

# Teen Dating Violence Awareness

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# Introductions

Today's Presenter

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# Teen Dating Violence Awareness Month 2021

This year's theme, **Know Your Worth** is all about learning about healthy relationships and self-empowerment. You are worth respect and deserving of a healthy, loving relationship.

Our idea with this theme is to empower our audience to learn more about healthy relationships, and to know what they are worth and what they deserve. It is a very powerful, personal statement that guides actions, behaviors, and communication in relationships to be healthy and free from violence. Everyone is deserving of a healthy relationship!

**#KnowYourWorth**

## WHAT IS TDVAM?

TDVAM is held throughout the month of February as a way to bring together teens and those who support them in a national effort to raise awareness to teen dating violence.

#1Thing  love is respect.org

# Intimate Partner Violence (IPV)

Pattern of purposeful coercive behaviors that may include inflicted physical injury, psychological abuse, sexual assault, progressive social isolation, stalking, deprivation, intimidation and threats.

These behaviors are perpetrated by someone who is, was or wishes to be involved in an intimate or dating relationship with an adult or adolescent victim and are aimed at establishing control of one partner over the other.



# IPV and Young People

71% of Female survivors report experiencing their first instance of IPV prior to age 25.

- 25.8% report the first experience occurred prior to age 17.
- Females between the ages of 16 and 24 are roughly 3 times more likely than the rest of the population to be abused by an intimate partner.

56% of Male Survivors report experiencing their first instance of IPV prior to age 25.

- 14.6% report the first experience occurred prior to age 17.

Urban Institute report found that 89% of transgender teens had experienced physical dating violence, 61% were sexually coerced, 59% experienced emotional abuse, and 56% recorded digital abuse and harassment.



National Intimate Partner and Sexual Violence Survey - CDC (2015)

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# Vulnerabilities From Exposure to IPV at Home

- Socialization and normalized patterns of behavior
- Early attachment experiences
- Messaging and internalized messages related to sense of self and what it means to be “good”
- What do relationships look like and how were relationships modeled
- Experiences of primary trauma (Adverse Childhood Experiences)
- Experiences with boundary setting or how boundaries were modeled
- Coping skills and survival skills to get needs met such as people pleasing



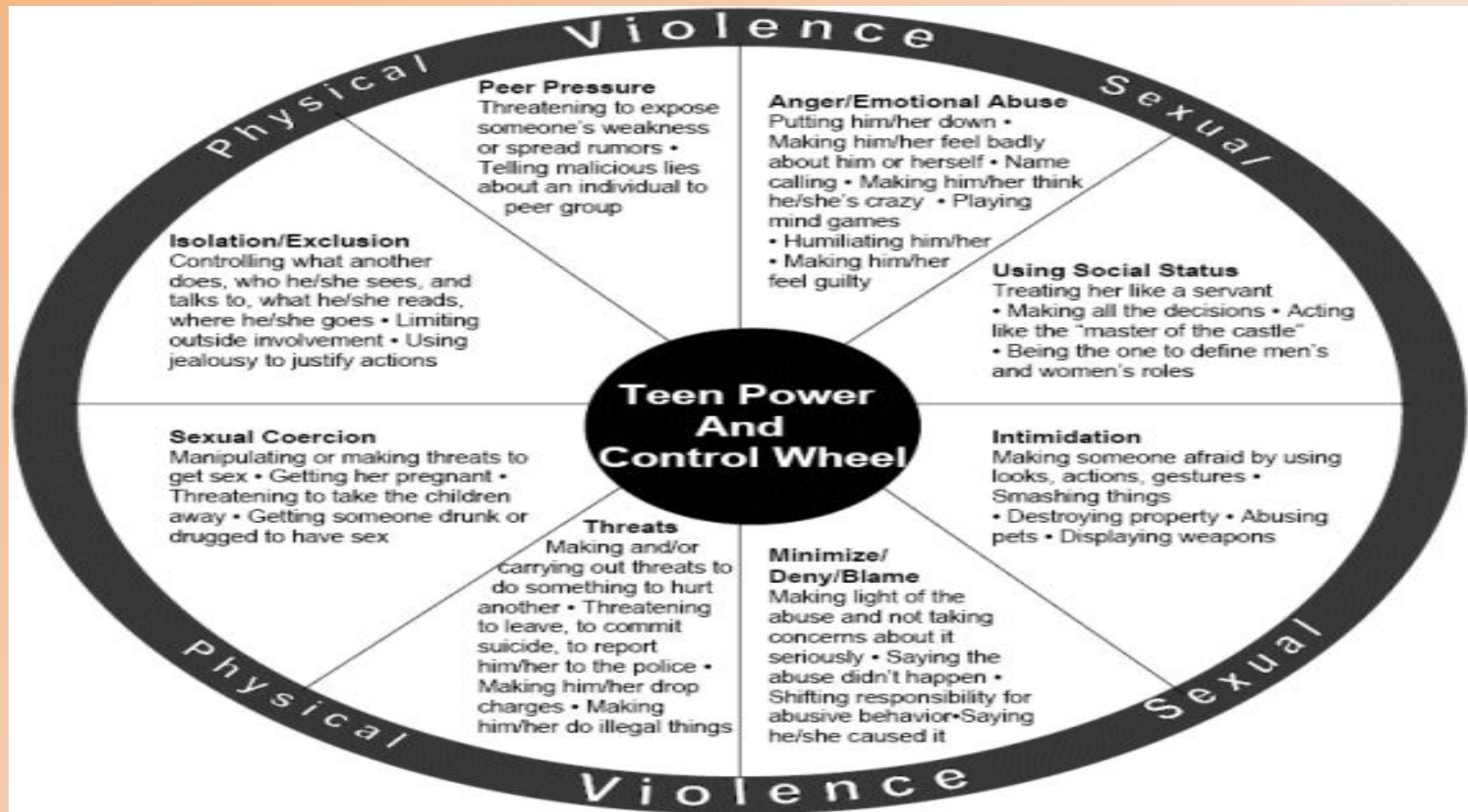
# Teen Dating Violence Prevalence & Facts

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- About 72% of eighth and ninth graders are “dating”.
- Abusive relationships can have severe short and long-term effects on a developing teen.
- Only 33% of teens who were in an abusive relationship ever told anyone about the abuse.
- 81% of parents believe teen dating violence is not an issue or admit they don’t know if it’s an issue. Though 82% of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, a majority of parents (58%) could not correctly identify all the warning signs of abuse.



Loveisrespect & CDC







# Technology Abuse & Social Media

## Technology Abuse and Dating Violence

According to the Urban Institute Project, 25% of dating teens have experienced abuse by their partners through technology and social media.

### Tactics of technology abuse can look like:

- Use of technology and social media to track or monitor their partners whereabouts
- Constant texting
- Coercing a partner to send explicit photos
- Coercing a partner to have sex
- Demanding partner for passwords and login information
- Tempering with social media without partner's knowledge or consent



# Revenge Porn and Dating Violence

A tactic used by abusive partners that combines technology abuse and sexual abuse. Revenge porn is when a partner threatens or does share sexually explicit videos or pictures without consent. Revenge porn is often shared with the survivors friends, family or even uploaded to social media or websites.

Revenge porn is a tactic to isolate, humiliate, control, discredit or coerce an individual or survivor.

The Urban Institute Project found that a third of survivors who experienced technology abuse, experienced sexual coercion from their partner.



# Teens who Identify as LGBTQIA+ and Experience DV

According to the Urban Institute Project, teens who identify as LGBTQIA+ experience higher rates of dating violence. LGBTQIA+ Teens are vulnerable to abuse targeted at their gender identity and sexuality.

## Tactics teens who identify as LGBTQIA+ may experience:

- ***Outing or disclosing a person's sexuality or gender identity without their consent***
- ***Coercion, isolation, threats and manipulation surrounding basic needs like housing, school, family, spirituality and employment***
- ***Emotional and psychological abuse targeting their identity***
- ***Gaslighting, using challenging or traumatic experiences with family as a tool for control***
- ***Isolation from formal and informal supports related to identity***
- ***Gender roles and gender stereotypes and roles***
- ***Survivors looking for help may experience stigma, homophobia and discrimination***
- ***Survivors may not feel ready to be open or out with formal and informal supports***



# Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

# Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

# Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

# What is a Healthy Relationship?

**Healthy relationships are based on respect and equality:**

- ▶ Openly communicate
- ▶ Mutual displays of empathy and caregiving
- ▶ Respect each other
- ▶ Mutual Trust
- ▶ Honesty
- ▶ Privacy
- ▶ Practice accountability
- ▶ Equal standards
- ▶ Independence within and outside of relationship
- ▶ Partners share responsibilities and make decisions together





# Warning Signs for Teens

**Red flags or early warning signs teens can look out for in their own relationships or their friend's intimate relationships:**

- ▶ *Repeated unwanted attention from partner*
- ▶ *Name calling, yelling, shouting and put downs*
- ▶ *Using humor to degrade, criticize or humiliate their partner*
- ▶ *Having emotional and physical boundaries pushed*
- ▶ *Apologizing for their partner's behavior, or minimizing it, when you question them about it*
- ▶ *Identifying partner as having jealousy issues*
- ▶ *Constant Communication with partner*
- ▶ *Feeling pressured to have sex, drink, do drugs or participate in activities they may not feel ready for. Not consenting to sex, drug and alcohol use*
- ▶ *Partner using social media without consent and pressuring to have access to phone, email and social media*



# Do's & Don'ts for Teens Supporting a Friend Experiencing Dating Violence

- ✓ *Validate their disclosure and feelings*
- ✓ *Speak up if you notice red flags by talking to a parent, a teacher or a trusted adult*
- ✓ *Speak up if you notice red flags by talking to your friend and listening to their experience*
- ✓ *Listen thoughtfully and respectfully*
- ✓ *Try not to problem solve*
- ✓ *Provide support while connecting to resources, a parent, teacher or a trusted adult*

# Warning Signs for Parents

**Red flags or early warning signs parents can look out for in their teen's relationships:**

- ▶ *Losing interest in activities they once enjoyed*
- ▶ *Changing their appearance*
- ▶ *No longer spending time with friends, isolation*
- ▶ *Doing poorly in school*
- ▶ *Increased depression or anxiety*
- ▶ *Showing up with unexplained bruises*
- ▶ *Identifying partner as having jealousy issues*
- ▶ *Constant Communication with partner*

# Warning Signs for Parents Cont.

- ▶ Apologizing for their partner's behavior, or minimizing it, when you question them about it
- ▶ Moving quickly in the relationship (talks of being in love or "soulmates," moving in together, marriage or even wanting to start a family soon into the relationship)
- ▶ Expressing their partner has jealousy issues
- ▶ Needing to be constantly in communication with their partner
- ▶ Becoming isolated and distant from you and their friends
- ▶ Increased anxiety, depression and isolation
- ▶ Loss of interest in activities
- ▶ Secret keeping

# What if my Teen is being Abusive to their Partner?

**Violent behavior often begins between the ages of 12 and 18. The severity of intimate partner violence is often greater in cases where the pattern of abuse was established in adolescence.**

- ✓ Exploring and developing skills like empathy, accountability, self-reflection, reliability and responsibility
- ✓ Developing skills like how to notice and respect a partner's personal limits and boundaries
- ✓ Exploring and modeling open communication, boundaries and consent
- ✓ Explore power and control dynamics
- ✓ Explore messaging and socialization connected to identity, relationships and roles in relationships
- ✓ Gender stereotypes and roles: Man Box Vs. Woman Box
- ✓ Connecting to resources for help and education



# Do's & Don'ts for Parents Supporting Teens

- ✓ *Validate their disclosure and feelings*
- ✓ *Provide and offer community resources and referrals*
- ✓ *Believe survivors, their story and their experiences*
- ✓ *Listen thoughtfully and respectfully*
- ✓ *Try not to problem solve*
- ✓ *Normalize that they are not alone and help is available if they are ready*
- ✓ *Respect their right to self-determination*
- ✓ *Provide support while connecting to emergency services like Child Protective Services. (CPS), Person In Crisis (PIC) Team, or the Police.*

# How Parents can Safety Plan with their Teens

IPV and teen dating violence can cause survivors to feel powerless and disempowered. When supporting a teen in creating a safety plan, parents are encouraged to reflect on the natural power imbalance between parents and children. How can parents include their teen survivor in the decision making process?

- **Create step-by-step actions to create physical and emotional safety at home, in school and in social settings**
- **Identify code words with formal and informal supports**
- **Identify safe places they can go for help**
- **Identify safe people they can ask for help**
- **Instructions for reducing harm like identifying when things feel unsafe and how to leave, meeting in public places and bringing a support person if avoiding is not possible**
- **Identify and contact three formal and informal supports who can create a safety plan if the teen is unable to carry out their safety plan**
- **Identifying with supports when they can or should contact emergency services**





# Resources for a Teens Experiencing Dating Violence

## Willow Domestic Violence Center

585-232-7233 – 24/7 Hotline  
585-348-7233 – 24/7 Text Line  
Inglés – Español  
Deaf IGNITE  
[willowcenterny.org](http://willowcenterny.org)

## 211 Lifeline

Individuals experiencing crisis as a result of IPV/DV can call 211 to dispatch the Person In Crisis (PIC) Team.

[www.cityofrochester.gov/crisisintervention/](http://www.cityofrochester.gov/crisisintervention/)

## LOVE IS RESPECT

For teens and young people  
1.866.331.9474 – 24/7 Hotline  
TTY – 800.787.3224  
Inglés – Español  
Text 'LOVEIS' to 22522  
Chat Online with Advocates  
[www.loveisrespect.org](http://www.loveisrespect.org)

## RAINN

800-656-HOPE – 24/7 Sexual Assault  
Hotline  
Live chat at [rainn.org](http://rainn.org)

## Crisis Text Line

Text HOME to 741741 and get support with a variety of issues including abuse, depression and thoughts of suicide.

## Runaway Safeline

1-800-786-2929  
Live chat at  
[www.1800runaway.org](http://www.1800runaway.org)



*RESOLVE supports survivors of Domestic Violence/Intimate Partner  
Violence (DV/IPV) on their journey of rebuilding and healing*

**Virtual Support  
Groups**

Contact Us  
[info@resolve-roc.org](mailto:info@resolve-roc.org)  
585-425-1580

**Community  
Education**

Visit Website  
[resolve-roc.org](http://resolve-roc.org)

**IPV Workshop for  
Mental Behavioral  
Health Professionals**

**Survivor Transition Program**

Short term, trauma informed individual  
therapy for survivors  
of IPV offered all year round at  
a "pay what you can" cost

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# Identity Specific Resources

## LGBTQIA+ Survivors

### LGBT National Help Center

1-800-246-7743

Chat at [www.glbthotline.org](http://www.glbthotline.org)

Serving the LGBTQ+ Community by providing free and confidential peer support and local resources.

### Brown Boi Project

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

A community of people working across race and gender to eradicate sexism, homophobia and transphobia and create healthy framework of masculinity and change.

### Scarleteen

[www.scarleteen.com](http://www.scarleteen.com)

Inclusive, comprehensive, supportive reproductive and relationships info for teens

### The Trevor Project

1-866-488-7386 – 24/7 Hotline

Text START to 678-678 – 24/7  
Textline

Chat live at

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

Confidential Crisis Intervention and Suicide Prevention Services to LGBTQ young people under 25.

## Indigenous Survivors

### StrongHearts

Call 844.7NATIVE (762.8483)

From 7 AM. to 10 PM CST

Chat live at

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

Free, confidential, and culturally-relevant support for Native American and Alaska Native teens and young adults experiencing dating abuse and sexual violence.

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# Resources for Teens, Parents & Community Members

## Guides for Parents:

A Parent's Guide to Teen Dating Violence: 10 Questions to Start the Conversation

A Parent's Handbook: How to Talk to Your Children About Developing Healthy Relationships

How to Talk to Teens About Dating Violence - Futures Without Violence

## Toolkits & Action Guides:

CDC Dating Matters Toolkit

TEEN Action Guide for TDVAM (2020)

TDVAM Toolkit (2021)

## Books for Teens:

*In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationship*  
(Barrie Levy, MSW, 2006)

*Consent: the New Rules of Sex Education: Every Teen's Guide to Healthy Sexual Relationships*  
(Jennifer Lang, MD, 2018)

*The Pride Guide: A Guide to Sexual and Social Health for LGBTQ Youth*  
(Jo Langford, 2020)



## Online Resources for Teens and Parents:

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

(Quizzes: Healthy Relationship Quiz

& Am I Good Partner Quiz)

[www.thatshotcool.com](http://www.thatshotcool.com)

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

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

[www.teencentral.com](http://www.teencentral.com)

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

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The word "QUESTIONS" is written in a large, white, bold, sans-serif font. It is centered horizontally and appears to be floating above or resting on a series of vibrant, overlapping brushstrokes. These strokes are in various colors including purple, blue, yellow, orange, and red, and they have a dynamic, expressive quality. The background is plain white, which makes the colorful strokes and the white text stand out. The overall composition is energetic and visually appealing.

QUESTIONS



# Thank you for Joining Us!



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