



**SAN DIEGO**  
DOMESTIC VIOLENCE  
• COUNCIL •

# Teen Dating Violence Intervention & Prevention in Schools

Presenters:

Roxanne Bellamy, Maguely Hernandez, Allyson Huerta, Arielle Kovacs, Veronica Lopez, & Violeta Mora

# Who We Are

- Teen Dating Violence Committee of the San Diego Domestic Violence Council
- Interdisciplinary team with members from Health and Human Services, Non-Profits and Education
- To empower our communities to prevent and intervene Teen Dating violence in our schools and communities.

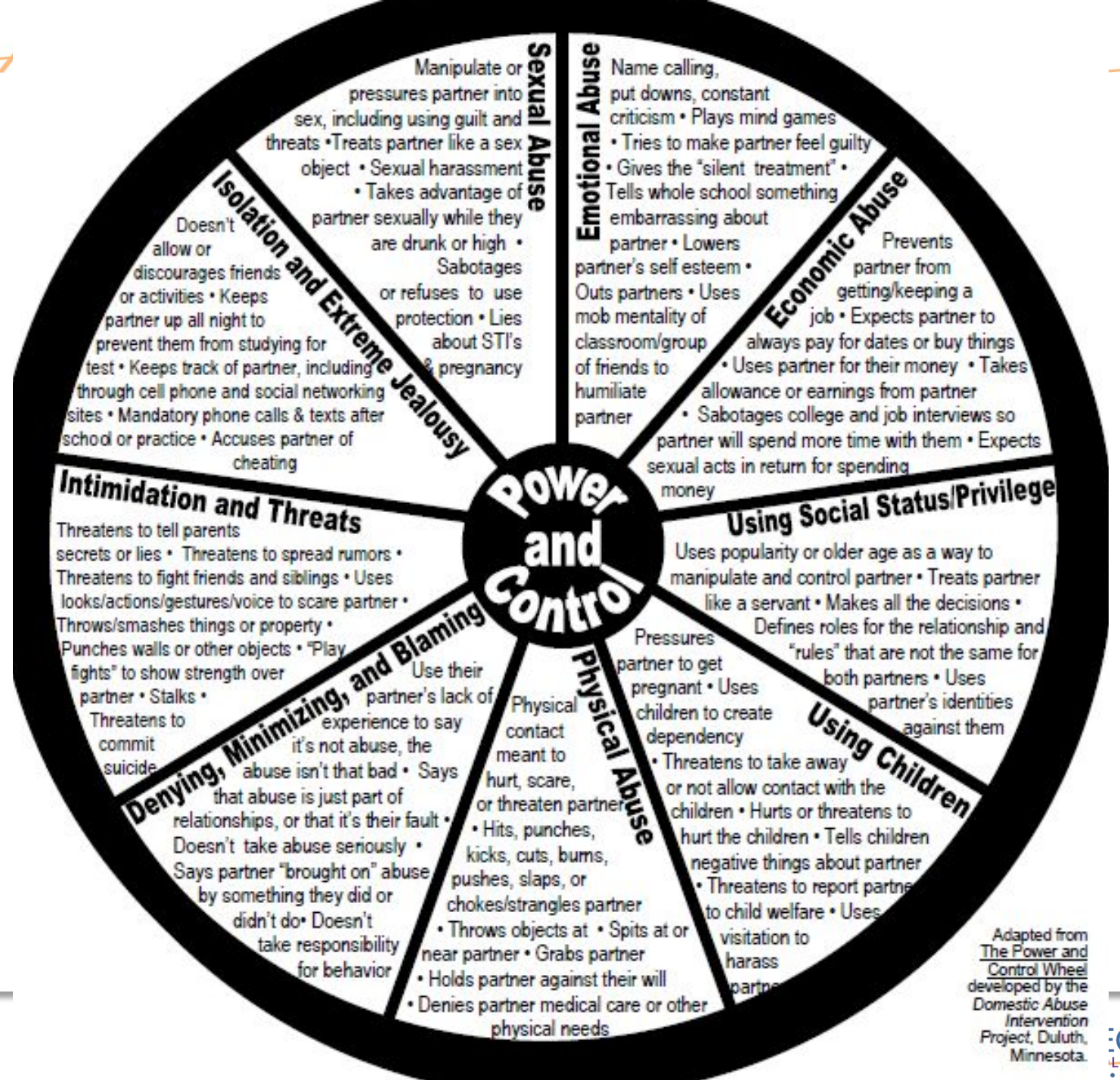
# Defining Dating Violence

- Teen dating violence (TDV) is a pattern of violent, coercive or manipulative behaviors to gain power and maintain control over another person in a relationship.
- Examples of manipulative and coercive behavior may include
  - Being told to participate in sexual activities as a game or to be part of a group
  - Power dynamics in a relationship where someone is controlling all decisions
  - Name calling or put-downs that intently damage self esteem or other relationships
- Abuse/Violence can happen in-person or online, and includes physical, sexual, emotional, verbal, financial violence and stalking.



# Power & Control

## Understanding Teen Relationship Violence



Adapted from  
The Power and Control Wheel  
developed by the  
Domestic Abuse  
Intervention  
Project, Duluth,  
Minnesota.

# Positive and Healthy Relationships & Sexuality

The connection between positive relationships and healthy sexuality.

Positive relationships are relationships between two people who support, encourage and help each other. They involve honesty, trust, respect and open communication between partners

Healthy sexuality allows you have the healthy relationships that include respect, support and equality

A great book for teen and parents

Facing the the facts: the truth about sex and you. a book for ages 12 yr to 16 yrs old.

# Teen Dating Violence Awareness & Prevention Month (TDVAPM)



## WHAT IS TDVAPM (or TDVAM)

- In February communities nationwide take a stand against TDV by spreading awareness and prevention education to address relationship violence
- TDVAM started as Teen Dating Violence Awareness week in 2006-2007 and was formally declared by congress in 2010
- The movement to create awareness was developed largely by teens and unfortunately was motivated in part by loved ones of teens who had been murdered by ex partners

## WHY PARTICIPATE?


- Information is power, education about healthy relationships can support a lifetime of healthy connections
- There are so many easy resources that could support youth and parents
- Youth are more present at school and learn better when they are not worried about safety or unhealthy relationships
- Schools create a community with shared language, norms and culture, including TDV awareness and prevention can create a community of nonviolence



# San Diego TDV Stats

**6.1%** of students were hit slapped, physically hurt on purpose by their partner during 2019

**10.4%** of students experienced sexual dating violence during 2019



**20%** of students experienced their dating partner trying to control or emotionally hurt them during 2019

**1 in 15**



have experienced  
physical dating violence  
in the last year

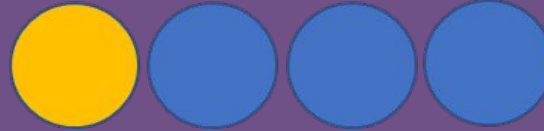
**6.5%**

male

**20.6%**

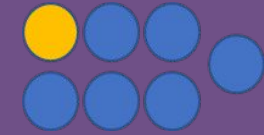
female

**1 in 4**



reported experiencing emotional  
violence  
in the last year

**1 in 7**



have experienced sexual dating  
violence  
in the last year

**5%**

male

**8%**

female

**4%** heterosexual students  
compared to  
**24%** LGBTQ/Other students

**9%** heterosexual students  
compared to  
**53%** LGBTQ/Other students



# Effects of TDV

Youth who are victims of TDV are more likely to:

- experience symptoms of depression and anxiety
- exhibit antisocial behaviors, like lying, theft, bullying or hitting
- think about suicide

**26% of women** and **15% of men** experience intimate partner violence before the **age of 18**

**50% of students** who experience teen dating violence say that **at least some of the violence took place on school grounds**

# What Can Trauma Look Like?

1

## Anxiety

Worry about safety of self or others

2

## Violence

Preoccupation with violence (in talk, in play, or interest)

3

## Moods

Irritability, moodiness, moods swings

4

## Withdrawn

In ability to focus or pay attention; withdrawn from people and activities



## Aggression

Angry outbursts or aggression

1

## Substance Abuse

Drug Use or Substance Dependency

2

## Stimulus

Over- or under- reacting to stimulus (i.e. touch, loud noises)

3

## Absenteeism

Frequently Absent from school or activities

4

Trauma symptoms are one of the most common consequences of experiencing partner violence.

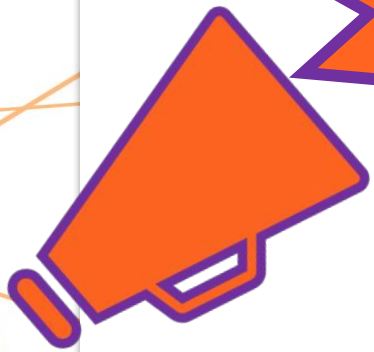
— J.M. Goulding, *Journal of Family Violence*

- Trauma switches on the brain's survival system and makes learning more difficult.
- Possible impacts for TDV survivors
  - Social
  - Behavioral
  - Academic



# The Warning Signs of Teen Dating Violence

Call to Action!!



## Learn the Warning Signs

### Physical Appearance



Changes in appearance

- unexplained bruises or injuries
- unexplained or concerning change in weight
- dressing out of character

### Social/Emotional



Changes to how student interacts with others

- Isolation from former friends
- Little social contact with anyone but partner
- Making excuses/apologizing for partner's behavior

### Behavioral



Changes in student's classroom demeanor

- Unexplained changes in classroom behavior
- New problems such as bullying or acting out
- Increase in negative self-talk
- Unhealthy sexual behavior

### Academic/Extracurricular



Changes in student's connection to school

- Recent changes in attendance
- Unexplained changes in schedule
- Decline in grades or quality of work
- Lack of interest in former extracurricular activities

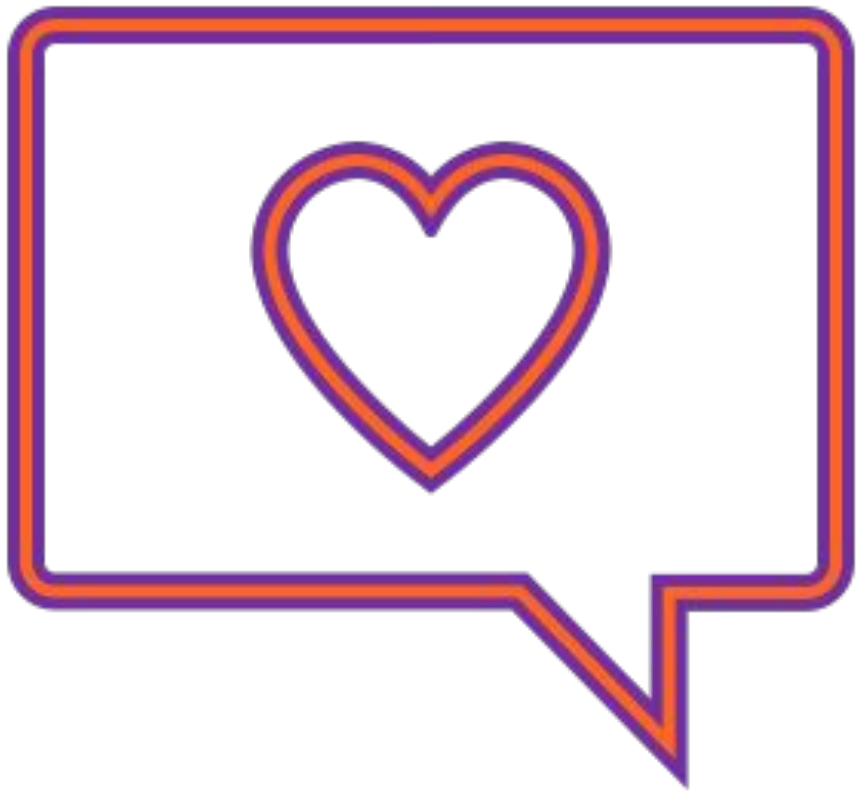


# Recognizing Unhealthy Behaviors

One Love Foundation:

## 10 Signs of an Unhealthy Relationship

Intensity  
Possessiveness  
Deflecting Responsibility  
Manipulation  
Isolations  
Sabotage  
Belittling  
Guilt  
Volatility  
Betrayal

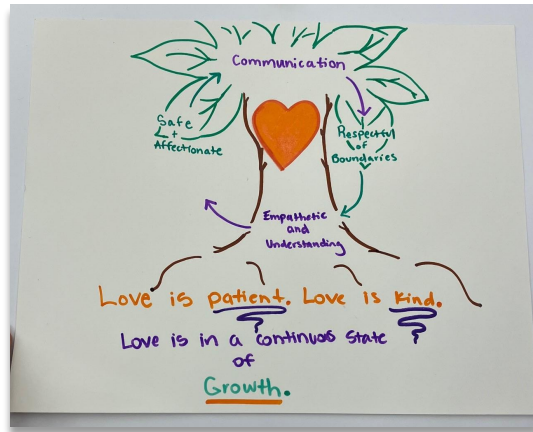


## Healthy Behaviors

One Love Foundation:

Trust  
Honesty  
Independence  
Respect  
Equality  
Kindness  
Healthy Conflict  
Comfortable Pace  
Taking Responsibility  
Fun

**10 Signs  
of a Healthy  
Relationship**



## HOST AN INFORMATION TABLE

- Download print & post resources for students
- Attach information about healthy relationships to Flower/Candy grams at school
- Print the Relationship Bill of Rights and encourage all students to sign it
- Print and share Healthy LGBTQ+ Relationships

## WEAR ORANGE DAY

- Tuesday February 6, 2024
- Wear Orange, make it a spirit day
- Take a selfie or group photo wearing orange
- Print speech bubbles that share "Love Is" as a photo prop
- Post to social media, tag and share local & national organizations - use the hashtag #TDVAM2024

## DO A RELATIONSHIP ACTIVITY

- Watch a video from One Love and reflect or discuss as a class
- Discuss the elements of healthy relationships then do an art project like a collage
- Pull a clip from media or classroom content (like a book) to open a conversation about relationships or healthy boundaries



# Tips on How to #StartTheConvo

**Build Rapport** - It takes time to build trust; youth may open-up about their relationships as they are comfortable. If they don't want to talk to you, is there someone else they feel comfortable with?

**Disclose Your Status** - Before you engage youth in a conversation, always disclose if you are a mandated reporter and what that means.

**The Goal isn't Disclosure** - It is okay if a youth does not want to disclose. The goal is to create a space where students know they can talk to you without judgment or go to you for resources and support.

**Ask Open-Ended Questions** - Create opportunities to check in with them and ask open-ended questions like, "I've noticed you've been struggling to pay attention in class - what's on your mind lately?"



# Tips on How to #StartTheConvo cont'd

**Validate Their Experiences** - Let them know they did not deserve to experience abuse and the abuse is not their fault. Don't minimize the effect the abuse is having on the student.

**Involve Them** - If they disclose, share what local resources are available to them and support them in their choices. Ask them how they want to move forward.

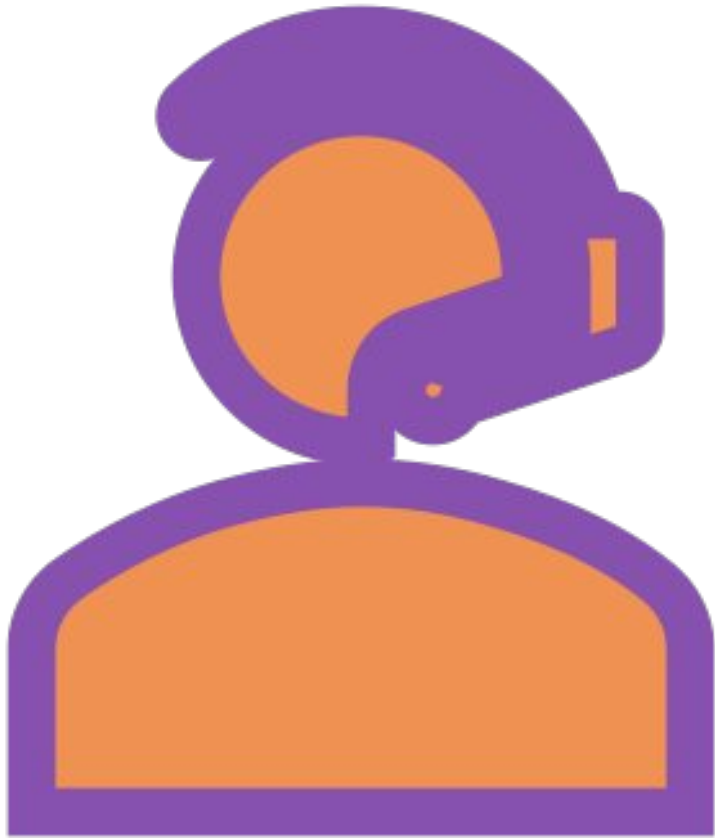


# Connect Students to Someone on Your School Campus

## Remember!

You do not have  
to support a  
student alone.

Who is your  
designated go-to  
campus person if  
you need more  
support?



# Mandated Reporting Responsibilities

If you have reasonable suspicion a student is being harmed, call the

Child Abuse Hotline:

**1-800-344-6000**

# National TDV Hotline



## Need help now? Get in touch.



**Call**

1-866-331-9474  
800.787.3224 (TTY)



**Chat**

Chat live now



**Text**

Text 'LOVEIS' to 22522

[What to expect when you contact us](#)



## Connect with Community Resources

Community Resource Center  
(877) 633-1112 | [crcncc.org](http://crcncc.org)

- North County Coastal
- Services for teens: Counseling 24/7

Your Safe Place - Family Justice  
Center (619) 533-6000 |

- All San Diego County
- Services for teens: confidential safety planning, counseling, advocacy, legal assistance, social services, shelter assistance

Center for Community Solutions  
(888) 385-4657 | [ccssd.org](http://ccssd.org)

- Central, East County, North County Inland
- Services for teens: confidential therapy and advocacy

SBCS (800) 640-2933  
| [sbcssandiego.org](http://sbcssandiego.org)

- South Bay
- Services for teens: Counseling, emergency shelter, case management

One Safe Place - Family Justice  
Center (760) 290-3690  
| [onesafepacenorth.org](http://onesafepacenorth.org)

- North County
- Services for teens: confidential safety planning, counseling, advocacy, legal assistance, social services, shelter assistance

# Connect to Educational Resources

- Love is Respect:
  - <https://www.loveisrespect.org/>
  - @loveisrespectofficial
- One Love
  - <https://www.joinonelove.org/>
  - @joinonelove
- No More
  - <https://nomore.org/>
  - @nomoreorg
- A Call to Men
  - <https://www.acalltomen.org/>
  - @acalltomen



# Request a Presentation



Fill out this form to request a presentation by one of our partners

# Thank you!

## Any Questions?

Teen Dating Violence Committee, SD Domestic Violence Council

[teendv.sddvc@gmail.com](mailto:teendv.sddvc@gmail.com)

- To empower our County & schools to intervene and prevent TDV.
  - TDV and healthy relationship classes.
  - Want to get involved?

