

# **The Relationship Factor**

**A curriculum guide for teachers**

**By Darla J. Morton, MS**

**This guide and accompanying video was made possible by:**  
New Mexico Children, Youth and Families Department  
New Mexico Coalition Against Domestic Violence  
New Mexico Human Services Department  
New Mexico Alliance for Children with Traumatic Stress  
United Way of Central New Mexico  
PNM  
Lovelace Sandia Healthcare System  
Cooperative Educational Services  
New Mexico Coalition of School Administrators

Thank you for your interest in this powerful and important program to help end domestic violence in New Mexico. This curriculum guide and accompanying video “The Relationship Factor” are designed to help young people understand and be able to identify healthy and unhealthy relationships. It is our hope that this is a first step in helping to break the generational cycle of domestic violence. As youth begin to explore personal relationships in their teen years it is an ideal time to open discussion about what makes a healthy relationship.

Because every class, every school and every community are different, we suggest that you view the tape prior to sharing it with your students and read through this guide with the idea of tailoring the questions, discussions and writing assignments to meet your community norms. The video should be viewed as a catalyst to discussion and followed up with the curriculum.

With your help, we hope to create a new awareness and understanding of teen dating violence and give schools throughout the state the tools that will enable them to stop the cycle and create homes that are safe and communities free of violence.

Please make use of your local domestic violence service professionals. You can find them listed at the end of this packet and through the New Mexico Coalition Against Domestic Violence, [www.nmcadv.org](http://www.nmcadv.org). The Coalition has been our partner in the creation of this project and can help you with literature, presentations, and support.

On behalf of the New Mexico Children, Youth and Families Department, the New Mexico Coalition Against Domestic Violence and Christopher Productions, we want to thank you for reaching out to help end teen dating violence.

Sincerely,

A handwritten signature in cursive script that reads "Mary Dale Bolson". The signature is written in black ink and is positioned above the typed name.

Mary-Dale Bolson, Ph.D.  
Secretary

New Mexico Children, Youth and Families Department

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## Introduction

The teenage years are a difficult time for most youth. There are many tough choices facing teens today and they are often subjected to considerable peer pressure. The teen years are a time when many young people explore and learn about relationships. Unfortunately, teens today are at serious risk for dating violence. Dating violence is more than just arguing or fighting. Dating violence is a pattern of controlling behaviors that one partner uses to get power over the other, which can often turn dangerous. Research shows that physical or sexual abuse is part of 1 in 5 high school relationships. Part of what makes dating violence so confusing and painful for teens is that they may confuse love with some of the behaviors of abuse. This can make it difficult for teens to determine if they are really being abused.

It is possible that many of today's teens have not had models of healthy relationships, and consequently may enter the realm of dating and relationships without a clear understanding as to how they should be treated or what a healthy relationship is. By increasing teens' awareness of dating violence and empowering them to make smart choices, teens can begin to develop healthy, positive relationships.

This curriculum guide and accompanying video, “The Relationship Factor”, is designed to aid teens in clarifying their values, attitudes, and beliefs about dating and relationships. The guide strives to equip teens with the skills and knowledge necessary to form and maintain healthy relationships as well as evaluate their current relationships.

## **Program Goal**

The program goal is to provide information to help teens establish criteria to determine what a healthy relationship is and to motivate teens to seek relationships based on mutual respect.

## **Program Objectives**

1. Identify characteristics of healthy relationships.
2. Develop guidelines for establishing and maintaining healthy relationships.
3. Identify warning signs of unhealthy relationships.
4. Increase awareness of dating violence and recognize that it is a significant problem.
5. Explore and identify personal boundaries (emotional/physical).
6. Evaluate current relationships.
7. Explore personal identity through value clarification activities.
8. Develop skills for being assertive.
9. Realize that respect is essential for good relationships.
10. Identify resources and support systems for finding help.

**Instructors:** Please keep in mind that this curriculum guide contains discussion questions that are sensitive in nature and may cause uncomfortable feelings and emotions to surface for some students. Please have resource information readily accessible to students and discuss only those questions that you feel comfortable handling. Because it is important to protect students during discussions, ask them not to use any names, and set ground rules that include using the phrase “a person I know” OR REFERRING TO THE PEOPLE IN THE VIDEO each time. This may allow a more open discussion for everyone.

PRIOR TO SHOWING THE VIDEO TAPE “The Relationship Factor”

1. Let everyone know that this will be a discussion about healthy and unhealthy relationships.
2. Be certain all cell phones and pagers are turned off.
3. Be sure everyone has pen and paper to jot down notes and ideas.
4. Explain that the tape is 10 minutes long and then a discussion about the tape and various other aspects about relationships will follow.
5. Explain that the tape was created with teenagers and that all the interviews are real...there were no “actors” involved.
6. Tell the students that the video is about two young people, Amanda and Marcos, who have to create the tape they are about to see.

SHOW THE VIDEO TAPE

AFTER THE SHOWING:

7. Begin the discussion by asking what kind of relationship Amanda and Marcos have? (friendship, business, romantic)
8. Ask why students think it is one of those three, what are the indicators? (how they interact, how they treat each other)
9. Ask if Amanda and Marcos have a good relationship and why? (good communication, mutual respect, common goals)

CONTINUE WITH THIS GUIDE, REFERRING AS OFTEN AS POSSIBLE TO THE PEOPLE FROM THE VIDEO AS EXAMPLES. THIS WILL KEEP THE STUDENTS SAFE TO DISCUSS PERSONAL ISSUES USING THE PEOPLE FROM THE VIDEO INSTEAD OF THEMSELVES.

## **Boundaries**

After the tape viewing and discussion about Marcos and Amandas relationship, begin with a discussion about boundaries and how they play an important role in the development of personal relationships. Students can explore their own boundaries through discussion questions included after each section. These questions can be used as a guide for group discussions, or they can be used for writing activities.

### **What are personal boundaries and why are they important?**

Have teens brainstorm what they think a personal boundary is and then discuss.

Guide the discussion to include the following information:

1. Boundaries are important because they define areas of personal space that you keep between yourself and others.
2. Boundaries work in two ways - they permit things in and they keep things out.
3. Good boundaries will help you feel confident, secure, and worthwhile.
4. Poor boundaries can make you physically and emotionally vulnerable and can lead to unhealthy situations.
5. If someone crosses one of your boundaries, your mind and body will tell you that the person has gone too far, and you will start to feel uncomfortable.
6. You can take an active role in setting your boundaries.

**Discuss the difference between a physical boundary and an emotional boundary.**

**Physical Boundaries** - Physical boundaries protect your body. These boundaries help you decide who can touch you, how they can touch you, and where.

### **Discussion questions**

1. What physical boundaries were mentioned in the video?
2. What boundaries mentioned in the video were handled well and what boundaries were not handled well?
3. One of the girls in the video mentioned that sometimes women use sexuality to control a boyfriend, is that healthy? Is that honest?
4. Can you think of examples of how someone might be overly friendly or physically inappropriate?
5. Has a stranger ever stood so close to you that you were uncomfortable or nervous? How large is your personal “bubble”?

### **Writing Activities:**

1. Can you think of an example of how someone could *disrespect* physical boundaries? What would happen? How would someone feel?
2. Can you think of an example of someone *respecting* physical boundaries? How would that feel?



**Emotional/Spiritual Boundaries** - These boundaries protect your private thoughts and emotions. You decide what feelings and information you will share or not share with others.

### **Discussion Questions**

1. What boundaries were broken for some of the people in the video?
2. When Marcos mentioned his first girlfriend was on drugs, how were his boundaries broken? What did he do about it?
3. Does it matter if the romantic partner is a boy or a girl if they are breaking the others boundaries?
4. What are some examples of personal questions that might make someone feel uncomfortable or embarrassed?
5. How would someone violate another's trust? How might someone feel?
6. Why do we let some people in and not others?

### **Writing Activities:**

1. Can you think of a time someone disrespected your emotional boundaries? What happened? How did you feel?
2. Can you think of a time someone *respected* your emotional boundaries? How did you feel?

### **Further discussion questions/writing topics:**

1. Why would someone have weak boundaries?
2. Why would someone have strong boundaries?
3. How do we develop our personal boundaries ?
4. Have you ever failed to stand up for yourself when you know you should have? How did you feel? Why do you think that happened?

Discuss how people initially set up boundaries through community norms, family, and friends. Discuss how, as teens, they can begin to take an active role in setting their own boundaries.

1. What can someone learn about relationships from family/friends?
2. How do people develop ideas/feelings /values about people and Relationships?

## Evaluating Relationships

What personal qualities do you look for in a relationship? Read the following statements below and mark the preceding space with “V” if you think the quality is very important to a relationship; “S” if you feel the quality is somewhat important; and “U” if you feel the quality is unimportant.

- \_\_\_ 1. A boyfriend/girlfriend should never reveal my secrets.
- \_\_\_ 2. A boyfriend/girlfriend should not pressure me to do something I do not want to do.
- \_\_\_ 3. A boyfriend/girlfriend should share anything she/he has with me.
- \_\_\_ 4. A boyfriend/girlfriend should never put me down in front of other people.
- \_\_\_ 5. I should be able to behave any way I want with my boyfriend/girlfriend and he/she should understand.
- \_\_\_ 6. A boyfriend/girlfriend should be interested in the same things that interest me.
- \_\_\_ 7. My boyfriend/girlfriend should accept me just the way I am without trying to change me.
- \_\_\_ 8. A boy/girlfriend should always respect my ideas and opinions.
- \_\_\_ 9. A boy/girlfriend should find ways to show that I am important to him/her.
- \_\_\_ 10. My boyfriend/girlfriend should encourage me to have other friendships.
- \_\_\_ 11. My boyfriend/girlfriend can be trusted to tell me the truth, No matter how bad.
- \_\_\_ 12. The best way to show a boyfriend/girlfriend that you care is to give him/her all of your time and attention.

When finished with this activity, have the students exchange papers with a classmate and compare their answers. Have them discuss how they are similar or different. In small groups, have students discuss the reasons behind their answers. Afterwards, ask if any of their answers changed after their discussions. Why?

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### Guidelines for Healthy Boundaries

As a group, brainstorm behaviors that would encourage healthy boundaries. These may include:

1. Trust should be mutual. If you expect others to respect your boundaries, you need to respect theirs.
2. Trust your feelings of comfort and discomfort when you are around others.
3. Speak up when someone or something bothers you.
4. The degree to which you share yourself should be based on how well you know others and can trust them in appropriate ways.

Remind students that **it is alright to ask a trusted adult** questions about whether their boundaries are appropriate. Youth who have been abused or had their boundaries repeatedly violated may be used to ignoring uncomfortable feelings which can prevent them from recognizing immediately when their boundaries are violated. Let students know it is important to **talk to someone** they trust if they are wondering if something is right or wrong.

**Discussion -**

What do people with healthy boundaries look like?

What qualities do they have?

1. Are secure with themselves.
2. Do not tolerate disrespect or abuse.
3. Have a strong sense of self-respect.
4. Respect others and their boundaries.
5. Are able to identify safe and appropriate people.
6. Are able to develop good, healthy relationships, especially friendships.
7. Know how to stand up for themselves.
8. Have a clear sense of their own values.

**Writing Activities:**

The following writing activities can help teens identify strengths and weaknesses with their own boundaries.

1. What characteristics of healthy boundaries do you have?
2. Have students make a list of what is okay to put up with and what is not. Are you putting up with anything that is not okay? How can you change that?

## What are you like?

Explain to students that the better they know themselves, the better they will be at evaluating their relationships.

Have them complete the following open-ended statements to help them discover more about themselves. They may do this as a written assignment.

1. A sentence that describes me is ...
2. My friends say that I ...
3. In school I ...
4. My parents expect me to ....
5. I feel best with others when they...
6. I feel uncomfortable with others when they...
7. It is easy to share my feelings with others when they ...
8. It is hard to share my feelings with others when they ...
9. I am more comfortable with guys and girls when they . .
10. I am a good friend because...
11. I think a relationship should ...
12. I sometimes wish that..

## Relationships

Healthy relationships vs. Unhealthy relationships - What is the difference?  
How do you know when you are in an unhealthy relationship?

## Warning Signs

(New Mexico Coalition Against Domestic Violence)

These warning signs can help reveal a potentially dangerous relationship.  
Check any statements that apply:

Are you going out with someone who...

- Threatens you?
- Is jealous and possessive?
- Won't let you have friends?
- Checks up on you?
- Won't accept breaking up?
- Tries to control you by being bossy, or giving orders?
- Pressures you for sex or is forceful about sex?
- Gets too serious about the relationship too fast?
- Is physically aggressive?
- Puts you down or embarrasses you in front of other people?
- Tells you that you would be nothing without him or her?
- Is really nice sometimes and really mean at other times (almost like they have two personalities)?
- Has a history of bad relationships or past violence?
- Always blames his/her problems on other people?
- Blames you for “making him/her treat you badly”?

If you checked yes to even one of these questions, you could be the victim of dating abuse. Violence is about power and control, not love. Be sure to call for help if you are in a potentially abusive relationship. The National Hotline can be reached at 1-800-799-7233. Services are free and confidential. For a complete list of resources and services, please see addendum.

### Discussion questions

1. What are the signs of a healthy relationship? What are the signs of an unhealthy relationship?
2. Have you ever felt used or unappreciated at school, at work, or in a friendship? Explain.
2. What would be an example of being threatened with words or force? Explain.
3. Is it possible to think about a particular relationship too much? Why?
4. What are some ways people can build healthier relationships?

### Activity - Bill of Rights

As a class, or as individuals, have students compose a **personal Bill of Rights** to help them focus in on how they feel about themselves. The list should reflect both how they would like to be treated and how others should be treated. Below are some examples:

1. I have the right to be treated with respect
2. I have the right to say no and not feel guilty
3. I have the right to express my feelings
4. I have the right to change my mind.

**Develop a personal Bill of Unacceptable Behavior.** Determine what behaviors would be unacceptable to you (as well as unacceptable to be perpetrated on others. ) For example:

1. I do not deserve to be hit
2. I do not deserve to be put down.
3. I do not deserve to be yelled and screamed at.
4. I do not have the right to demand that my girlfriend/boyfriend dress or act in a certain way.

These lists can be shared with the class. It is important that students have rights that show how they should be treated. Ask them if they can recall specific situations that violated their rights, and how it made them feel.

At some point in time, each of the students will most likely encounter someone who is affected by dating violence. The following information may be useful for teens that are concerned about a friend:

### **How to Help a Friend?**

(New Mexico Coalition Against Domestic Violence)

- \*Be there. Listen without giving advice, unless it is asked for, and Believe what he or she tells you.
- \* Don't spread gossip - it could put them in danger.
- \* Don't pressure your friend to break up with his or her partner.
- \* Encourage your friend to get help from a Domestic Violence Program.
- \* Call a Domestic Violence hotline anonymously to find out how you Can help your friend.  
-National Domestic Violence Hotline - 1-800-799-7233
- \* Call the police if they are in danger.
- \* Emphasize that the abuse is **NOT** your friend's fault.

### **Good Relationships**

What are the qualities that make up good relationships? Remind students that positive, rewarding relationships must be reciprocal.

1. Permit your partner to be him/herself
2. Give each other space
3. Be honest
4. Be supportive
5. Be someone your partner can trust

Optional Activities:

- \*Have students brainstorm ways they could heighten community/school awareness of dating violence and create a media campaign.
- \*Have students create posters/flyers with information about resources for seeking help.



## Resources

If you, or someone you know, is in an abusive relationship... tell somebody! It's not healthy, and it can put you in more danger to keep abuse hidden. Emotional, physical, and sexual abuse is serious. Even the smallest signs of abuse or violence can lead to bigger problems, such as depression, low self esteem, more violent assaults, etc. Abuse tends to get worse over time, in some cases leading to homicide or suicide. Don't ignore the warning signs - get help before the abuse gets more dangerous. Warning signs, such as name-calling and extreme jealousy, are often precursors to physical and sexual violence. When you tell someone make sure you tell someone you can trust, who will support you and not blame you for being the victim of someone else's abuse. You can also call these numbers, or visit these websites, for additional help/info on the topic. Please note the local service professionals in New Mexico are listed and can help with information and presentations at your school:

**National Domestic Violence Hotline: Free and Confidential**  
1-800-799-7233

**Dating Violence Services**  
800-978-3600

New Mexico website for teens  
[www.nmsafedate.info](http://www.nmsafedate.info)

New Mexico Coalition Against Domestic Violence  
505-246-9240  
[www.nmcadv.org](http://www.nmcadv.org)

**Love's Child**  
818-342-3773  
[www.loveschild.org](http://www.loveschild.org)

Website deals with dating violence issues. Includes poetry, quizzes and information on where to obtain help.

**Teen Line**

800-852-8336

[www.teenlineonline.org](http://www.teenlineonline.org)

Website deals with an array of teenage issues. Someone can e-mail questions regarding different issues.

**National Center for Victims of Crime**

- Public Policy Issues on Dating Violence

<http://www.ncvc.org/policy/issues/datingviolence/>

- Teen Victim Project

Information, Resources and Referrals for dating violence

<http://ncvc.org/tvp/bulletins/datingviolence/>

**Teaching Guide: Dating Violence**

[http://www.nnfr.org/adolsex/inform/adolsex\\_violtg.html](http://www.nnfr.org/adolsex/inform/adolsex_violtg.html)

**Teen Action Campaign**

A website created by teens in Massachusetts offers bystanders information

on how to help detect and deflect dating violence

[www.seeitandstopit.org](http://www.seeitandstopit.org)

**Love Doesn't Have to Hurt**

<http://www.apa.org/pi/pii/teen/>

Dating Violence: Why does it occur and how does it fit into the Cycle of Violence?

<http://npin.org/pnews/2000/pnew700/int700c.html>

Strategies for dealing with dating violence; and the resources available to end the cycle of violence.

<http://www.wvdhhr.org/bph/trust/index.htm>

The Sexual Victimization of College Women

<http://www.vaw.umn.edu/documents/college/college.html>

SafePlace, Austin, TX

<http://safestate.org/index.cfm?navid=133>

In Love and in Danger: A Teen's Guide to Breaking Free of Abusive Relationships.

[http://www.rape101.com/are\\_you\\_a\\_victim\\_of\\_dating\\_violence.htm](http://www.rape101.com/are_you_a_victim_of_dating_violence.htm)

### **National Coalition Against Domestic Violence**

PO Box 18749

Denver, CO 80218

Business #:303-839-1852

Fax #:303-831-9251

National Hotline: 1-800-799-7233

TDD: 1-800-787-3224

### **LOCAL NEW MEXICO RESOURCES**

#### **New Mexico Coalition Against Domestic Violence**

200 Oak, NE Suite 4 Albuquerque, NM 87106

Exec. Dir.: Agnes Maldonado

Business #:505-246-9240

E-mail:[agnesm@nmcadv.org](mailto:agnesm@nmcadv.org)

Website:[www.nmcadv.org](http://www.nmcadv.org)

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#### **ALAMOGORDO**

COPE, Inc.

909 S. Florida, Alamogordo, NM 88310

Exec. Dir: Kay Gomolak

Business #: 505-434-3622

E-mail:[cope@netmdc.com](mailto:cope@netmdc.com)

Crisis #:505-437-2673

Fax #:505-434-3530

#### **ALBUQUERQUE**

Enlace Comunitario

510 Third Street, Albuquerque NM 87102

Exec. Dir: Claudia Medina Business#:505-246-8972

E-mail:[cmedina\\_enlace@yahoo.com](mailto:cmedina_enlace@yahoo.com) Fax#:505-246-8973

## **ALBUQUERQUE**

Women’s Community Association  
PO Box 25363, Albuquerque, NM 87125

Crisis #:505-247-4219

Website: [www.swcp.com/wca](http://www.swcp.com/wca)

Fax #:505-224-9695 E-

mail:[wcaexecutivedirector@swcp.com](mailto:wcaexecutivedirector@swcp.com)

Family Program #:505-262-4324

### **Satellite:**

#### **TORRANCE COUNTY**

Estancia #: 505-384-2737

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## **ALBUQUERQUE**

Resources Inc.

PO Box 27519, Albuquerque, NM 87125

Dir.: Shannon Enright-Smith

Business #:505-884-1241 E-mail:[sesvictimassist@hotmail.com](mailto:sesvictimassist@hotmail.com)

Shannon 505-768-2138

Fax #: 505-768-2449

### **Domestic Violence Legal Resources:**

Albuquerque #: 505-243-7871

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## **ARTESIA**

Grammy’s House

PO Box 654, Artesia, NM 88211

Exec. Dir.: Jan Walker

Business #:505-748-1198 E-mail:[grmyshe@yahoo.com](mailto:grmyshe@yahoo.com)

Crisis #:505-365-5144 888-740-5057

Fax #: 505-748-7334

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## **BELÉN**

Valencia Shelter For Victims Of Domestic Violence

PO Box 1095, Belen, NM 87002

Interim: Daryl Reyner

Business #:505-864-3202 E-mail:[valenciashelter@aol.com](mailto:valenciashelter@aol.com)

Crisis #: 505-864-1383

Fax #: 505-864-8138

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**CARLSBAD**

Carlsbad Battered Family Shelter  
PO Box 2396, Carlsbad, NM 88220  
Exec. Dir.: Pat Bramblett  
Business #:505-885-4615  
Crisis #:1-800-439-7303 E-mail:[cbfs@pvtnetworks.net](mailto:cbfs@pvtnetworks.net)  
Fax #: 505-887-0179

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**CLOVIS**

Shelter For Victims Of Domestic Violence  
PO Box 1732, Clovis, NM 88101  
Exec.Dir.: Catharine Johnson  
Business #:505-762-0050  
Crisis #:505-769-0305 E-mail:[svdv@nmsvdv.org](mailto:svdv@nmsvdv.org)  
Fax #: 505-763-8953

**Satellite:**

**TUCUMCARI**

Tucumcari Domestic Violence

PO Box 304, Tucumcari, NM 88401  
Business #: 505-461-4208  
Fax #: 505-461-0976

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**DEMING**

The Healing House  
PO Box 1223/522 W. Pine, Deming, NM 88031  
Exec. Dir.: Linda Hertz  
Business #:505-546-6539 E-mail:[healinginc@zianet.com](mailto:healinginc@zianet.com)  
Fax #:505-546-2273

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**ESPANOLA**

Crisis Center of Northern New Mexico  
PO Box 1224, Espanola, NM 87532  
Exec. Dir.: Rosario Dunning  
Crisis #:505-753-1656 E-mail:[rdunning649@msn.com](mailto:rdunning649@msn.com)  
1-800-206-1656  
Fax #:505-753-7743

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**CHAMA**

North Central Community Based Services Inc.  
PO Box 2533, Espanola, NM 87532  
Exec. Dir.: Patricia Serna  
Business #:505-756-2327  
Contact: Joe Guillen ([guillen@newmexico.com](mailto:guillen@newmexico.com))  
Fax #: 505-747-3454

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**FARMINGTON**

Family Crisis Center  
208 E. Apache, Farmington, NM 87401  
Exec. Dir. Opal M. Cole  
Business #:505-325-3549 E-mail:[fccexdir@qwest.net](mailto:fccexdir@qwest.net)  
Crisis #:505-564-9192  
Fax #: 505-325-7803

**FARMINGTON**

Navajo United Methodist Center  
1200 W. Apache, Farmington, NM 87401  
  
Business #:505-325-7578 E-mail:[navajounitedmeth@qwest.net](mailto:navajounitedmeth@qwest.net)  
New Beginnings Prg. #:505-599-0984  
Fax #: 505-325-4199

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**GALLUP**

Battered Families Services  
207 South Strong, Gallup, NM 87301  
Exec. Dir.: Michele Fuller  
Business #:505-722-6389 E-mail:[dvqnm@cnetco.com](mailto:dvqnm@cnetco.com)  
Crisis #:505-722-7483  
1-800-634-4508  
Fax #:505-722-9355

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**GRANTS**

Roberta's Place  
PO Box 7304, Grants, NM 87020  
Exec. Dir.: Sheila Snodgrass  
Business #:505-287-7203 E-mail:[robertas@7cities.net](mailto:robertas@7cities.net)  
Legal #:505-287-7200  
Crisis #:505-287-7724 Fax #:505-287-7205

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**HOBBS**

Options, Inc. PO Box 2213, Hobbs, NM 88240

Exec. Dir.: Dinora Carrejo-Guthrie

Crisis #:505-397-1576

E-mail:[option@leaco.net](mailto:option@leaco.net)

Business #:505-393-2459 Fax #:505-397-3640

**LAS CRUCES**

La Casa

PO Box 2463, Las Cruces, NM 88004

Exec. Dir.: Gina Orona-Ruiz

Business #:505-526-2819

E-mail:[lacasainc@yahoo.com](mailto:lacasainc@yahoo.com)

Crisis #:505-526-9513

1-800-376-2272 Fax #:505-526-8542

**Satellite:**

**ANTHONY**

PO Box 2463, Las Cruces, NM 88004

Business #: 505-882-3008

Crisis #: 1-800-376-2272

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**LAS VEGAS**

Somos Familia

Phone #: 425-8120

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**RATON**

Alternatives To Violence

PO Box 1632, Raton, NM 87740

Exec. Dir.: Diane Tripp

Business #:505-445-5778

E-mail:[stopviolence@bacavalley.com](mailto:stopviolence@bacavalley.com)

Crisis #:1-800-799-6484 Fax #: 505-445-0525

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**RIO RANCHO**

Haven House

PO Box 15611, Rio Rancho, NM 87174

Exec. Dir.: Deborah Tang

Business #:505-896-4869

E-mail:[PSCDV@aol.com](mailto:PSCDV@aol.com)

Fax #:505-896-2528

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**ROSWELL**

Roswell Refuge For Battered Adults

PO Box 184, Roswell, NM 88202

Business #:505-624-3222

E-mail:[refuge@zianet.com](mailto:refuge@zianet.com)

Crisis #:505-627-8361

Fax #:505-624-5359

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### **SANTA FE**

Esperanza Shelter for Battered Families, Inc.

PO Box 5701, Santa Fe, NM 87502-5701

Executive Director: K.C. Quirk

Business #: 505-474-5536

Crisis #: 505-473-5200

1-800-473-5220

E-mail [kcquirk@esperanzashelter.org](mailto:kcquirk@esperanzashelter.org)

Fax #:505-474-5826

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### **SAN JUAN – EIGHT NORTHERN INDIAN PUEBLOS**

Peacekeepers Domestic Violence Program

PO Box 969, San Juan, NM 87566

Exec. Dir.: Kathy Howkumi

Business #:505-753-4790

E-mail:[k Howkumi@yahoo.com](mailto:k.Howkumi@yahoo.com)

1-800-400-8694

Fax #:505-753-5233

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### **SANTA ROSA**

Guadalupe County Domestic Violence Responders

PO Box 454, Santa Rosa, NM 88435

Exec. Dir.: Joann Rivera Velasquez

Business #:505-472-4867

Admin.:Timothy Dodge

Fax #:505-472-4857

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### **SHIPROCK**

Home for Women and Children

PO Box 1805, Shiprock, NM 87435

Exec. Dir.: Gloria Champion

Business #:505-368-5124 E-

mail:[shiprockwomen@yahoo.com](mailto:shiprockwomen@yahoo.com)

Fax #:505-368-5129

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### **SILVER CITY**

El Refugio

800 So. Roberts Street, Silver City, NM 88061

Exec. Dir.: Maria Morales

Business #:505-538-2125

E-mail:[elrefugio@zianet.com](mailto:elrefugio@zianet.com)

1-888-538-2125

Fax #: 505-538-0495



**SOCORRO**

El Puente

PO Box 663, Socorro, NM 87801

Exec. Dir.: Johnnie Trujillo

Business #:505-835-0928

E-mail:[johnniet@sdc.org](mailto:johnniet@sdc.org)

1-888-545-4615

Fax #:505-835-0928 (call first)

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**TAOS**

Community Against Violence

Exec. Dir.: Malinda Dunnam

PO Box 169, Taos, NM 87571

Business #:505-758-8082

Crisis #:505-758-9888

Fax #:505-758-4051

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**TRUTH OR CONSEQUENCES**

Domestic Abuse Intervention Center

PO Box 1711, T or C, NM 87901

Exec. Dir.: Robert Parks

Business #:505-894-3557

E-mail:[DAIC@zianet.com](mailto:DAIC@zianet.com)

Fax #:505-894-1418

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**UNITED WAY OF CENTRAL NEW MEXICO**

505-247-3671

Information and Referrals: Dial 211

[www.uwcnm.org/familyviolence.htm](http://www.uwcnm.org/familyviolence.htm)

## Statistics

\* Over 17,000 cases of domestic abuse were reported in New Mexico in 2002. Only one in ten cases of women abused by their male partner are reported. (1)

\*Battering is the major cause of injury to women aged 14-45, causing more injuries than auto accidents, muggings, and rapes combined. (4)

\*Approximately one in five **female high school students** report being physically and/or sexually abused by a dating partner.(2)

\* **40% of girls age 14-17** report knowing someone their age who has been hit or beaten by a boyfriend. (3)

### Fact List Footnotes:

1. State of New Mexico, Attorney General's Office  
[www.ago.state.nm.us](http://www.ago.state.nm.us)
2. Jay G. Silverman, PhD; Anita Raj, PhD; Lorelei A. Mucci, MPH; and Jeanne E. Hathaway, MD, MPH, "Dating Violence Against Adolescent Girls And Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality," Journal of the American Medical Association, Vol. 286, No. 5, 2001.
3. Children Now/Kaiser Permanente Poll, December 1995
4. State of New Mexico, Attorney General's Office  
[www.ago.state.nm.us](http://www.ago.state.nm.us)

## **Video Tape Orders**

Please allow 3 to 4 weeks for delivery.

Tape orders may be made by mail through Christopher Productions. Please go to their web site and download the order form: [www.christopherproductions.org](http://www.christopherproductions.org)

### **“The Relationship Factor” 10 minute video**

This tape is designed for classroom use in middle and high schools. It follows two young video producers seeking to make a video about relationships. It explores what makes healthy and unhealthy relationships including date violence. The video is to be used in association with a special curriculum guide.

Tapes of “The Relationship Factor” are \$20 including shipping and handling. Hard copies of the curriculum guide are \$20, however you may download this curriculum guide through the website **free of charge**.

### **“See Mommy Cry” 40 minute documentary**

Tapes of the documentary are \$25 including shipping and handling. Hard copies of this discussion guide are \$20, however you may download the discussion guide through the website **free of charge**.

### **“Home Safe Home: New Mexico Responds” 115 minutes**

Tape INCLUDES the documentary “See Mommy Cry” and the follow up town hall broadcast. Total video time is 115 minutes. These tapes are \$37 including shipping and handling.

**RESPONSE FORM** (PLEASE COPY THIS PAGE)  
TO BE FILLED OUT BY THE FACILITATOR/TEACHER.

Name of Facilitator \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Name of Organization \_\_\_\_\_

Number of People in Attendance \_\_\_\_\_

Did you find this guide useful? \_\_\_\_\_

Did you find the video informational? \_\_\_\_\_

Did viewing the video encourage discussion? \_\_\_\_\_

Would you like a follow up with a local provider? \_\_\_\_\_

Any other comments: \_\_\_\_\_

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**PLEASE EMAIL THIS TO:**

agnesm@nmcadv.org

or

**FAX** (in Albuquerque) at (505) 246-9434

**THANK YOU FOR YOUR INTEREST AND PARTICIPATION!**