

Teen Dating Violence Intervention & Prevention in Schools

Presenters:

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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 <u>gain power</u> and <u>maintain control</u> 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

Manipulate or 10 Name calling. pressures partner into put downs, constant criticism . Plays mind games sex, including using guilt and · Tries to make partner feel guilty threats •Treats partner like a sex object · Sexual harassment · Gives the "silent treatment" Tells whole school something embarrassing about Takes advantage of partner sexually while they Doesn't are drunk or high . partner · Lowers Prevents allow or partner's self esteem . partner from Sabotages discourages friends getting/keeping a or refuses to use Outs partners . Uses or activities . Keeps job . Expects partner to mob mentality of protection . Lies partner up all night to prevent them from studying for test • Keeps track of partner, including test • Keeps track of partner, including through cell phone and social networking through cell phone calls & texts after about STI's classroom/group always pay for dates or buy things Uses partner for their money . Takes of friends to pregnancy allowance or earnings from partner humiliate sites . Mandatory phone calls & texts after Sabotages college and job interviews so partner school or practice . Accuses partner of partner will spend more time with them . Expects cheating sexual acts in return for spending Intimidation and Threats Using Social Status/Privilege Threatens to tell parents Uses popularity or older age as a way to secrets or lies . Threatens to spread rumors . Threatens to fight friends and siblings . Uses manipulate and control partner . Treats partner Minimizing and Blaming
Use their partner's lack of experience to say it's not abuse, the abuse isn't that bad e is just p looks/actions/gestures/voice to scare partner like a servant . Makes all the decisions . Throws/smashes things or property . Defines roles for the relationship and Punches walls or other objects . "Play, "rules" that are not the same for partner to get fights" to show strength over both partners . Uses pregnant • Uses partner · Stalks · partner's identities Physical C. children to create Threatens to against them dependency · Threatens to take away hurt, scare, or threaten partner or not allow contact with the children . Hurts or threatens to relationships, or that it's their fault · Hits, punches, hurt the children • Tells children Doesn't take abuse seriously . kicks, cuts, burns, negative things about partner Says partner "brought on" abuse pushes, slaps, or Threatens to report partners by something they did or chokes/strangles partner to child welfare • Uses didn't do. Doesn't Throws objects at • Spits at or visitation to Adapted from take responsibility near partner . Grabs partner harass for behavior Holds partner against their will Denies partner medical care or other physical needs

GO

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

female

4% heterosexual students compared to 24% LGBQ/Other students

9% heterosexual studentscompared to53% 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?

Anxiety

Worry about safety of self or others

Violence

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

Moods

3

Irritability, moodiness, moods swings

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

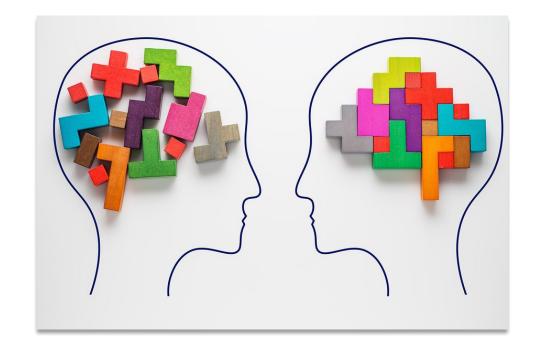
Frequently Absent from school or activities

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



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:

Possessiveness
Deflecting Responsibility
Manipulation
Isolations
Sabotage
Belitting

10 Signs of an Unhealthy Relationship



Guilting

Volitility

Betrayal



Healthy Behaviors

One Love Foundation:

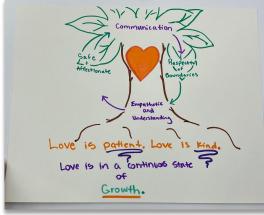
Trust Honesty Independence Respect **Equality Kindness Healthy Conflict Comfortable Pace Taking Responsibility**

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.





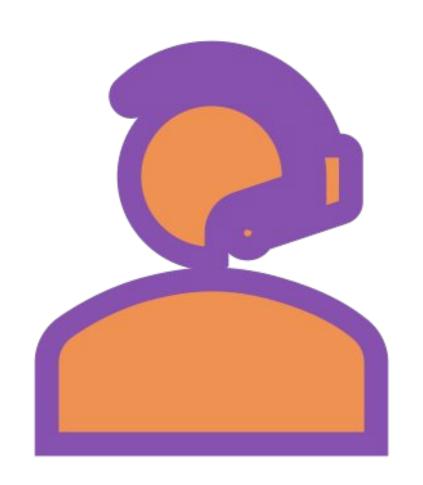
Connect Students to Someone on Your School Campus

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.







1-866-331-9474 800.787.3224 (TTY) Chat live now

Text 'LOVEIS' to 22522

What to expect when you contact us



Connect with Community Resources

Community Resource Center (877) 633-1112 | 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

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

SBCS **(800) 640-2933** | sbcssandiego.org

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

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?

