

ABUSE

When someone tries to take power and control over another person by using a form of violence. Abuse often occurs more than once, like a pattern, within a relationship where there is an expectation of trust.

BYSTANDER

A person who may have directly or indirectly witnessed an event, including violence or abuse, and/or had an idea that something violent/abusive was happening.

COPING SKILLS

The ways which people handle the impact of trauma, loss, hurt, or challenging feelings. People cope in healthy (adaptive) and unhealthy (maladaptive) ways.

CYCLE OF VIOLENCE

A pattern in which those who are hurt by violence may also act violently and/or hurt others.

DOMESTIC VIOLENCE

a type of violence between intimate partners that involves a pattern of behavior in which one partner in a relationship establishes power and control over their partner through fear and intimidation, often including the threat or use of violence. Domestic violence can include physical, emotional, financial, sexual, and verbal abuse.

EMPOWERMENT

Empowerment is the process of finding one's inner power to overcome struggle without hurting others. Empowerment is having "the power to" versus power over something/someone.

HEALTHY RELATIONSHIPS

Any kind of relationship (romantic, friendship, family) that is characterized by equality, respect, trust, accountability, communication, etc. Healthy relationships are relationships in which each person respects the other.

PERSON WHO HARMS

A person who harms or targets another person. Sometimes called a perpetrator or abuser.

PERSON WHO IS HARMED

A target of violence or abuse. Sometimes called a victim or survivor.

RESILIENCE

The ability to cope with and recover from life's challenges - such as family and relationship problems, serious health problems, or school stressors. Having support can help to increase resilience.

STEREOTYPES

Fixed, commonly held beliefs about a group of people based on oversimplification of some observed or imagined trait of behavior or appearance. Stereotypes are usually hurtful statements that do not apply to all group members just because they are members of a particular group.

TEEN RELATIONSHIP ABUSE/ DATING ABUSE

When one person in a teenage dating relationship (a current or former partner) tries to take power or control over another person using physical, sexual, emotional, verbal, and/or financial violence (including stalking). The abuse can also be acted out electronically or online.

UNHEALTHY RELATIONSHIP

Any kind of relationship (romantic, friendship, family) that is characterized by actions that seek to manipulate or maintain power and control over the other person using physical, verbal, emotional, financial, and/or sexual tactics.

UPSTANDER (RESPONSIBLE BYSTANDER)

A person who witnesses a dangerous or harmful event and safely speaks or acts in support of an individual or a group.

VICTIM BLAMING

When the person who is harmed is held entirely or partially at fault for the harm that has happened to them.

VIOLENCE

When someone (or a group of people) intentionally harms, or mistreats someone else, through the use of force, intimidation, pressure, or fear. Violence can be physical, financial, emotional, verbal, or sexual.

RED FLAG

Any behavior in a relationship that serves as a "warning sign" for an unhealthy relationship.

GREENFLAG

Any behavior in a relationship that serves as a sign for a healthy relationship.