



PowerBackNJ @PowerBackNJ

# PowerBack

Education • Empowerment • Ending Dating Abuse

## Handbook

### 1-subject - Teen Dating Abuse

**PowerBack** is a program operated by **A Partnership for Change (APFC)**

**APFC** is a non-profit organization dedicated to ending domestic violence and dating abuse through education and outreach programs. We also provide counseling, crisis support and referrals to adults and teens who are being abused in their relationship.

**Allison Bressler, MA & Gloria Sgrizzi**  
Co-Founders/Co-Directors

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



## Resources: Hotlines/Text

Hotlines are **FREE** and **CONFIDENTIAL**. We urge you to use them.

- You do not have to give your real name or your phone number.
- They do not use Caller ID to identify you.
- You do not have to be a victim to call a hotline. You can call on behalf of a friend or family member.
- You can call to ask a question about a situation you are not sure about.
- You can call as many times as you need to.

## IMPORTANT!

Hotlines are a lifeline for victims. **Please do not abuse them.** Prank calls tie up the phone lines and prevent counselors from helping people who really need it.



### National Teen Dating Abuse Hotline

**24-Hour Hotline: (866) 331-9474** • [www.LovelsRespect.org](http://www.LovelsRespect.org)

### 2nd Floor Statewide Youth Helpline in New Jersey

The 2nd Floor Helpline can also help you with questions about suicide, substance abuse, bullying, family issues, stress, depression and sexual assault.

**24-Hour Hotline: (888) 222-2228 (Call or text)** • [www.2ndFloor.org](http://www.2ndFloor.org)

### National Domestic Violence Hotline

**24-Hour Bilingual Hotline: (800) 799-SAFE (7233)**

### New Jersey Domestic Violence Hotline

**24-Hour Bilingual Hotline: (800) 572-SAFE (7233)**

### The Anti-Violence Project

Support for LGBTQ+++ Victims/Survivors

**24-Hour Bilingual Hotline: (212) 714-1141** • [www.AVP.org](http://www.AVP.org)

## Resources: Websites

These websites are great sources of information; some of them have questionnaires; others let you chat online with a counselor; many have handouts you can download.

That's Not Cool  
[www.ThatsNotCool.com](http://www.ThatsNotCool.com)

Teen Dating Violence Month  
[www.TeenDVMonth.org](http://www.TeenDVMonth.org)

NJCASA: NJ Coalition Against Sexual Assault  
[www.njcasa.org](http://www.njcasa.org)

National Coalition Against Domestic Violence  
[www.ncadv.org](http://www.ncadv.org)

RAINN (Rape, Abuse & Incest National Network)  
[www.RAINN.org](http://www.RAINN.org)

The Trevor Project  
[www.TheTrevorProject.org](http://www.TheTrevorProject.org)

Provides crisis intervention to LGBTQ+++ young people under 25.

National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National Runaway Safeline  
[www.1800runaway.org](http://www.1800runaway.org)

To download a copy of this booklet, go to:

[www.APartnershipForChange.org/programs/PowerBack-For-Students](http://www.APartnershipForChange.org/programs/PowerBack-For-Students)

## What is Dating Abuse?

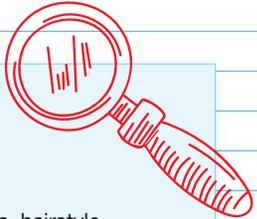
Dating abuse is when one partner tries to maintain **power** and **control** over the other through a **pattern** of intimidating, abusive behaviors that instill a **fear** of consequences.

**These intimidating behaviors can include physical, emotional, verbal, sexual and technological abuse.**

### How does it start?

Dating abuse or violence does not begin with the first hit. Abusive relationships are **rarely physically abusive in the beginning**; so you need be to aware of the **early warning signs** of abuse.

### Warning Signs of an Abuser

- 
- ▶ They are extremely jealous and possessive.
  - ▶ They say "I love you" very early in the relationship.
  - ▶ They want to change something about you (your clothes, hairstyle, make-up, weight).
  - ▶ You catch them telling lies to manipulate you.
  - ▶ They don't trust you; they always need to know where you are and who you talk to.
  - ▶ They get really angry if you don't answer their calls or texts right away.
  - ▶ They blame you for their problems and never accept responsibility for their actions.
  - ▶ They lose their temper quickly and have mood swings.
  - ▶ They intentionally call you by the wrong gender pronoun.
  - ▶ They are disrespectful to you in public or in private.
  - ▶ They keep you away from your friends.
  - ▶ They have witnessed abuse in their family.
  - ▶ They have a history of abusive relationships.
  - ▶ They ask you to stop doing things you enjoy such as sports, clubs, school activities.
  - ▶ They say things that are misogynistic, homophobic, racist, anti-Semitic, or hateful.
  - ▶ They want you to spend your time with only them.

## Who is likely to be abused? ANYONE!

Abuse can happen to a person of any age, race, religion, ethnicity, gender, educational level, or sexual orientation.

## What if my partner and I argue a lot? Is that abuse?

Dating abuse is **NOT** an argument every once in a while, or a bad mood after a bad day.

It is normal to have disagreements with your partner. Here's the difference:

### Healthy Relationship:

- Both partners want to be involved in what is important to the other
- You support each other's goals
- You are free to express yourselves and your concerns
- You treat each other with respect
- You TRUST each other
- Both of you listen and are willing to compromise
- When you disagree or argue, you work out problems in a respectful way



### Unhealthy Relationship:

- You are constantly fighting with your partner
- You say mean things to each other
- Neither of you concern yourselves with the other's happiness
- You feel like your partner doesn't care about your feelings or opinions
- You can break up without fear of them hurting you
- You're very unhappy but you don't want to give up the relationship
- You keep breaking up and getting back together but nothing changes

If you're not getting along, you need to consider that this might not be the right relationship for you or for your partner.

**Everyone deserves to be loved and respected.**

## TYPES OF ABUSE

Look at these checklists on all the types of abuse; if you answer "YES" to a lot of these questions, please contact one of the hotlines listed at the beginning of this booklet, or reach out to a school counselor for information and support.

### Examples of Emotional Abuse:

#### Does your partner ...

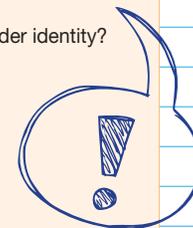
- Act extremely jealous or possessive?
- Constantly check up on you by calling or texting?
- Constantly accuse you of cheating on them?
- Set all the rules in the relationship?
- Minimize your accomplishments or ridicule your goals?
- Keep you from hanging out with family and friends?
- Try to prevent you from doing homework or going to work?
- Threaten to reveal anything that you told them in confidence?
- Play mind games?
- Ignore or minimize your feelings or concerns?
- Make you feel guilty if you don't put their needs first all the time?
- Blame YOU for all of the problems in the relationship?
- Threaten suicide if you break up?
- Use biphobia, homophobia, and/or transphobia to isolate you from other people?
- Say no one will believe you and/or no one else will ever want you (because of your sexual orientation or gender identity)?
- Control your gender expression?



### Examples of Verbal Abuse:

#### Does your partner ...

- Put you down and then say they do it because they love you?
- Say no one will want you because of your sexual orientation or gender identity?
- Constantly lie to you, twist your words, or play "mind games"?
- Yell, scream and/or "interrogate" you?
- Threaten to hurt you, your family, your friends, or pets?
- Criticize anything about you?
- Give you the "silent treatment" when they are mad at you?
- Criticize your looks, the way you dress or the way you act?
- Make sarcastic remarks about things you like or people you're friends with?
- Tell you what to wear, how to act, what to say and what to do?
- Make inappropriate jokes about you, your friends or your family?
- Discipline you or speak to you as if you were a child?
- Mimic you, or humiliate you, or put down things that are important to you?
- Threaten to out you?
- Pressure you to be out or to be closeted?
- Deadname you?
- Intentionally use the wrong pronouns when referring to you and/or misgender you?
- Use words for your body parts that do not align with your gender identity?





### Examples of Technological Abuse:

#### Does your partner ...

- Tell you what you can post or who you can “friend” or “follow” on social media?
- Demand your password and then check your phone without your permission?
- Stalk you on social media and later questions you about your posts or “likes”?
- Expect you to always keep your locations on so they can track where you are?
- Forward or post photos/information about you that’s meant to be private?

### Examples of Sexual Abuse:

#### Does your partner ...

- Threaten you or use physical force to get you to have sex against your will? (Rape)
- Pressure, coerce or guilt you into having sex until you give in?
- Get you drunk or high to have sex?
- Pressure you to sext and/or send photos of yourself that you’re not comfortable with?
- Insist you have sex when, or in ways, that you don’t want to?
- Refuse to use condoms or restrict your access to birth control?
- Pressure you to get pregnant?
- Compare you to their past partners?
- Brag about your sexual relationship to others to embarrass you?
- Criticize your looks or your body?
- Pressure you to “prove” your sexuality?
- Display affection in areas where you may be outed?
- Use gender roles to control your sexual activity?



## IMPORTANT!

Consent is based on **YOUR** choice. Being pressured, deceived or manipulated to say “Yes” is **NOT** giving your consent.

You **CANNOT** give consent if you’re drunk, high or impaired in any way.

### Examples of Financial Abuse:

#### Does your partner ...

- Tell you to not go to work, change your work schedule, or quit your job?
- Tell you to pay for most of your activities and/or to buy things for them?
- Tell you to always be available to speak or text with them while you are at work causing you to get in trouble or get fired?
- Show up at your place of work to keep an eye on you causing you to get in trouble or fired?

### Examples of Physical Abuse:

#### Does your partner ...

- Treat you roughly?
- Minimize a violent outburst by saying, “You’re not hurt that bad”?
- Try to justify violent outbursts by blaming you – or anyone else?
- Grab, punch, shove, push, choke, kick, slap or hurt you in any way?
- Hit you where bruises may be covered up by clothing so others won’t notice?
- Throw objects, break things or punch walls during a fight?
- Destroy only **YOUR** things when they are mad?
- Use drugs or alcohol as an excuse for hurting you?
- Drive recklessly when you’re in the car to scare or intimidate you?
- Prevent you from leaving the room during or after a fight?
- Ever hurt or treat your pets roughly?
- Take your cell phone to prevent you from calling for help?
- Make you feel like there’s no way out of the relationship?
- Threaten you with use of weapons or display weapons to intimidate you?

### Some Facts You Should Know

- ✓ Although anyone can be abused by a partner, men abuse women in about 85% of the reported cases in the United States.
- ✓ One in three teenage girls and one in seven boys in the US report abuse by a dating partner.
- ✓ It is **against the law** for anyone to physically harm or harass another person, or to stalk or make threats to another person.

### LGBTQ+ Teens are at Higher Risk for Teen Dating Abuse

- ✓ Less than 25% report dating abuse especially if their family, friends, and/ or community are not supportive.
- ✓ LGBTQ+ students or students who are unsure of their gender identity experience increased rates of physical and sexual dating violence.
- ✓ 59% report emotional abuse in their relationship, and 37% report technological abuse.
- ✓ 17% report being hit, slammed into something, or injured with an object on purpose at least once by someone they were dating.

## Dating Abuse: Q&A



**Q: Does alcohol or drug abuse cause dating abuse?**

**A:** Alcohol and drugs **do not** cause dating abuse. You may notice that the physical violence is worse when an abuser is high, but the controlling behaviors are still there when sober. Abuse is a choice; there are addicts who never abuse and abusers who are sober.

**Q: Can abusers control themselves?**

**A:** Abusers are very much in control of their anger because they have no problem controlling it with other people.

**Q: Do abusers have low self-esteem?**

**A:** Abusers believe they are entitled to have power and control over their partner. Abusers will pretend to have low-self esteem if it will make others believe the violence is not their fault.

**Q: Do victims have low self-esteem?**

**A:** Survivors of abuse have high self-esteem at the beginning of the relationship, but emotional, verbal, sexual and physical abuse can destroy one's confidence.

**Q: Can dating abuse happen only once or twice in a relationship?**

**A:** If your partner hits you once, it is more than likely they will hit you again. Abuse increases in severity as time goes on.

**Q: Do some victims ask for it if they go from abuser to abuser?**

**A:** No one asks to be abused, **EVER**. But a person may miss the red flags when they meet a new person, so it's important to educate yourself about the early warning signs before you're emotionally invested in the relationship.

## Why Don't They Just Break Up?

Asking someone who is being abused by their partner, "Why don't you just break up with them?" is a victim-blaming question. It puts no responsibility on the abuser. **Please don't ask it.**

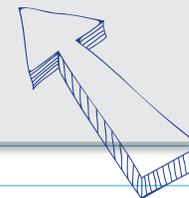
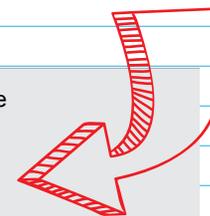
**Why? Because when you ask that question:**

- ✓ You **imply** that the abuse is their fault (it's not).
- ✓ You **suggest** that they are somehow responsible for their partner's behavior!
- ✓ You **overlook** the fact that they may be terrified to leave.
- ✓ You **forget** that leaving is the most dangerous time - don't do it without a safety plan!
- ✓ You **ignore** the fact that **dating abuse is a CRIME** - would you ask other crime victims to just walk away or assume that they could?

Rather, ask them, "What is preventing you from breaking up?" Once you get the conversation going, you should then ask them, "Do you know a trusted adult, like a parent, counselor, or teacher that you can talk to about this?" You can even offer to go with them if you can.

Some reasons that prevent a person from leaving the relationship may include:

- ✓ Fear of being harmed or threatened
- ✓ Fear of being outed
- ✓ Guilt
- ✓ Isolation from friends
- ✓ Love
- ✓ Belief that their partner will change
- ✓ Self-Doubt (NOT low self-esteem)
- ✓ Shame or Embarrassment
- ✓ Peer pressure to stay in the relationship
- ✓ Judgment of friends and family



**IMPORTANT!!!**

Be aware that leaving an abuser can be **DANGEROUS**. Why? Because the abuser will no longer have control over their partner so they'll do *anything* to prevent that from happening.

**Call a hotline for support if you are thinking of breaking up with your abuser.**

## About Abusers

Abusers actually abuse for one reason: To control their partner...everything else is just an “excuse” to justify their behavior.

**Abuse is a learned behavior and it is always a choice.**

**So, why do they do it?** Here are some reasons:

- ✓ They often “get away with it” and are not held accountable for their actions, so if there are no consequences for their behavior, why stop?
- ✓ Using fear and violence is an effective way to get their partner to do what they want.
- ✓ Messages from society, music, TV, movies often promote or tolerate this behavior.

## Common “Excuses” Used by Abusers

Watch out for the excuses many abusers will use to justify their behavior, such as:

“I was angry”	We all get angry; it's a natural emotion; we all don't abuse.
“I was drunk” or “I was high”	Drugs and alcohol may intensify abuse, but it does not cause someone to be abusive.
“I lost control” or “I was stressed out”	Abusers ARE able to control their anger in other situations – they don't go around hurting other people who stress them out, do they?
“I'm the victim here”	Blaming your partner for your actions is childish and immature. Abusers never take responsibility for their own behavior.
“You make me mad” or “You piss me off!”	In a mature, loving, healthy relationship, if your partner does something to annoy or upset you, you talk about it and try to resolve it – you don't physically or verbally assault them.
“Get over it. I didn't hurt you that bad”	This statement denies and minimizes the violence. Abuse does not have to break a bone or leave a bruise.
“If you would just listen, I wouldn't hurt you”	This is the abuser expecting you to meet all their needs; this is not a sign of a healthy relationship.
“I can't change”	Abuse is a learned behavior; you can “unlearn” it by seeking counseling. You CAN change but you have to accept responsibility for your actions and stop blaming others for your behavior.

## How to Help a Friend

*If you want to help someone you care about, here are some suggestions:*

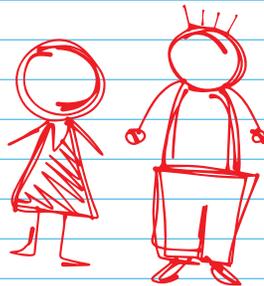
- You can start the conversation by letting them know you care about them and are worried for their safety.
- If they don't want to talk right away, that's fine. Tell them about the hotlines and urge them to call. It's confidential and available 24/7.
- Important:** Talk to them about a **Safety Plan** and that hotline counselors can help them with this. See a copy of a Safety Plan at the end of this booklet.
- Ask them if they're willing to talk to a school counselor.
- You can let them know that if their partner really loved them, they wouldn't hurt them.
- Listen. Do not judge. Believe their story.
- Hang in there with them; don't bail out on a friend even though they may seem distant or have stopped hanging out with you.
- Let them know that the abuse is not their fault. Let them know that the abuser is responsible for their actions and that **no one** deserves to be abused.
- Help them recognize all the types of abuse (emotional, verbal, technological, sexual, financial and physical) by being specific about what you have seen or heard.
- Point out the excuses the abuser uses to justify their behavior (see previous page).
- Talk about what loving, healthy relationships are like (see *Healthy Relationships Quiz* at the end of this booklet).
- Tell them that physical abuse, stalking and making threats are **crimes punishable by law**.
- Focus on their strengths; point out their skills and abilities to make healthy choices.
- Respect their choices – even if you don't agree.



## How to Help a Friend: What NOT to Do

There are some things that you *shouldn't* do when it comes to helping a friend:

- Don't** confront abusers. They may become angry that their partner confided in you and it could put your friend – or you – in danger.
- Don't** suggest they go to counseling together; again, this could put victims in danger.
- Don't** pressure a victim to make decisions; be respectful of their decisions.
- Don't** ask victim-blaming questions like:
  - “Why don't you just break up?”
  - “Did you do anything to provoke it?”
  - “Why would you let someone do that to you?”
- Don't** criticize them for staying; you'll only push them away.
- Don't** give ultimatums such as, “If you don't get out of this relationship, I can't hang out with you anymore.”
- Don't** get angry or frustrated with your friend if they don't immediately end the relationship.
- Don't** give up! Keep listening and offering support.



## What if your close friend is the abuser?

- You can point out the abusive behaviors you witnessed.
- If they try to blame their partner; call them out on all the “excuses”.
- Ask them to think about how their behavior affects their partner.
- Urge them to get help through a school counselor or confidential hotline. Tell them that it's easier to change when you're young.
- Do not support the abuse in any way. Tell them that you're not turning against them, but you want them to have healthy and loving relationships.
- Let them know that physically abusing someone, stalking and threats are **CRIMES**.

### The Effects of Teen Dating Abuse

For both victims and abusers, being in a violent relationship makes them more likely to be in abusive relationships later in life, and it also causes other problems that include:

#### For victims:

- Depression
- Anxiety
- Inability to trust people
- More likely to fail in school, which prevents them from achieving their goals

#### For abusers:

- Alienation from friends and family
- Suspended from school
- Criminal record can impact getting into college or getting a job
- Criminal record and jail = loss of personal freedom



## Speak Out and Get Involved!

If you want to be an activist to help end dating abuse, get involved!!

You CAN make a difference.

Here are some things you can do, but be creative and come up with some new ideas to help us end dating abuse.

- Organize awareness events (poetry slam, concert, art show, bake sale, game show, trivia night, movie night or game night) at your school.



- Post information on social media, write an article for your school newspaper.

- Produce a Public Service Announcement for YouTube or your school TV station.



- Hand out information and hotline cards before Valentine's Day and the prom (contact A Partnership for Change or your local domestic violence shelter for hotline cards, brochures, handouts and other items).



- Contact A Partnership for Change ([Info@APartnershipforChange.org](mailto:Info@APartnershipforChange.org)) or a local domestic violence shelter to give a workshop or seminar at your school.

- Organize a fundraiser to raise awareness and donate the funds to a teen dating abuse program or domestic violence shelter.



- Be an activist against violence and hate; speak out against hateful acts of racism, homophobia and sexism.



- Let your classmates know that physically abusing someone is A CRIME that has legal consequences.



- Make sure you have the latest information on hotlines and websites.

- Post, repost, and share messages or graphics on social media that promote equality, respect and trust in dating relationships.



- Make abusive behavior socially unacceptable - don't accept an abuser's behavior; stop hanging out with them.



- February is Teen Dating Abuse Awareness Month; plan an awareness event at your high school to highlight the issue.



- Follow PowerBack on Insta and Twitter (@PowerBackNJ) and use the hashtag #PowerBackNJ to get more people to follow us.



- Write to TV shows or musicians to express your dislike of programs or songs that objectify women or condone violence in relationships. Boycott their products.



- If you witness someone being physically abused, call 911 to stop the violence. But don't get directly involved, you might get hurt.

Love Does Not Hurt.

Love is not what they SAY...it's what they DO.



## Identifying a Healthy Relationship

This questionnaire often prompts people to view their relationship from a different perspective; it can be useful in engaging a person in a conversation about relationships.

Think about your partner when you answer these questions:

♥ Does your partner encourage you to have other friends?

♥ Do you make decisions together? Like what?

♥ How do you handle disagreements in the relationship?

♥ Do you expect your partner to meet all of your needs?

♥ Is there equal time for talking and listening for both people?

♥ I consider them to be a good friend because...



♥ Do they accept the way you dress, talk, and act?

♥ Do you trust and believe them? Do they trust and believe you?

♥ How do you feel when you have different opinions on something important to you?

♥ Do you TALK OUT or TAKE OUT your problems on each other? How?

♥ Is your relationship based on choices, not pressure?

♥ Talk is cheap: I **show** my partner love and respect in these ways...

♥ Talk is cheap: My partner **shows** me love and respect in these ways...

## Safety Plan



You can think ahead about ways to be safe whether you are still dating or if you're not together anymore. Safety plans should be done with a domestic violence counselor and should be updated often.

- I can tell someone about my situation. I feel safe telling \_\_\_\_\_.
- If I'm out with my partner and I need to leave, I can call \_\_\_\_\_ for a ride home.
- I can change the location of my school locker and/or change the lock and combination.
- I can change my route to/from school or work and I can ask someone to walk with me to school, classes or after-school activities.
- I can keep a journal describing my feelings and the abuse.
- I can write down all incidents (keep threatening emails, voicemails, letters, texts, etc.)
- I can change my cell number and passwords on social media accounts.
- I know how to block access to my computer, social sites and cell phone.
- I am aware of my decreased ability to make good decisions under the influence of alcohol or drugs.
- If I absolutely have to talk to my ex, I can keep the conversation short or have someone with me.
- If I decide to break-up, I'll tell someone and do it in a public place and let someone know my plan.
- My code-word to alert my family and friends to call for help for me is \_\_\_\_\_.

- If I feel a fight coming on, I will try to move to a room where there is an exit and I'll stay out of the kitchen or any other place that is high risk for getting hurt.
- If my abuser or ex calls me, I can let it go to voicemail.
- If I have a Restraining Order, I'll keep a copy on me, and give a copy to my principal and boss.
- I will never agree to meet my ex in an isolated location or alone.
- I'll make sure someone knows where and how to reach me if I'm out with my partner or ex.
- I will trust my instincts and if I feel like I am in danger, I will call 911 to get help immediately.
- I know that "couples counseling" is not safe for me. I can request to speak with a counselor, teacher or other adult without my dating partner present.
- I will update my safety plan and keep it in a confidential place.
- When leaving school or work, if problems occur, my plan is: \_\_\_\_\_  
\_\_\_\_\_.
- I will keep my cellphone always charged and with me.
- I can let \_\_\_\_\_ know they can call the police if they see my partner or ex bothering me.

**National Teen Dating Abuse 24-Hour Hotline**  
**(866) 331-9474 OR Text "loveis" to 22522**

**2nd Floor Teen Helpline in New Jersey**  
**24-Hour Hotline: (888) 222-2228**

## Breaking Up

**Ending an abusive relationship is not like ending a healthy one.**

Your abusive partner may not accept the break up or respect your boundaries. Just know that as long as YOU are ok with the decision, it's ok if your partner is not.

**IMPORTANT!**

Here are some things to keep in mind when helping yourself or a friend through a break-up:

- You don't need to explain your reasons for ending the relationship more than once.  
**There is nothing you can say that will make your ex happy.**
- Let your friends and parents know you are ending your relationship, especially if you think your ex will come to your house or confront you when you're alone. If your ex does come to your house when you're alone, don't go to the door; don't let them in.
- Remember: You cannot change someone; your partner has to acknowledge their abusive behaviors and work on changing their behavior apart from you.

- The person you're dating has probably become a huge part of your life, so feeling lonely after a break up is normal. Talking to friends or finding new activities will make filling your new free time easier.
- Even if your partner has been abusive, it's normal to miss them. Try writing down the reasons you want to end your relationship and keep them as a reminder for later on.
- Ask for help. If you start to feel helpless or overwhelmed, tap into your support system, call a hotline counselor to talk, or if you can, talk to your school counselor.

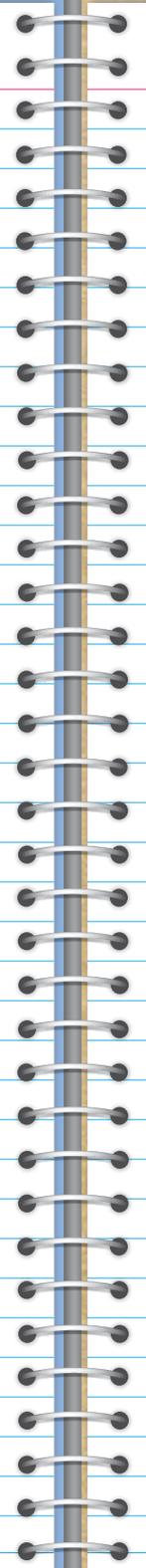
Information from LoveisRespect.org



**National Teen Dating Abuse Hotline**  
**866-331-9474**



Notes:





**PowerBack** is a unique program that addresses teen dating abuse by giving young people the "power back" to help themselves, their classmates or loved ones. In PowerBack, peer leaders will:

- **Understand** the types of dating abuse
- **Identify** places to go or to call for confidential support
- **Advocate** against dating abuse and domestic violence
- **Promote** healthy relationships
- **Learn** how to safely help a friend or family member

# PowerBack

Education • Empowerment • Ending Dating Abuse

**#PowerBackNJ**

**A Partnership for Change expresses its gratitude to all of the PowerBack peer leaders for their hard work and dedication, and for promoting peace and respect in all relationships.**

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