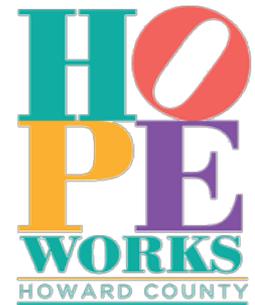


Healthy Relationships & Dating Dangers

TOOLS FOR TALKING WITH TEENS

Vanita Leatherwood, Executive Director



Our Mission

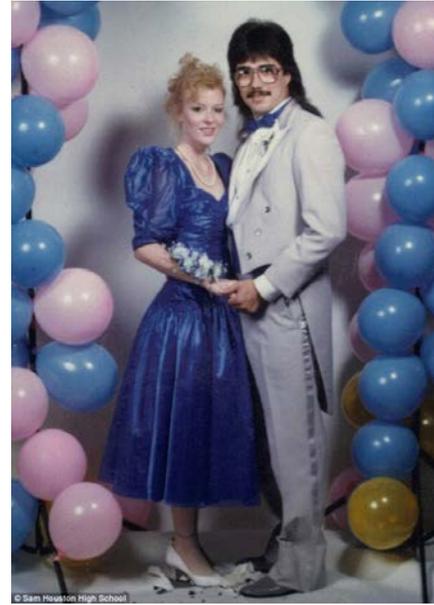
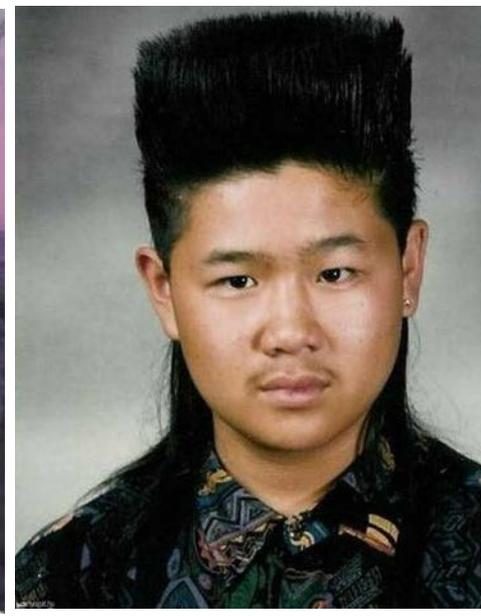
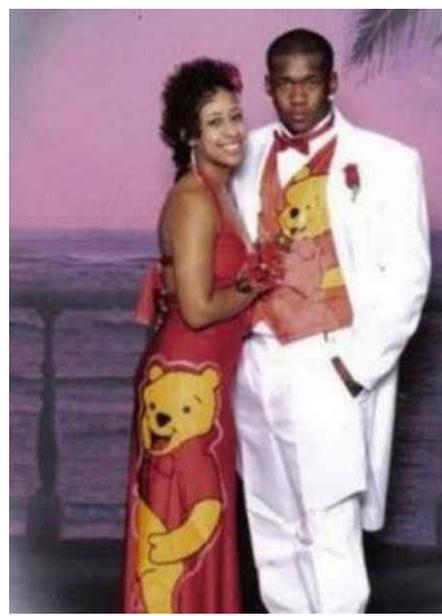
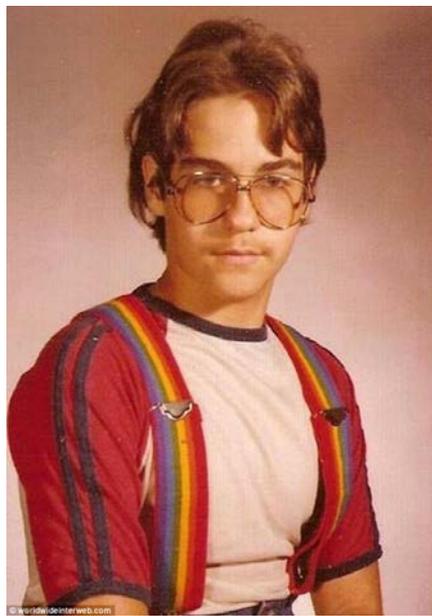
To **support** and **advocate** for people in Howard County affected by sexual and intimate partner violence and **engage the community in creating the change required for violence prevention.**



Agenda

1. Overview of teen dating violence
2. Define healthy and unhealthy relationships
3. Dynamics of abusive relationships
4. Identifying red flags
5. Conversation scenarios
6. How to intervene if you suspect abuse
7. Q&A

“When I Was Your Age...”



What We Know

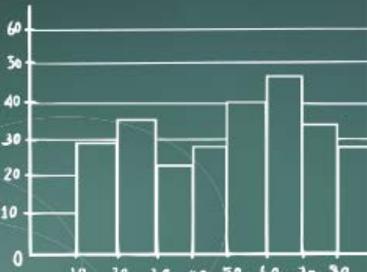
Teen Dating Violence Statistics

$$\sigma^2 = \frac{1}{n} \sum (x_i - \bar{x})^2 \quad S_x^2 = \frac{1}{n-1} \sum (x_i - \bar{x})^2$$

$$\bar{x} = \frac{1}{n} \sum x_i \quad \sigma = \sqrt{\frac{1}{n} \sum (x_i - \bar{x})^2} \quad X^2 = \sum_{i=1}^n \frac{(O_i - E_i)^2}{E_i}$$

$$S_x = \sqrt{\frac{1}{n-1} \sum (x_i - \bar{x})^2} \quad P(X=k) = \binom{n}{k} p^k (1-p)^{n-k}$$

$$\hat{y} = a + bx \quad \mu = np \quad z = \frac{x - \mu}{\sigma} \quad \sigma = \sqrt{np(1-p)} \quad \mu = \frac{1}{n} \sum$$



Statistics

$$b = r \frac{s_y}{s_x} \quad a = \bar{y} - b\bar{x} \quad \hat{p} = \frac{x_1 + x_2}{n_1 + n_2} \quad \bar{X} = \frac{X_1 + X_2 + X_3 + \dots}{n}$$

$$\binom{n}{k} = \frac{n!}{k!(n-k)!} \quad H_0: p = p_0 \quad SE = \sqrt{\frac{\hat{p}(1-\hat{p})}{n}} \quad z = \frac{\hat{p} - p_0}{\sqrt{p_0(1-p_0)}}$$

$$ME = z^* \frac{\sigma}{\sqrt{n}} \quad n \rightarrow \infty \quad SE = \sqrt{\frac{\hat{p}_1(1-\hat{p}_1)}{n_1} + \frac{\hat{p}_2(1-\hat{p}_2)}{n_2}}$$

$$P(A/B) = P(A) + P(B) - P(A, B) \quad S = \frac{1}{n-2} \sum_{i=1}^n (y_i - \hat{y})$$

$$P = 1 - P(A) \quad CI = (\hat{p}_1 - \hat{p}_2) \pm z^*(SE)$$






1 in 3 adolescents is a **victim of physical, sexual, emotional or verbal abuse** from a dating partner – a number that far exceeds other types of youth violence.¹

Half of teenagers in relationships report being **controlled, threatened, and pressured** to do things they did not want to do by a dating partner.²

Nearly **10%** of students nationwide have been **hit, slapped, or physically hurt** deliberately by a dating partner.³

¹ “Partner Violence Among Adolescents in Opposite-Sex Romantic Relationships: Findings From the National Longitudinal Study of Adolescent Health.” (2001)

² “Teen Dating Abuse: Key Topline Findings.” Futures Without Violence. (2009)

³ “Youth Risk Behavior Survey.” Center for Disease Control. (2011)

The Impact Can Last a Lifetime

Victims of teen dating violence are **more likely** to experience depression and anxiety, engage in unhealthy behaviors, or exhibit antisocial behaviors.⁴

Among high school students who have experienced sexual and/or physical abuse by a dating partner, **35% have seriously contemplated suicide**, and **25% have attempted suicide**.⁵

Teens in abusive relationships are **more likely to become victims or abusers in college** and as adults. Early intervention is the best strategy.⁶

⁴ "Understanding Teen Dating Violence." CDC. (2014)

⁵ "Teen Dating Violence (Physical and Sexual) Among US High School Students: Findings From the 2013 National Youth Risk Behavior Survey." JAMA Pediatrics. (2015)

⁶ "Understanding Teen Dating Violence." CDC. (2014)

Teens Want to Talk to Parents



62% of teens **wish** they were able to **talk more openly** about relationships with their **parents**.⁷

Teens see **many adults as mentors** – not just their parents. Having **just one trusted adult** makes a huge difference.⁸

⁷The National Campaign to Prevent Teen and Unplanned Pregnancy. (2010)

⁸Teens Today 2006 Study. Students Against Destructive Decisions.

And Yet...

Less than 1/3 of parents **talk to their teens** about dating abuse.

Nearly **2/3 of parents** of teens in relationships **do not think their children are at risk** of teen dating violence.⁹

Definitions

Healthy Relationship

- A relationship in which both people are equally empowered.
- Based on respect, honesty and trust, communication, boundaries, individuality, safety, support and acceptance.

Unhealthy Relationship

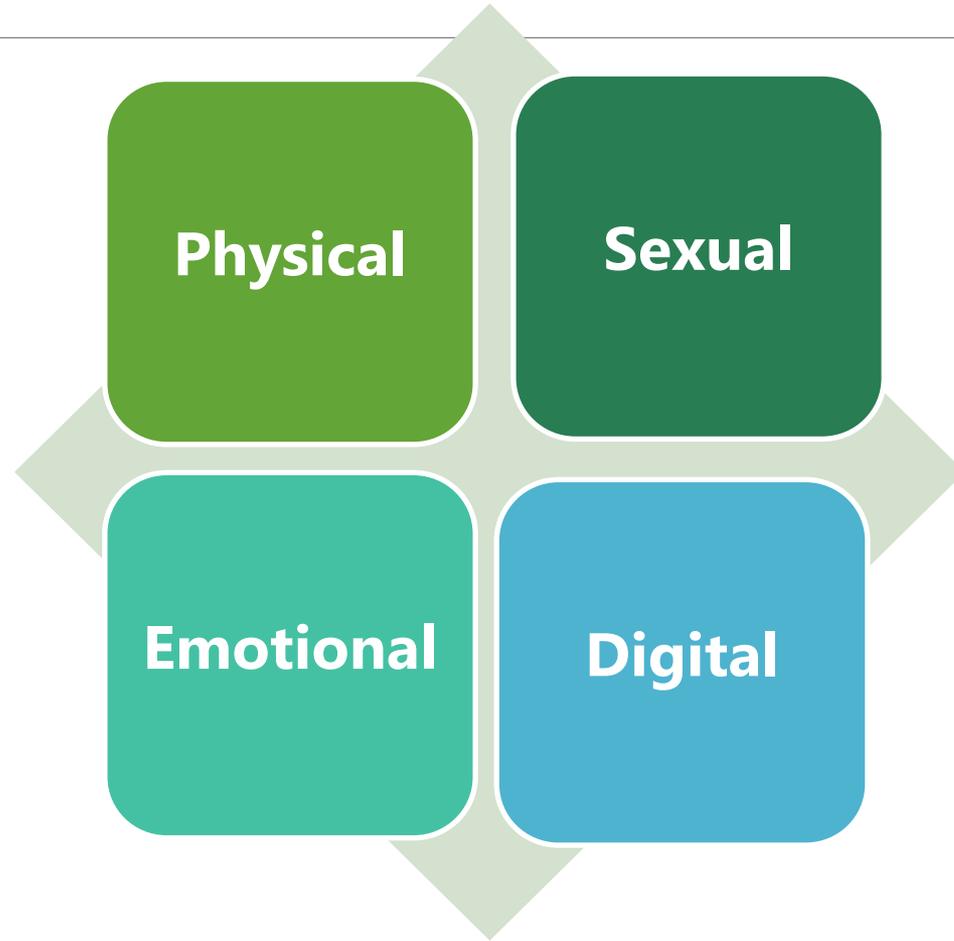
- A relationship in which one or both people feel unequal, unsafe, or unsupported.
- May also be abusive.

Abuse is...

A **pattern** of actual or threatened acts of physical, sexual, emotional and/or digital abuse against a dating partner.

...**about power and control.**

Methods of Control



Physical Abuse



Pushing

Slapping

Grabbing

Punching

Kicking

Cutting

Burning

Scratching

Pulling hair

Throwing objects

Forcibly restraining

Threatening with/displaying weapons

Threatening to harm or kill

Emotional Abuse



Yelling

Threats

Insults

Invading privacy

Stalking

Isolating from others

Public humiliation

Possessiveness

Manipulating and/or lying

Withholding affection

Destroying property

Intimidating

Blaming

Digital Abuse



Monitoring communications

Demanding sexual photos

Excessive texts

Hacking

Posting private images or messages

Demanding check-ins

Tracking location

Posting cruel things

Sexual Abuse

Rape

Coerced sexual acts of any kind

Forcing someone to look at porn

Voyeurism

Unwanted touching or kissing

Sexual name-calling

Making sexually humiliating jokes

Sabotaging or refusing to use

birth control

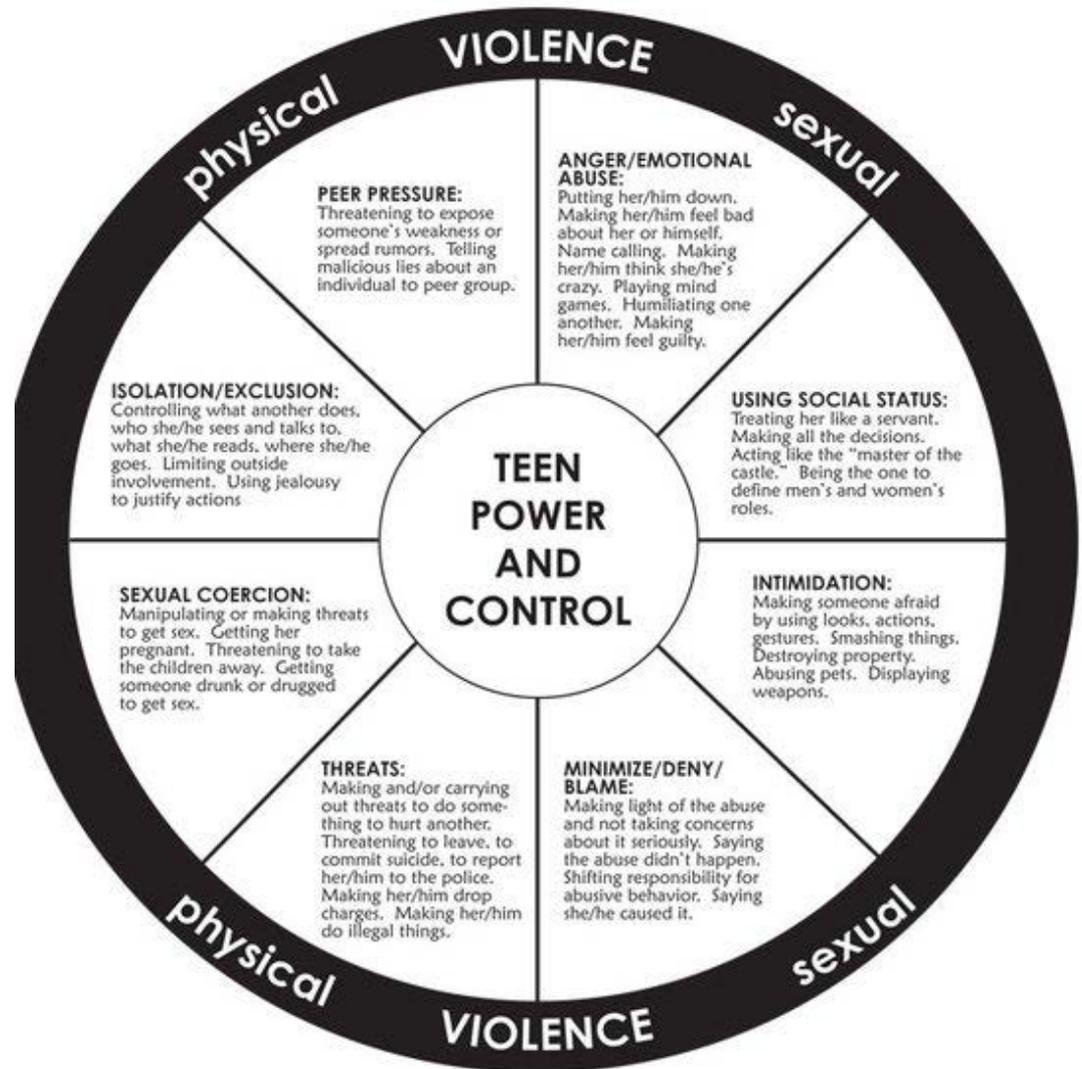


Dynamics of Abuse

Abuse is a **pattern**.

Abuse will **escalate** over time.

Abuse comes in **cycles**. There will be peaceful periods.





Abuse is intentional

Unhealthy relationships are **different** than **abusive** relationships.

For a relationship to be abusive, one partner **deliberately** gains and maintains **power** and **control** over the victim.

If the victim does not do what the abuser wants, the abuser will **punish** the victim.

Abuse Occurs:



To and by people of all genders



In heterosexual and LGBTQ+ relationships



To people of all ages, races, religions, socioeconomic levels,
and cultural backgrounds



Because of the abuser - it is never the victim's fault

ACTIVITY:

Healthy, Unhealthy, or Abusive?

discuss...

Which behaviors do you think your teen is more likely to talk to you about? Less likely? Why?

Do you think it's important to talk to your teen about healthy behaviors, unhealthy behaviors, or both? Why?

A red flag is waving on a silver pole against a clear blue sky. The flag is the central focus, with its fabric billowing and creating deep shadows and highlights. The sky is a uniform, bright blue.

Identifying Abuse

RED FLAGS IN
TEEN
RELATIONSHIPS

Red Flags:

Victim Behavior

Social behavior changes

Withdraws from activities, no longer gets along with friends, dresses differently

New risky behaviors

Drug use, alcohol, partying, sex

Academic changes

Truancy, grades decline

Mood changes

Depression, anxiety, irritability

Physical signs

Physical marks on victim, holes in walls of home/signs of struggle, covering up when seasonally inappropriate

Red Flags:

Couple Communication

- **Excessive** texting, calling or **contact**
- Tense, dramatic **conversations** that may include yelling, crying, **fighting**
- Abuser **answers for victim** or tells victim what to do
- Victim appears **afraid** of abuser and/or is **quiet** in abuser's presence

Red Flags: Abuser Behavior

Disrespectful conversations with peers about victim

- Shares private message or images with peers, refers to partner with degrading language, shares personal or private information about victim

Demonstrates anger and/or possessive behavior

- Yelling, aggression towards peers and/or family, constantly texting, anger when partner is absent or busy

History of trauma

- History of substance abuse, history of violent behavior, experience of trauma and/or family violence

Starting the Conversation



Tips from Start Strong Idaho

TEACH Teens Through Talking



Take a minute to relax with your teen



Empathize how complicated relationships can be



Acknowledge their feelings and needs



Connect by actively listening before sharing your own thoughts



Help them problem solve when they're ready

ACTIVITY

Conversation Scenarios

Example

You've told your teen that dating isn't allowed until they're older. Now your teen has come to you, very excited, telling you they've been asked to go to a dance. Write a conversation starter using the TEACH tips.

Example

So, **what I hear you saying** is that you really want to go to the school dance. It **sounds like you are really excited** to go with _____ and **this means a lot to you**. You know our family rule though, no dating until you are older. But **maybe I can figure out a way for you to go** to the dance with _____. For example, I might allow it if you are willing to let me drive you there and pick you up...or go with several of your friends I know and come straight home...

Scenario 1

You've noticed lately that your teen seems tired and moody and might even be falling behind in school. You're concerned that their recent constant texting could be contributing to the sleep, mood, and school challenges.

Scenario 2

You go to the basketball game with your child and while you are there another teen comes to sit with you. It appears both teens are nervous and seem to like each other, and you want to talk with your teen about it.

Scenario 3

While borrowing your child's phone, you see a text. It is a suggestive love note written to your child. The note says "You are so hot, I can't stop thinking about you. When can I see you?"

How to Intervene

WHEN A RELATIONSHIP IS ABUSIVE

Things to Consider

Context matters. Every teen is different, your response should match the severity of the situation.

Physical abuse requires an urgent response. Make a safety plan, call HopeWorks, consider police and legal options.

Understanding Teen Concerns

- Being blamed
- Being interrogated
- Being made to feel guilty
- Not being believed
- An adult telling others what happened

Best Practices:

Take them seriously

Don't interrogate

Support and validate

Give options, not orders

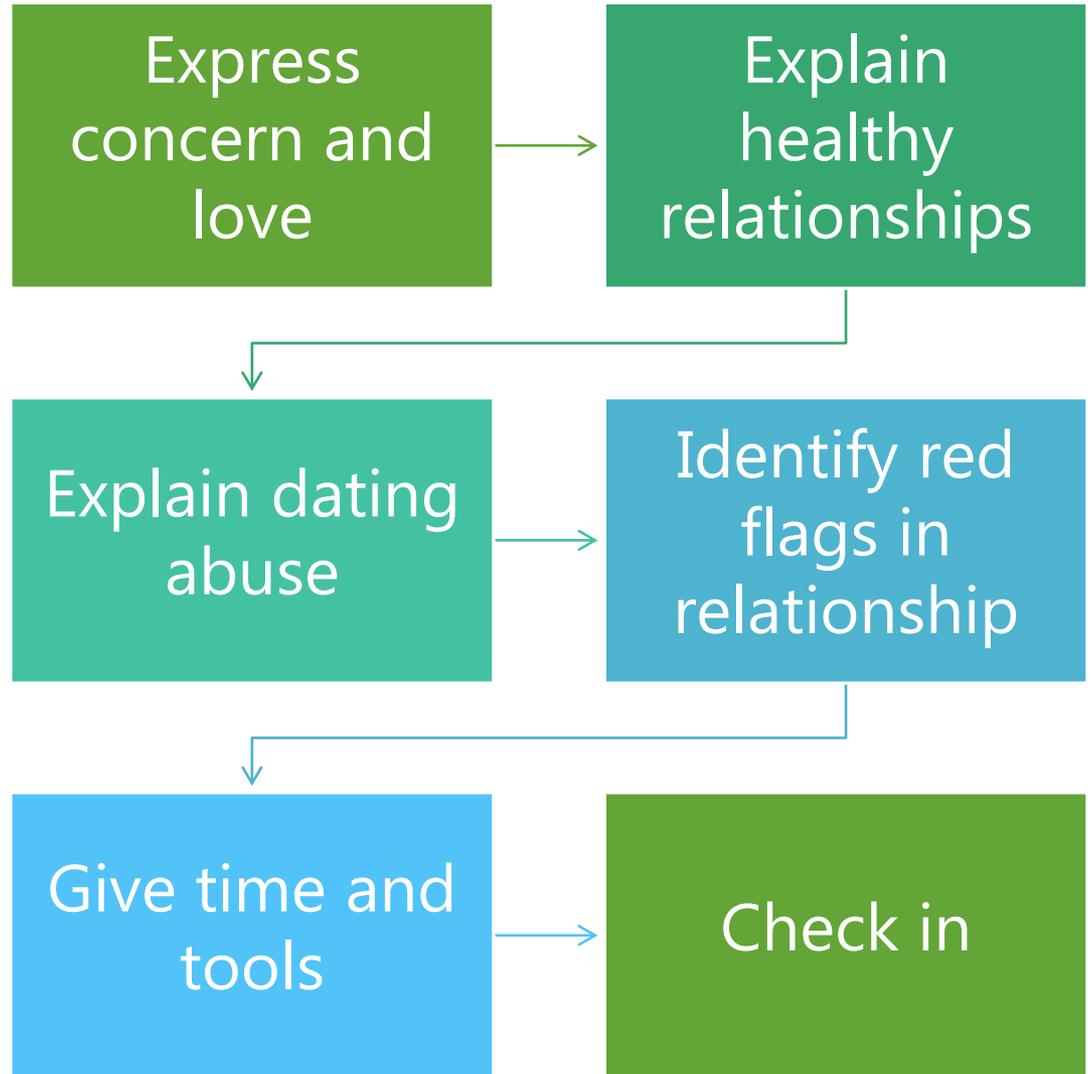
Be the best listener you can be

Be ready with resources

Keep opinions on teen dating and sex out of this conversation

Be honest and transparent

Conversation Outline



Step 1: Express Concern and Love

DO SAY:

- "I love you and want you to be happy."
- "You deserve a great relationship with someone who values you."
- "You are a wonderful person with a lot to offer."

DO NOT SAY:

- "I don't like _____."
- "You need to break up with them."
- "Don't try to hide it, I know you've been dating someone."

Step 2: Explain Healthy Relationships

In a healthy relationship, the other person:

- cares about your happiness.
- trusts you and believes you.
- supports your interests, goals and dreams.
- understands that you have friends and a life outside of the relationship.
- respects your privacy and boundaries.
- listens to you and values what you have to say.
- does not pressure you to do anything you don't want to do.
- does not punish you or hurt you.

Step 3: Explain Dating Abuse

Explain what dating abuse is and that it is common. Go through examples of abusive behaviors.

Healthy Relationship Quiz

The person I am with...
is very supportive of things that I do.

yes no



Healthy Relationship Quiz

The person I am with...
accuses me of flirting
or cheating.

yes no



Step 4: Specifically Identify Abuse

Be specific about the red flags or abuse you have observed or witnessed.

Ask **how the incident(s) made them feel**.

Encourage teens to **set boundaries** and **trust their instincts**.

DO SAY:

"I've noticed you've been dressing really differently since you and your boyfriend started dating. You're very covered up and have stopped wearing all those nice things you have. **I'm concerned** he may be telling you what to wear. **You shouldn't have to change** what you wear to make him happy. **Are you comfortable making** this change for him?"

DO NOT SAY:

"It seems like you aren't being yourself lately. I think your boyfriend is a bad influence on you."

Step 5: Give Time and Tools

Ask the teen to **think about** their relationship.

Provide hotline and web **resources**.

You're here for them.

You're **worried**.

You **understand** this is difficult.

You'll **still be here** if they want to discuss this again or if anything new happens. You **will check in again**.

Step 6: Check In

Follow up.

Ask the teen what they **think** and **want to do**.

Consider making a **safety plan**.

Note on Breaking Up:

- The victim usually doesn't want to break up, **they want the abuser to change** and stop the abuse.
- Abuse often **escalates** when a victim tries to leave an abuser. Breaking up can be **dangerous**.
- Telling a victim they must break up may lead to **secrecy** in continuing the relationship.

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Questions?

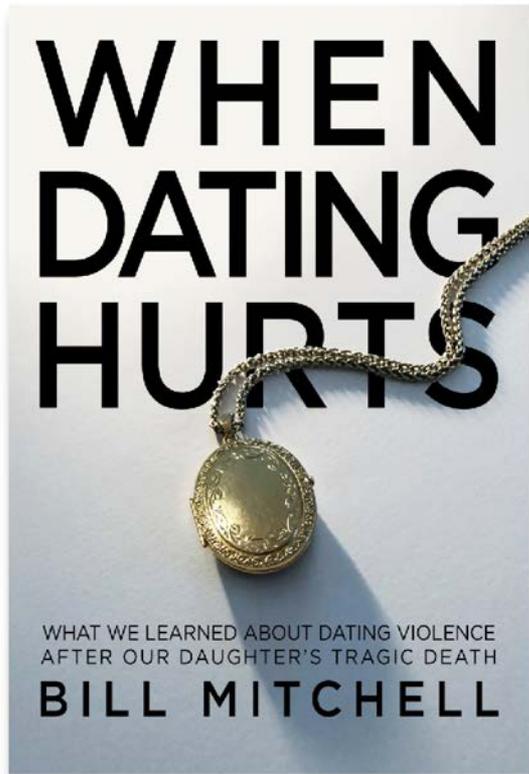
CONCLUSION

- 1) Dating abuse is a serious and prevalent issue for young people.
- 2) Adults can help teens identify abuse and get the help that they need
- 3) It's important to build an ongoing dialogue with teens about healthy relationships before they start dating.



Write down one thing you learned or were reminded of in this workshop that you will put into action with your teen.

Thursday, Feb. 25, 2021



7pm – via Zoom

Book & Dating Violence Discussion

with the Author and Panelists

meaningful even if you have not read
the book

wearehopeworks.org/events

Know My Name:

Self-care & The Healing Journey for Black Women

8-Session Virtual Workshop Series!
February 6 to March 27, 2021

wearehopeworks.org/events



vlatherwood@wearehopeworks.org

all departments working virtually!

Agency Overview

Founded in 1978

Advocacy Services

- ❖ Personal Consultations
- ❖ 24-Hour Helpline
- ❖ Hospital Accompaniment Program

Residential Services

- ❖ Safe Shelter
- ❖ Transitional Housing

Community Engagement

- ❖ Workshops & Trainings
- ❖ Community Fairs
- ❖ Volunteer Opportunities
- ❖ Youth Leadership Project
- ❖ The Our Voice Project: Survivor Wellness & Leadership Programs
- ❖ Self-care & Social Justice Projects
- ❖ Speakers Bureau
- ❖ *Dragonfly* arts magazine
- ❖ *Cultivate* youth arts magazine
- ❖ Transforming Together Podcast
- ❖ Our Earth Environmental Justice Program

Clinical Services

- ❖ Individual Counseling
- ❖ Group Counseling

Anti-Trafficking Services

- ❖ Safety planning
- ❖ Intensive case management
- ❖ Human Trafficking Peer Support Group

Legal Services

- ❖ Brief Advice
- ❖ Peace & Protective Orders



Contact Us !

Hours:

Monday –Friday
9:00 a.m. – 5:00 p.m.

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