

Support Non-violence

- Acknowledge that violence can happen in any relationship. It crosses all age, racial, age, religious, and economic boundaries. It could be happening to someone you know; at least 60% of teens are in an abusive dating relationship before high school graduation.
- Don't minimize or deny the importance of teen dating relationships. The bonds can be very strong. If a teen feels like they are in love, don't dismiss it as "puppy love."
- Teach children through words and actions that violence is never acceptable. It is never okay, to push, hit, punch, kick, or throw things. Likewise, it is wrong to call someone names, make fun of them, or threaten them.
- Develop clear, consistent, non-violent consequences for the use of violence and stick with them.
- Talk with children and adolescents about healthy relationships. Let them know that they are based on mutual respect and equality - not violence, intimidation or fear.
- If someone tells you they are being abused, believe them. Offer support and assistance in finding resources to help them.
- If you know someone who is being abusive, tell them their behavior is wrong and the abuse needs to stop. Offer them support and resources as well.
- Encourage schools to actively promote an environment where violence will not be tolerated. Find agencies or individuals to present information on dating violence and healthy relationship skills, as well as identify resources in the community that can help.
- Give as much credibility to teen violence prevention and intervention projects as other types of prevention programming.
- Encourage local service agencies and criminal justice personnel to develop policies and procedures to effectively intervene in situations where violence is occurring. Remember, directly or indirectly, every Nebraskan is affected by domestic and sexual violence.
- Talk to law makers and other public officials about changing Nebraska's laws to ensure all victims of dating violence can obtain protection orders.
- Get involved. Support your local domestic violence/sexual assault program and the Nebraska Domestic Violence Sexual Assault Coalition by donating your time, skills, or resources.