- Behaving perversely
- Threatening
- Criticizing opinions
- Humiliating a partner
- Putting down friends or family
- Criticizing beliefs about sex
- Driving recklessly to scare a partner
- Ignoring feelings
- Cheating on a partner
- Using sexually derogatory names
- Threatening to harm oneself
- Isolating a partner from others

**LGBTQ+ Specific Harm**
Any behavior that is geared specifically to harm an LGBTQ+ partner based on their identity.
- Threatening to cut a partner
- Battering, questioning or denying a partner’s identity
- Threatening to obstruct a trans* person’s ways of transitioning
- Criticizing or humiliating a partner based on gender
- Using incorrect pronouns
- Sharing information about a trans* or intersex person’s body without their permission

**MYTH vs FACT**

**MYTH**
LGBT intimate partner violence
- Abuser = butch, bigger, stronger
- Survivor = femme, smaller, weaker

**FACT**
No physical attributes could indicate being a survivor or perpetrator

**MYTH**
Partner abuse is very prevalent OR Partner abuse is not common

**FACT**
Partner abuse is just as common in LGBTQ relationships as it is in non-LGBTQ relationships
## Youth Community Health Promoters

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Action Steps</th>
<th>Examples</th>
</tr>
</thead>
</table>
| Train youth to be Safe Dates ambassadors / youth community health promoters (CHPs) and share Safe Dates information with their peers and friends. | • Recruit LGBTQ youth from local Gay Straight Alliances (GSA), youth groups, after-school programs, college / university LGBT centers, and local LGBT centers.  
• Hold monthly or bi-monthly meetings for ambassadors / CHPs for 2 hours after school.  
• Conduct pre and post-test evaluations to assess youth knowledge of Safe Dates curriculum.  
• Set monthly goals for Ambassadors / CHPs to share the Safe Dates information and / or resources informally with friends / peers.  
• Include 2 yearly celebrations for youth who have reached monthly goals to attend. | • Use school websites to find contact information for GSA club advisor(s).  
• Use 1 hour of meeting for team building / games and 1 hour for training on Safe Dates curriculum sessions.  
• Use tracking card for youth to document conversations. If resources allow, use an online survey tool like QuickTap Surveys to create an online tracking system.  
• Celebrations could be a trip to an amusement park, horseback riding event, boat cruise, free admission to local Pride event, and / or special dinner. |
# Youth Community Health Promoters Resources

## CHP Tracking Card:

### FRONT

<table>
<thead>
<tr>
<th>Site</th>
<th>School</th>
<th>Street</th>
<th>Someone’s home</th>
<th>Community event</th>
<th>Store/Business</th>
<th>Social Media/Online</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help</td>
<td>Giving/Getting/Resources</td>
<td>Some categories</td>
<td>Anger/SAD</td>
<td>Calming, SAFE skills</td>
<td>Sexual Assault</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race</th>
<th>African American</th>
<th>White</th>
<th>Asian</th>
<th>Other/Mixed Race</th>
</tr>
</thead>
<tbody>
<tr>
<td>Was it discussed?</td>
<td>Y</td>
<td>Yes</td>
<td>N</td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>H/L Hispanic/Latino</th>
<th>N Non-Hispanic/Latino</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
<th>Transgender (M/F)</th>
<th>Other/Unspecified</th>
</tr>
</thead>
</table>

The undersigned is a participant in Diverse & Resilient sponsored programs which seek to assist in the healthy development of youth in Wisconsin by sharing information about health risks, risk reduction, and health behavior promotion. Safe Dates Promoter outreach is for the purpose of increasing healthy relationships and decreasing partner violence and abuse for young LGBT people in Wisconsin.

To contact Diverse & Resilient with any questions or comments, please call Lian 414-390-0444.

### BACK

<table>
<thead>
<tr>
<th>CHP Name:</th>
<th>CHP Signature:</th>
<th>Date returned:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>CONTACT PERIOD from:</th>
<th>to:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Initial</th>
<th>Site</th>
<th>Age</th>
<th>Race</th>
<th>Ethnicity</th>
<th>Gender</th>
<th>Safe Dates</th>
<th>Healthy</th>
<th>Harm/Abuse</th>
<th>Help</th>
<th>Anger/SAD</th>
<th>SA</th>
<th>AODA</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA W As O M</td>
<td>H/L N</td>
<td>M F</td>
<td>M/F</td>
<td>O</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>AA W As O M</td>
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<td>M F</td>
<td>M/F</td>
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<tr>
<td>AA W As O M</td>
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<td>AA W As O M</td>
<td>H/L N</td>
<td>M F</td>
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<td>AA W As O M</td>
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<td>N</td>
<td>Y</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
</tr>
</tbody>
</table>

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# Youth Community Health Promoters Resources

## CHP Application:

### Basic Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name *</td>
<td></td>
</tr>
<tr>
<td>First</td>
<td></td>
</tr>
<tr>
<td>Last</td>
<td></td>
</tr>
</tbody>
</table>

What pronouns do you use?

Date of Birth *

<table>
<thead>
<tr>
<th>MM</th>
<th>DD</th>
<th>YYYY</th>
</tr>
</thead>
</table>

Phone Number *

Which type of phone number is it? *

- [ ] Cell Phone
- [ ] Home Phone

Email Address *

What is your preferred contact method? *

- [ ] Call
- [ ] Text
- [ ] Email

### Address *

<table>
<thead>
<tr>
<th>Field</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street Address</td>
<td></td>
</tr>
<tr>
<td>Address Line 2</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td></td>
</tr>
<tr>
<td>State / Province / Region</td>
<td></td>
</tr>
<tr>
<td>ZIP / Postal Code</td>
<td></td>
</tr>
<tr>
<td>Country</td>
<td></td>
</tr>
</tbody>
</table>

Do you have any dietary restrictions? *

- [ ] Yes
- [ ] No

Do you have any accessibility requirements? *

- [ ] Yes
- [ ] No

### Emergency Contact Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Instructions</th>
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</thead>
<tbody>
<tr>
<td>Name *</td>
<td></td>
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<tr>
<td>First</td>
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<tr>
<td>Last</td>
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</tbody>
</table>

Phone Number *

What is your emergency contact’s relationship to you? *

---

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More About You!

Why do you want to be a Community Health Promoter? *

What would make you a good Community Health Promoter? *

What is your favorite thing about your neighborhood / community? *

What is something you feel like your neighborhood / community might need? *

Name three things you’re passionate about right now. *

We like to bring in guest speakers and address skills you want to develop. Are there any topics you would like to know more about or people you would like to hear from? *

What are your favorite foods? *

What music and artists are you listening to? *
Join our Community Health Promoter program!

- Attend a monthly youth gathering
- Meet other LGBTQ youth
- Develop leadership skills
- Share resources to your peers
- Earn extra money
- Enjoy free food

*YOUTH AGES 13-24 only

to apply, visit our website: diverseandresilient.org/CHP

About the Community Health Promoter program:

A program for LGBTQ youth ages 13 - 24 to learn about sexual health, barrier methods, healthy dating, & alcohol safety. CHPs attend monthly gatherings & share health info with friends & peers.

The CHP program is connected to Diverse & Resilient’s mission to achieve health equity and improve the safety and well-being of LGBTQ people and communities in Wisconsin.

to apply, visit our website: diverseandresilient.org/CHP
<table>
<thead>
<tr>
<th>Name</th>
<th>Time Arrived</th>
<th>Age</th>
<th>Gender</th>
<th>Race</th>
<th>Turned in Tracking Card (Y/N)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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<td></td>
<td>EXCUSED ABSENCE</td>
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<td>LATE</td>
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</tbody>
</table>
### Promotional Materials

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Action Steps</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop promotional materials to increase program / brand awareness, program participant recruitment, knowledge about healthy and unhealthy relationships, and awareness of community resources.</td>
<td>• Develop ads to be printed in print media like newspapers and magazines to raise community awareness.</td>
<td>• Include local resources (including LGBTQ friendly resources) and information about programming.</td>
</tr>
<tr>
<td></td>
<td>• Develop wallet-size resources to distribute at community events, partner organizations, and pride festivals.</td>
<td>• T-shirt designs can include program logo or healthy relationship messaging decided on by youth.</td>
</tr>
<tr>
<td></td>
<td>• Design t-shirts to use as incentives for completion of attendance at all Safe Dates sessions, for CHPs, incentives for social media engagement, and recruitment of youth as CHPs at community events.</td>
<td>• Branded stress balls that relate to Safe Dates section Dealing with Anger.</td>
</tr>
</tbody>
</table>
Partner violence happens in our community.

Lesbian, gay, and bisexual youth are at a higher risk for all types of dating violence and victimization than their heterosexual peers. The stress of anti-gay discrimination is a major contributor to the differences in LGBT partner violence.

Our community’s health is our business.

Learn the warning signs.

Visit: Rm2BSafe.org
Promotional Material Examples

Resource Card:

BACK

DATING ABUSE: Helping Friends
- National Teen Dating Abuse Helpline 1.866.331.9474
- RAINN 1.800.656.HOPE (4673)
- Love is Respect Loveisrespect.org
- Room to be Safe Roomtobesafe.org 414.856.LGBT (5482)

FRONT

Warning Signs of Dating Abuse
- Feeling you or your partner can’t control anger
- Changing behavior because of jealousy
- Being stereotyped for your identity
- Not being allowed to keep information private (passwords, texts)
- Intentionally using the wrong pronouns

Resource Card designed by MMK Design
Palm Card designed by MMK Design
Promotional Material Examples

Safe Dates T-shirt:

Black tee

T-shirt designed by MMK Design
Promotional Material Examples
Safe Dates Branded Stress Ball:

FINISHED PRODUCT

TEMPLATE
## Resources

<table>
<thead>
<tr>
<th>Organization / Website / Document</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room to Be Safe</td>
<td>• Room to Be Safe Website: <a href="https://www.roomtobesafe.org/">https://www.roomtobesafe.org/</a></td>
</tr>
<tr>
<td></td>
<td>• Youth Portal: <a href="https://www.roomtobesafe.org/youth/">https://www.roomtobesafe.org/youth/</a></td>
</tr>
<tr>
<td></td>
<td>• Non-emergency LGBTQ Anti-Violence Resource Line: 414-856-LGBT (5428)</td>
</tr>
<tr>
<td>Wisconsin Coalition Against Sexual Assault (WCASA)</td>
<td>• WCASA website: <a href="https://www.wcasa.org/">https://www.wcasa.org/</a></td>
</tr>
<tr>
<td></td>
<td>• Consent Is Toolkit: <a href="https://s3.us-east-2.amazonaws.com/wcasa/old-website-resources/Consent%2BToolkit.pdf">https://s3.us-east-2.amazonaws.com/wcasa/old-website-resources/Consent%2BToolkit.pdf</a></td>
</tr>
<tr>
<td>Trans Student Educational Resources (TSER)</td>
<td>• TSER Website: <a href="http://www.transstudent.org/">http://www.transstudent.org/</a></td>
</tr>
<tr>
<td>Organization / Website / Document</td>
<td>Examples</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------</td>
</tr>
</tbody>
</table>
| **New York City Anti-Violence Project** | • Training and Technical Assistance Center: [https://avp.org/ncavp/tta-center/](https://avp.org/ncavp/tta-center/)  
| **National Center on Domestic and Sexual Violence** | • “Wheels” Adapted from the Power and Control Wheel Model: [http://www.ncdsv.org/publications_wheel.html](http://www.ncdsv.org/publications_wheel.html) |
| **UW-Milwaukee LGBT Resource Center** | • Gender Pronouns: [https://uwm.edu/lgbtrc/support/gender-pronouns/](https://uwm.edu/lgbtrc/support/gender-pronouns/) |
Contact Information

For any questions regarding this toolkit, please contact Diverse & Resilient:

Website: diverseandresilient.org

Phone: (414) 390-0444

Address: 2439 N Holton St.
           Milwaukee, WI 53212