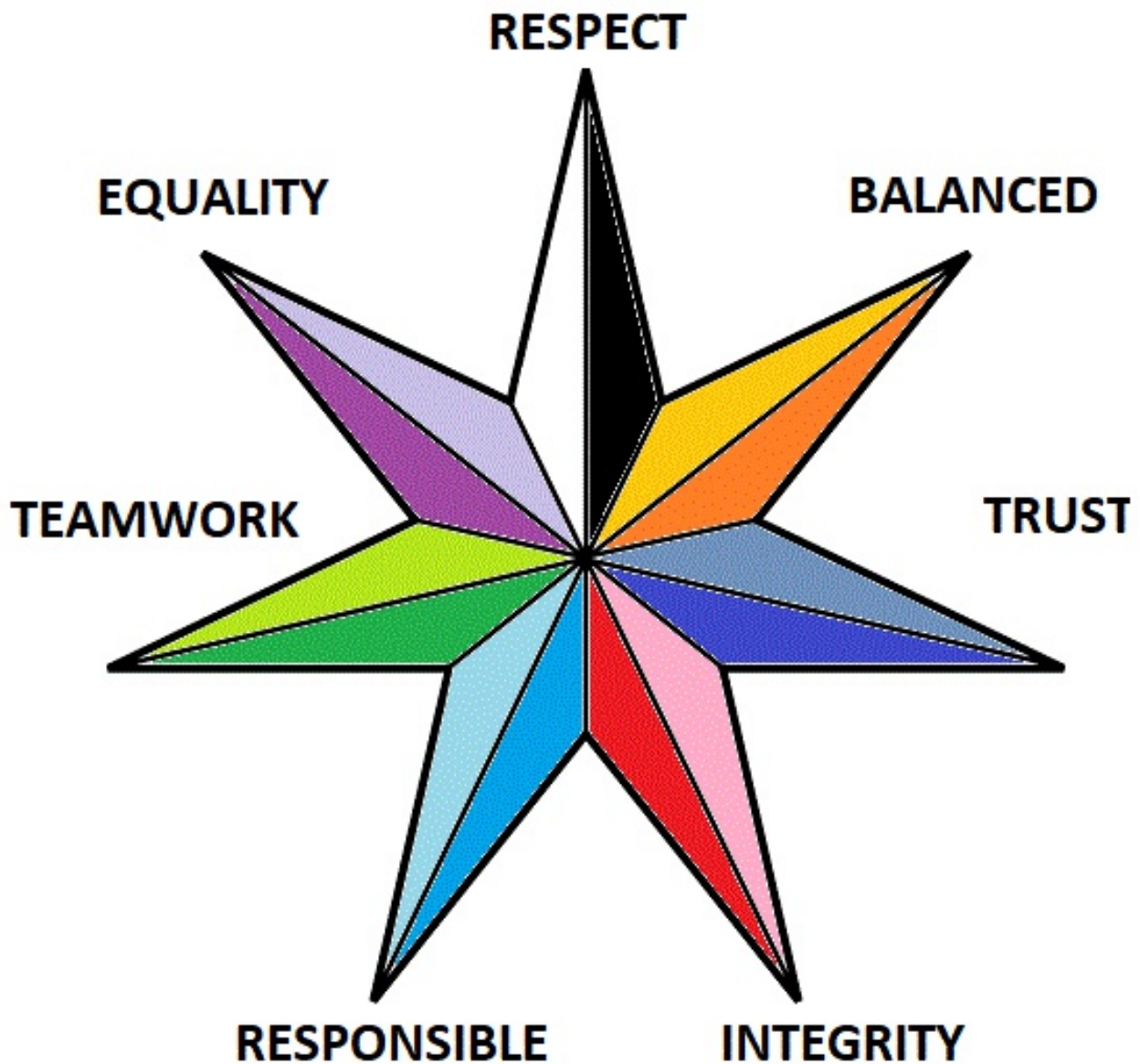


STAHRS
STudent Athletes for
Healthy
Relationships



**CHANGING LOCKER ROOM
BEHAVIORS & ATTITUDES**

Common Dynamics Explained

Witnessing family violence as a child significantly increases the chances of developing:

- mental health issues, such as depression, anxiety, etc.
- personality disorders related to volatile relationships
- substance abuse issues
- academic problems
- criminal behaviors
- entering a co-dependent & violent relationship**

A greater number of traumatic events experienced in childhood is positively correlated with increased chronic health issues and domestic violence

"BAD BOYS" are bad boys for many reasons - They are angry at what has happened in their family and their lives. They DON'T TRUST others and use a strong offense as their defense. They don't know how to accept love and resist it. They need to feel in control and powerful to compensate for feeling powerless in childhood.

Love DOES NOT EQUAL chaos + drama

Lack of true confidence and self-esteem drive insecurities. Most insecurities focus on fears of rejection, criticism, abandonment, being broken, unimportant and unlovable.

"Knights in Shining Armor" trying to rescue the Damsel in Distress, i.e. Hottie Drama Queen, want to "help her reach her potential and she'll need me." But, because she has been burned too often and witnessed her mother and siblings harmed, she doesn't trust the 'good guy'....."it can't be real." She eventually rejects the kind gestures and respect due to disbelief. THEN, he gets mad because she rejects his attempts to make her life better for her. "She owes me!" He needed to fix her to feel value, acceptance, and love because his confident exterior hides his lack of confidence.

Young girls trying to escape their lives at home turn to relationships to feel good about themselves. This makes them very vulnerable to older men ("it's romantic") looking for someone young "to train right...and isn't tainted." The majority of women in domestic violence counseling had their first relationship in their middle teens with a guy in his 20's.

He ALWAYS turned out to be abusive --- IN EVERY WAY!!!