



# Rez Dating

Let's talk about boundaries, respect, and societal pressures.



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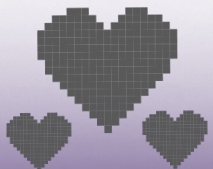


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- Creator of "The Journey Is Not Over"
- Co-Founder - Nurturing Indigenous Intelligence



# What is Teen Dating Violence?



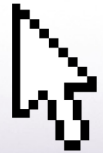
Dating violence is when two people are going out with each other or dating, and one person is abusive, threatening or uses power and control over the other person.

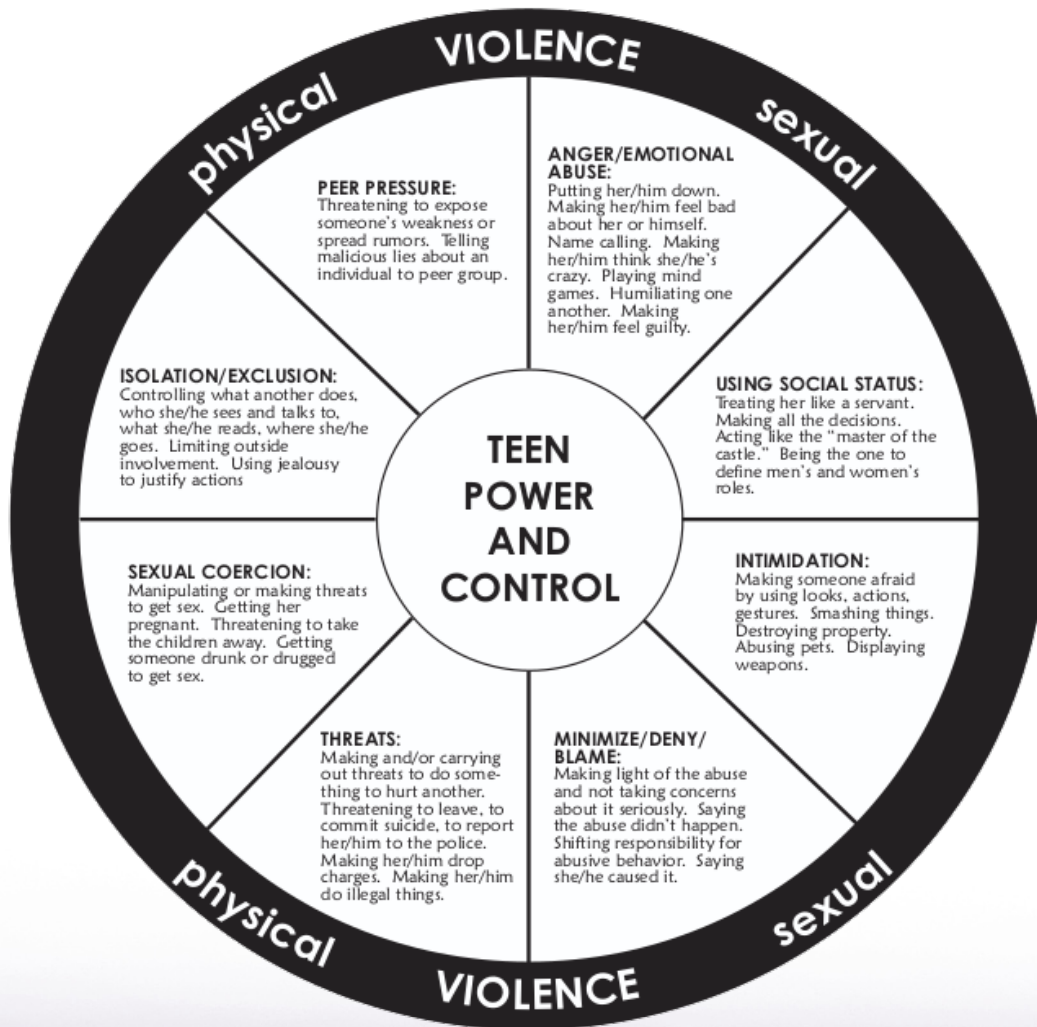
This includes physical and sexual violence, economic abuse, threats, intimidation, lying, blaming, other emotional abuse and cyber abuse.

# Teen Dating Violence



- Dating violence happens to one out of every three girls/ women.
- Sometimes it happens to boys/men by women, and also in Two Spirit LGBTQ relationships.
- However, most of the time the victim is female, and the abuser is male.





How do I know I'm experiencing Teen Dating Violence?

Are there signs I can look out for?

There are many signs to look out for. Not only in our relationships, but often we can recognize these signs in the relationships our friends are in.





# Intimate Partner Violence

## Dating Violence is a Form of Intimate Partner Violence

Intimate partner violence /battering includes many tactics that are used to maintain power and control over their partner.

This can happen when people are “dating” or going out with each other. It may be called “Dating Violence” and can be just as painful and dangerous as intimate partner violence.



**IPV/Battering:** the purposeful use of a system of multiple, continuous tactics to maintain power and control over another. This intentional violence results from and is supported by unnatural, misogynistic, sexist societal and cultural belief systems. IPV/Battering is a crime against individuals, families and communities.





Some harmful behaviors can look like:

- partner acting like they “own” you
- partner deciding who you can talk to
- partner telling where you can go
- partner telling you what to wear or how to dress
- partner getting angry, jealous and physically abusive

\*Excerpt from “Relationships: Healthy, Unhealthy, When There’s Danger”  
@NIWRC.org





# Intimate Partner Violence

- Stalking and using social media to intimidate are also common control tactics.



Gender-based institutionalized system of over-lapping continuous violent tactics used to maintain power & control



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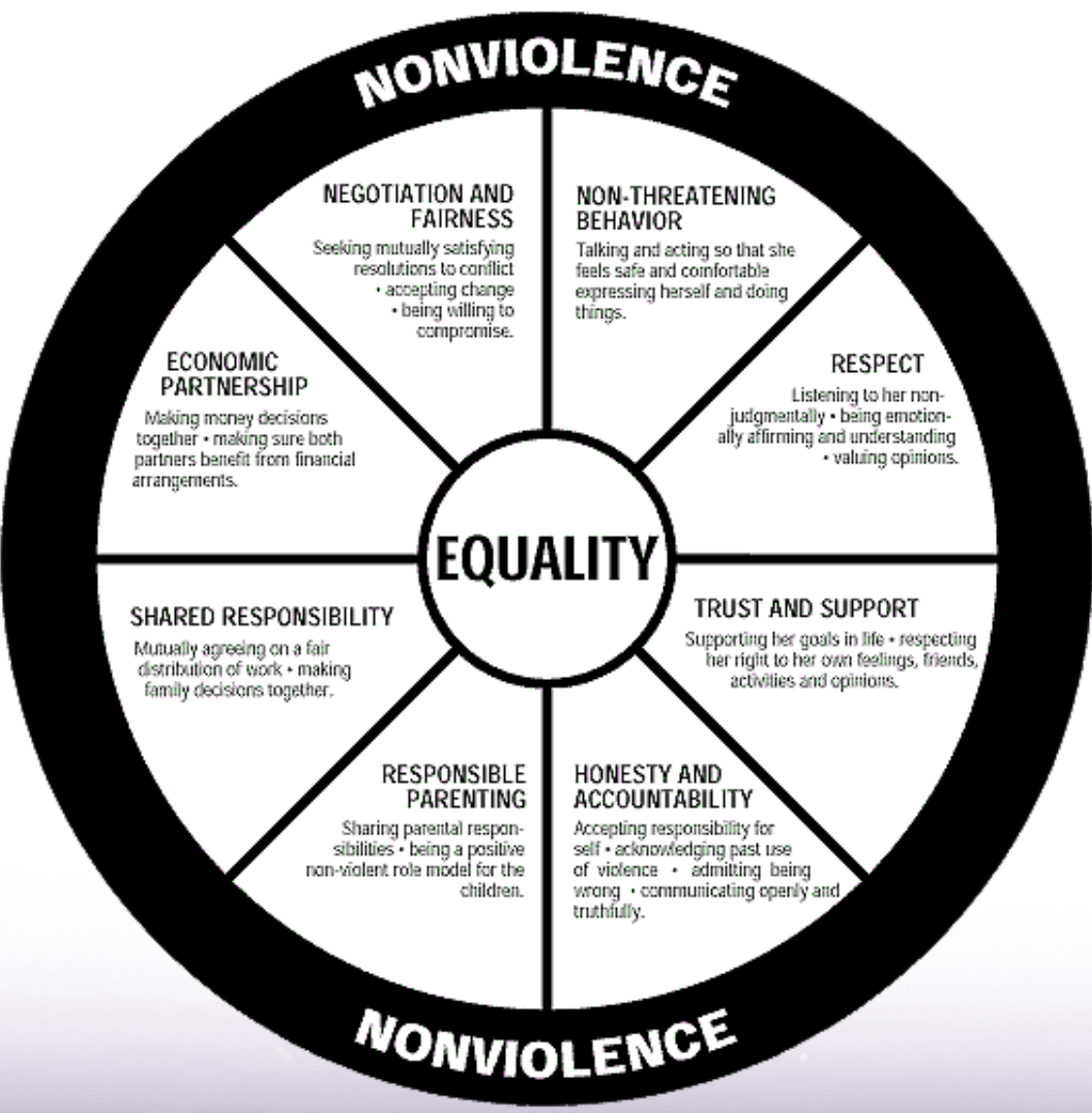
# Intimate Partner Violence

Gender-based institutionalized system of over-lapping continuous violent tactics used to maintain power & control



- These behaviors are not part of a caring relationship.
- This kind of violence is not natural and not part of Indigenous lifeways. It's a result of what society teaches us as a result of colonization.
- Men are not born violent. Women are not born to be victims.

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Don't worry!  
There is also a checklist for healthy relationships.

It is so very important to remember to honor those healthy habits we exhibit and safe spaces we are nurturing our relationships in.



# Healthy Relationship Bill of Rights

Adapted from StrongHearts Native Helpline



You have rights in your relationship. Everyone does, and those rights can help you set boundaries that should be respected by all partners in a healthy relationship.

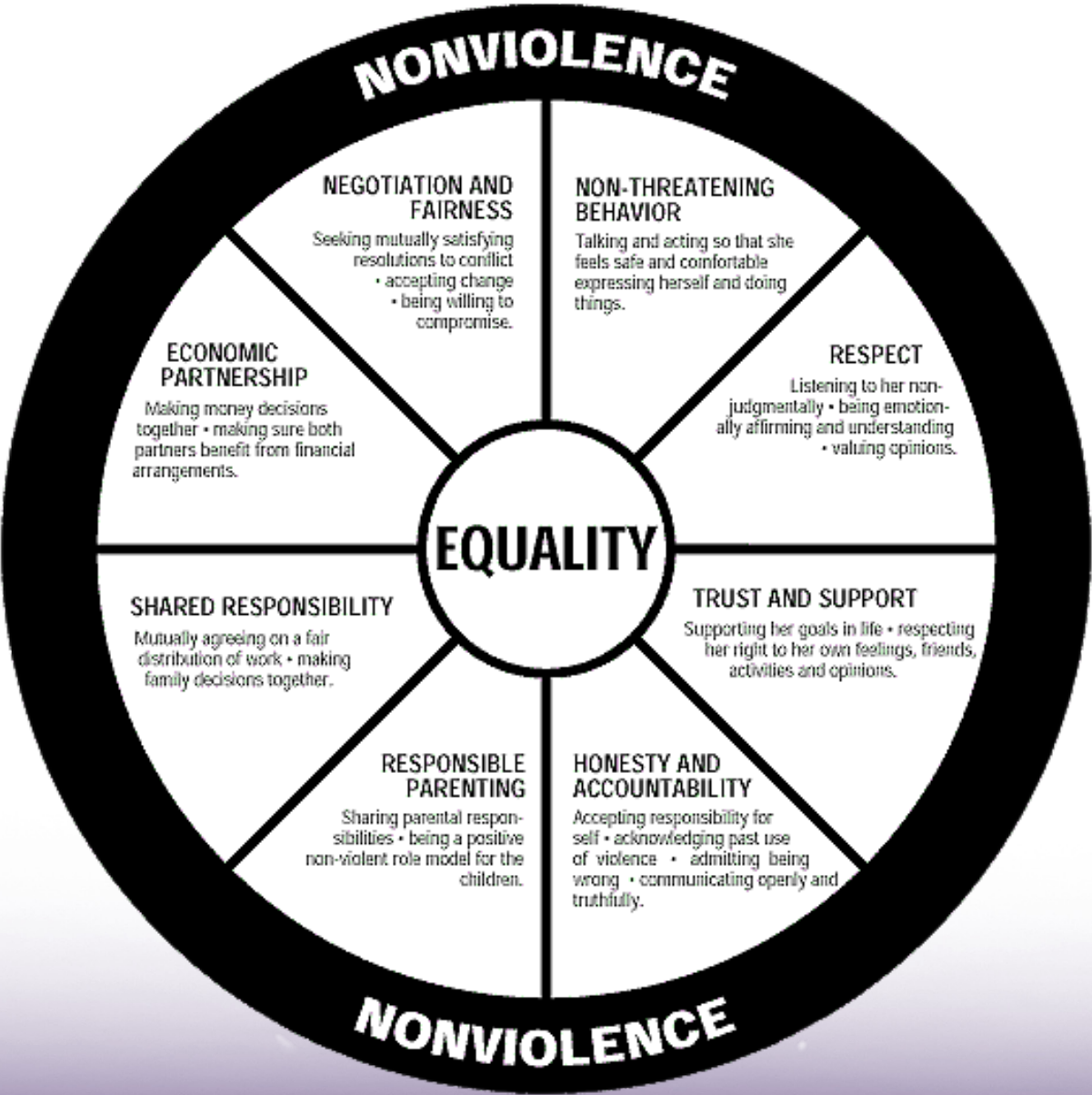
## You Have the Right To:

- ◇ Live without fear.
- ◇ Privacy, both online and off.
- ◇ Feel safe and respected.
- ◇ Participate in your culture and practice your spirituality.
- ◇ Say no at any time (to sex, drugs/alcohol), even if you've said yes before.
- ◇ Hang out with your relatives and friends and do things you enjoy.
- ◇ End a relationship that isn't right or healthy for you.

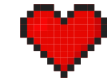
# You Have a Right To, continued



- ◇ Be free from violence and abuse.
- ◇ Express your own feelings and opinions.
- ◇ Be listened to and taken seriously.
- ◇ Set your own priorities.
- ◇ Say “no” without feeling guilty.
- ◇ Ask for what you want without apologies or fear.
- ◇ Ask for information from others.
- ◇ Make mistakes like everyone else.
- ◇ Have your needs met.
- ◇ Not be perfect.
- ◇ Be angry, sad, confused or whatever else you’re feeling.



A healthy relationship is based on respect and compassion.





## Questions and Comments

Any Questions?

Comments?

Concerns?



## **Intergenerational Trauma**

Recognizing the inherited trauma & views on relationships

## **Boundaries and Respect**

Setting boundaries and respecting our space

## **Societal Pressure**


Social media, "Rez Culture" and Friend Groups

# Let's Chat!









- Normalizing Toxic Behaviors
- Views on Relationships
- How do we heal?

# Intergenerational Trauma

Intergenerational trauma (also known as transgenerational trauma or historical trauma) is trauma passed down through generations.



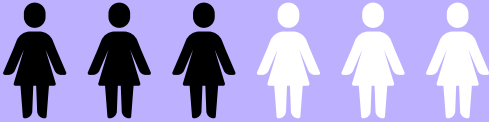


# Societal Pressures

The use of such tools by groups of people to exert influence over you is what's known as social pressure

- Social Media
- "Rez Culture"
- Friends and Family

# Boundaries and Respect



## Setting Boundaries

- What's best for me?
- What are healthy boundaries?



## Respect

- Mutual Respect
- Holding safe spaces

# Resources



*Services for youth are different in every community.*

*Check with your local shelter, I.H.S., YMCA, Boys & Girls Clubs, social services and schools for what's available in your community.*

- Call or text StrongHearts Native Helpline (1-844-762- 8483, or chat online at [strongheartshelpline.org](https://strongheartshelpline.org)) to talk with an advocate confidentially, or have a friend call for you.
- Break the Cycle is about empowering youth to end domestic violence. On Facebook, too. Visit [breakthecycle.org](https://breakthecycle.org).
- Love is Respect: info, chats and more for young people. [Loveisrespect.org](https://Loveisrespect.org)
- The National Teen Dating Abuse Helpline: [loveisrespect.org](https://loveisrespect.org) or call 1-866-331-9474 or 1- 866- 331-8453 TTY.
- Native Youth Crisis Hotline: [turtleisland.org](https://turtleisland.org) or call 1-877-209-1266

# More Resources



- National Suicide Prevention Lifeline: 1-800-273-TALK
- The Trevor Project: Gay Teen Suicide Hotline: 1- 800-850-8078
- Rape, Abuse & Incest National Network: rain.org or call 1-800-656-HOPE [www.rainn.org](http://www.rainn.org)
- STDResource.com answers questions about sexually transmitted diseases and getting help
- Gay & Lesbian National Hotline: 1-888-843-4564 or [www.glnh.org](http://www.glnh.org) or Youth Talkline: 1- 800-246-PRIDE
- Planned Parenthood gives info about birth control, HIV, STD's, women's & men's health. [www.plannedparenthood.org](http://www.plannedparenthood.org)
- We R Native - [www.wernative.org/relationships](http://www.wernative.org/relationships)



## Questions and Comments

Any Questions?

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National Indigenous Women's Resource Center

[www.niwrc.org](http://www.niwrc.org)

