

ABUSE

When one person tries to gain or maintain power and control over another person through a pattern of aggressive, violent, or intimidating behavior. Abuse often occurs in any 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 where those who are harmed by violence act out violently and cause harm to others.

DOMESTIC VIOLENCE (DV)

When one partner from a romantic relationship attempts to gain or maintain power and control over their partner through a pattern of aggressive, violent, or intimidating behaviors. Domestic violence can also be known as intimate partner violence.

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 in a healthy way and recover from challenging life events.

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 DATING VIOLENCE (TDV)

When one partner or former partner from a romantic teenage relationship attempts to gain or maintain power and control over their partner through a pattern of aggressive, violent, or intimidating behaviors. Teen dating violence can also be known as Teen Relationship Abuse (TRA)

UNHEALTHY RELATIONSHIP

Any kind of relationship (romantic, friendship, family) that is characterized by a pattern of behaviors that seek to manipulate or maintain power and control over the other person. Unhealthy relationships include at least one (or both) individuals showing disrespect, hurtful communication, intimidating, or aggressive behavior.

UPSTANDER (RESPONSIBLE BYSTANDER)

A person who witnesses or has knowledge of 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.

GREEN FLAG

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