After watching the video *Coping with Dating Violence and Abuse* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- Offer definitions and examples of abusive behavior
- Identify specific differences between a relationship that is healthy and one that is unhealthy
- Recognize the early warning signs of an unhealthy relationship
- Understand that verbal and emotional abuse are just as dangerous as physical abuse
- Gain tips for helping friends who may find themselves enmeshed in an abusive dating relationship
- Recognize the cycle of violence that is typically present in abusive relationships
- Understand some of the reasons why a victim may remain in an abusive relationship
- Understand that the victim in an abusive relationship may not know how to extricate himself or herself
- Learn safety tips for freeing themselves (or a friend) from an abusive relationship
- Realize that violent or abusive relationships should be a concern to everyone—not only the people involved in the relationship