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
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 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% LGBQ/Other students

9% heterosexual students compared to 53% LGBQ/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

1. **Aggression**
   Angry outbursts or aggression

2. **Substance Abuse**
   Drug Use or Substance Dependency

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

4. **Absenteeism**
   Frequently Absent from school or activities
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
- Guilting
- Volatility
- Betrayal
Healthy Behaviors
One Love Foundation:

10 Signs of a Healthy Relationship

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

Center for Community Solutions
(888) 385-4657 | ccssd.org
- Central, East County, North County Inland
- Services for teens: confidential therapy and advocacy

Community Resource Center
(877) 633-1112 | crcncc.org
- North County Coastal
- Services for teens: Counseling 24/7

SBCS (800) 640-2933
sbcssandiego.org
- South Bay
- Services for teens: Counseling, emergency shelter, case management

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

One Safe Place - Family Justice Center
(760) 290-3690
onesafeplacenorth.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

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