



Teen and Young Adult Intimacy: Recognizing Harm, Supporting Survivors, and Promoting Respect and Accountability

Tuesday, February 10, 2026

Teen Dating Violence Awareness for 17th District Council x Roosevelt High School

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Today's Agenda



- Introduce facilitators
- Introduce yourself to others by naming your favorite relationship
- Move to Agree or Disagree Activity
- Unhealthy Relationships Among Young Folks
- Brainstorm in Small Groups: Solutions and Practical Ideas to Support Survivors and Stop Abusive Behavior
- Resources for Healthy Relationships

Apna Ghar's History



1989: Five Asian American Women start Apna Ghar to serve South Asian DV survivors.

1995: Staffing increases to 10 full-time program and administrative staff. Apna Ghar purchases a **house** to transform into a **new shelter**.

2026: With an established model, Apna Ghar is a recognized leader in **holistic and culturally competent services for survivors of gender violence**.

1980: Indo Crisis Line and Asian Human Services, a help line run by South Asian volunteers in Suburban Chicago, note an increase in **reports of domestic violence**.

1990: Three bilingual staff are hired, office opens in Uptown, and a **small apartment** is rented for a **shelter**.

2017: A residential **building** is newly acquired for a shelter, our current **Safe Home**, doubling its capacity to serve survivors.

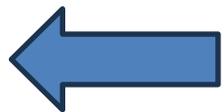


The Qualities of a Relationship You Admire

- Take a few minutes to identify a relationship you admire from your family and friends or from movies, TV, or books.
- What do you admire about their relationship?
- Then one by one each person share with others what it is that they admire about that relationship.



**Vote With Your Feet or Wheels:
Move to the Disagree or Agree side of the space to indicate your answer**



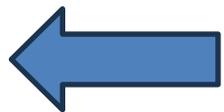
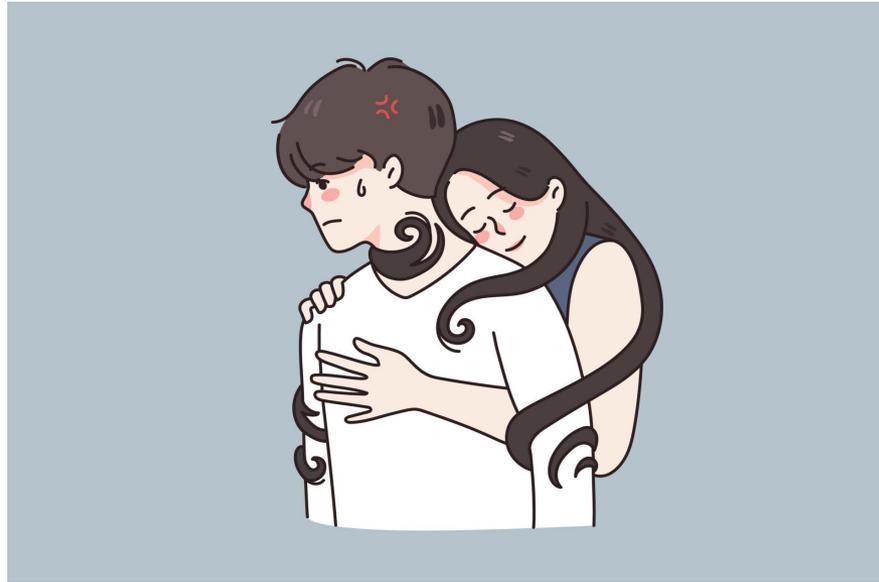
Agree That This is OK



Disagree: This is NOT OK

Your intimate partner asks for your passwords so they can look at all of the emails and texts you've received and sent

**Vote With Your Feet or Wheels:
Move to the Disagree or Agree side of the space to indicate your answer**



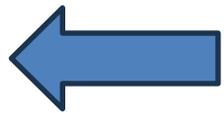
Agree That This is OK



Disagree: This is NOT OK

It's okay if your partner expects you to spend all your time with them.

**Vote With Your Feet or Wheels:
Move to the Disagree or Agree side of the space to indicate your answer**



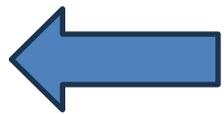
Agree That This is OK



Disagree: This is NOT OK

Even if you just hooked up once or twice, if they physically hurt you or pressured you or threatened you, that's still abuse.

**Vote With Your Feet or Wheels:
Move to the Disagree or Agree side of the space to indicate your answer**



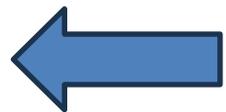
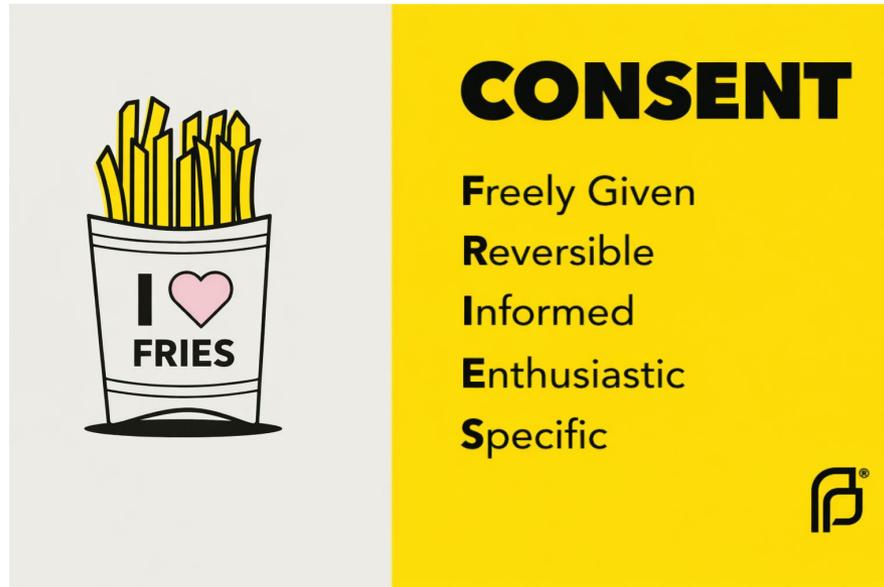
Agree That This is OK



Disagree: This is NOT OK

There's nothing you can do if your friend is being abused by their partner.

**Vote With Your Feet or Wheels:
Move to the Disagree or Agree side of the space to indicate your answer**



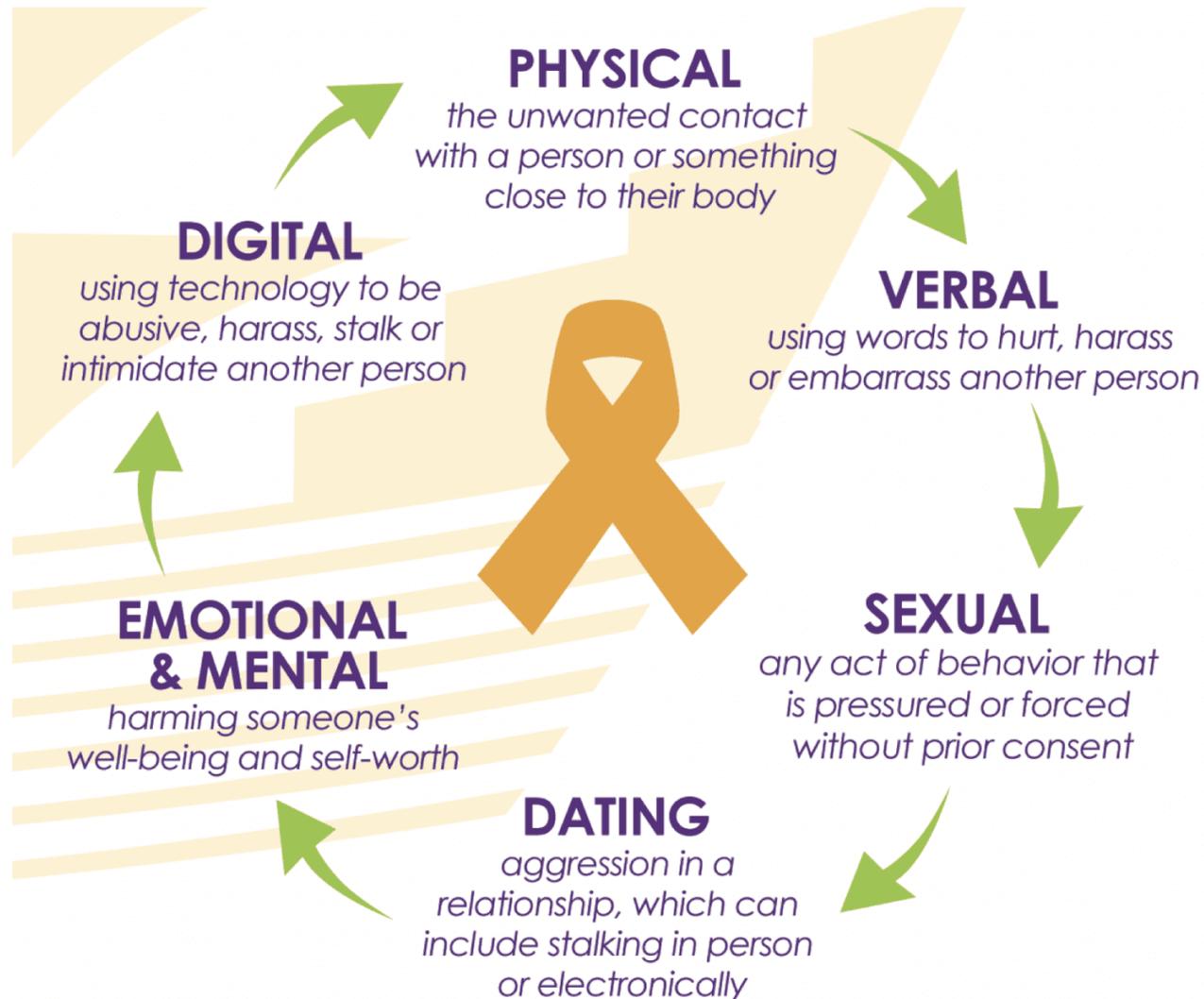
Agree That This is OK



Disagree: This is NOT OK

If they keep asking and you keep saying no and then you finally give up and say yes to sex, that is consent.

Abuse in Teen and Young Adult Relationships



Abuse in Teen and Young Adult Relationships



Recognizing and Preventing Disrespect, Isolation & Fear in Relationships

Disrespect (When boundaries and feelings are ignored)

Message: Respect means valuing emotions & limits.

Ask Your Teen: “Has someone ever made fun of your interests or made you feel small?”

Action: Model **respectful interactions** at home

Action: Encourage teens to **assert their boundaries** confidently.

Isolation (Cutting someone off from friends & family is a red flag)

Message: Healthy relationships encourage connection, not control.

Ask Your Teen: “Has anyone tried to stop you from spending time with people you care about?”

Action: Teach that **love ≠ control**—possessiveness isn’t caring.

Action: Support friendships & a **strong social network** outside relationships.

Fear & Intimidation (threats or manipulation)

Message: Healthy relationships feel safe, not scary.

Ask Your Teen: “Have you ever felt afraid to speak up because of how someone might react?”

Action: Keep conversations **judgment-free** so they feel safe opening up.

Action: Reassure: “You don’t have to handle this alone—I’m here.”

Small Group Discussion

- What can families, service providers, and schools do to be more approachable and accessible to young people who want to talk about abuse in relationships and get help?
- What can young people say to their friends and young family members to encourage healthy relationships, support survivors, and hold people who act harmfully accountable for what they have done or said?
- What are some social media influencers, TV shows, or movies that promote healthier relationships? If you can't think of good examples, think of problematic influencers, shows, or movies. What is the problematic/negative messaging they're putting out there? What can we say to get a good discussion going, using the negative messaging as a teachable moment?

Information and Resources

- [1 in 10: Learning to Recognize Signs of Teen Dating Violence](#)
- [One Love: 10 Signs of a Healthy Relationship](#)
- [Child Mind Institute](#)
- [American Psychological Association: Parenting: The Teen Years](#)
- [SAFE BAE: Before Anyone Else](#)
- [Love is Respect](#)
- [Between Friends](#)
- [Muslim Youth Healthy Relationships Safety Card](#)
- [Resilience](#)
- [LGBTQIA+ Dating Abuse](#)

Let's Review

- **Understand the Support Available**

Apna Ghar's support services and how they help those facing gender-based violence including survivors and their children.

- **Recognize Relationship Patterns**

Learn to identify healthy vs. unhealthy relationships and why early guidance matters.

- **Build Open, Judgment-Free Communication**

Discover strategies to have honest conversations with teens about relationships.

- **Teach Consent as a Life Skill**

Learn how to normalize consent discussions in daily life and dating.

- **Spot Warning Signs Early**

Identify red flags of unhealthy relationships, both in-person & online.

- **Guide Teens in Conflict Resolution & Boundaries**

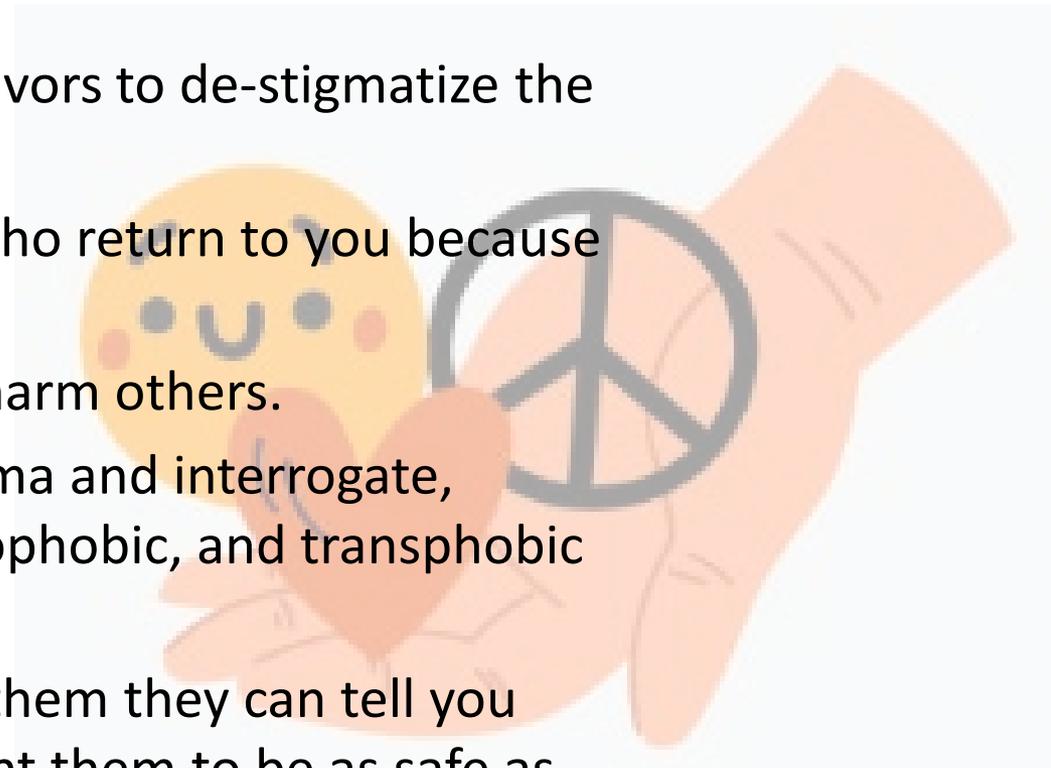
Help teens set boundaries and resolve conflicts in a healthy way.

- **Become a Trusted Adult Teens Can Rely On**

Gain practical tools to support teens in tough conversations and connect them to resources.

How You Can Bring Healing and Justice to the World

- Focus on fatherhood that demonstrates respect, allows for the girl child's anger and the boy child's tenderness and sadness.
- Demonstrate support for survivors to de-stigmatize the acknowledgement of harm.
- Protect, don't shun children who return to you because of harm.
- Hold accountable those who harm others.
- Break the silence and the stigma and interrogate, gently, the misogynistic, homophobic, and transphobic messaging you see and hear.
- Support survivors and assure them they can tell you anything and that you just want them to be as safe as possible.



This moment in history, when there is so much bleakness and injustice, we must ignite our souls and join our families and communities to see our way out of the collective darkness together.



24-Hour Crisis Line:

Phone: (773) 334 - 4663 or (800) 717 - 0757

Uptown Office:

4350 N. Broadway, 2nd Floor Chicago, IL 60613

(773) 883 - 4663

Satellite Locations:

Swedish/Northshore Hospital: (773) 878 - 8200

Email:

info@apnaghar.org

help@apnaghar.org

employment@apnaghar.org

Socials:

@apnagharinc on IG, LinkedIn & Medium

<https://apnaghar.org>



CONTACT
Apna Ghar
Inc.
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Thank You!



Please scan the QR Code below for the post-training survey.

