

Teen Dating Violence Prevention



Kaity's Way
TEEN DATING
VIOLENCE PREVENTION



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Welcome

- **Disclaimer + Introductions**
- **New Life Center's Prevention program**
 - Kaity's Way + One Love
- **Teen Dating Violence**
 - What is it?
 - How does technology + social media impact TDV?
 - Signs of Healthy + Unhealthy Relationships
- **Tips for Guardians**
- **'Behind the Post' Screening**
- **Q+A Discussion**



Kaity's Way

TEEN DATING
VIOLENCE PREVENTION

Kaitlyn
Sudberry



**Why should we talk to
teenagers about
relationships + dating
violence?**

Relationship Violence is...

An act or **pattern of behaviors** used to **control, coerce, intimidate, manipulate**, and/or gain or maintain **power** over another person in a current or past relationship.

In the US, approximately 1/3 of all teens involved in romantic relationships will experience abuse of some kind.

About 1 in 12

U.S. high school students
experienced physical dating violence.



About 1 in 12

U.S. high school students
experienced sexual dating violence.



1 in 5 women and **1 in 7 men** who experienced relationship violence as adults, first experienced some form of relationship violence between **11-17 years of age.**

Youth and children, 17 years old and younger,
make up 23.3% of Arizona's total population.



Types of Violence

Emotional + Psychological

Physical



Financial



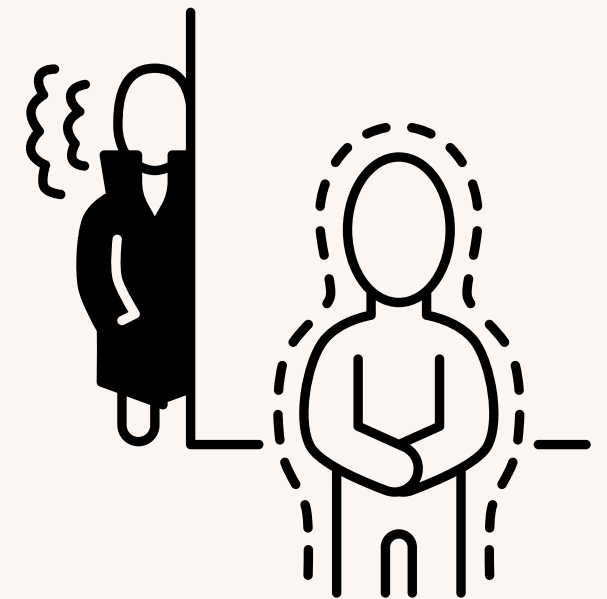
Digital



Sexual



Stalking



Signs + Consequences

Your teen's relationship partner may be unhealthy if they:

- Act extremely jealous or possessive
- Blame others for things that go wrong
- Punish by withholding affection or using the silent treatment
- Keep them from friends, family, hobbies and interests using guilt, manipulation or threats
- Cause them physical pain in any way
- Check their phone, email, or social media without permission or demands passwords
- Demand immediate response to messages
- Break or take their belongings

This may lead your teen to:

- Miss school, activities, work, or family time
- Become depressive, anxious, act out or be secretive/anti-social
- Change their appearance suddenly
- Use alcohol or other substances
- Experience:
 - PTSD symptoms (panic attacks, nightmares, flashbacks, bouts of crying)
 - Rumination, headaches, chronic pain
 - Changes in eating or sleeping habits
 - Thoughts or actions of self-harm
 - Increased risk of future victimization



Barriers to Help Seeking

Stigma

Being in a
relationship is
important

Fear forced
breakup or loss
of privileges



Only **9%** of teens sought formal help after a victimization experience and most preferred to seek help from *friends*.

Embarrassment
Shame
Guilt

Hopeful they
can change
partner

Unaware it is
unhealthy

Confuse
jealousy with
love

Social media is...

Websites and **applications** that enable users to create and share content or participate in social networking.

Meaningful Media

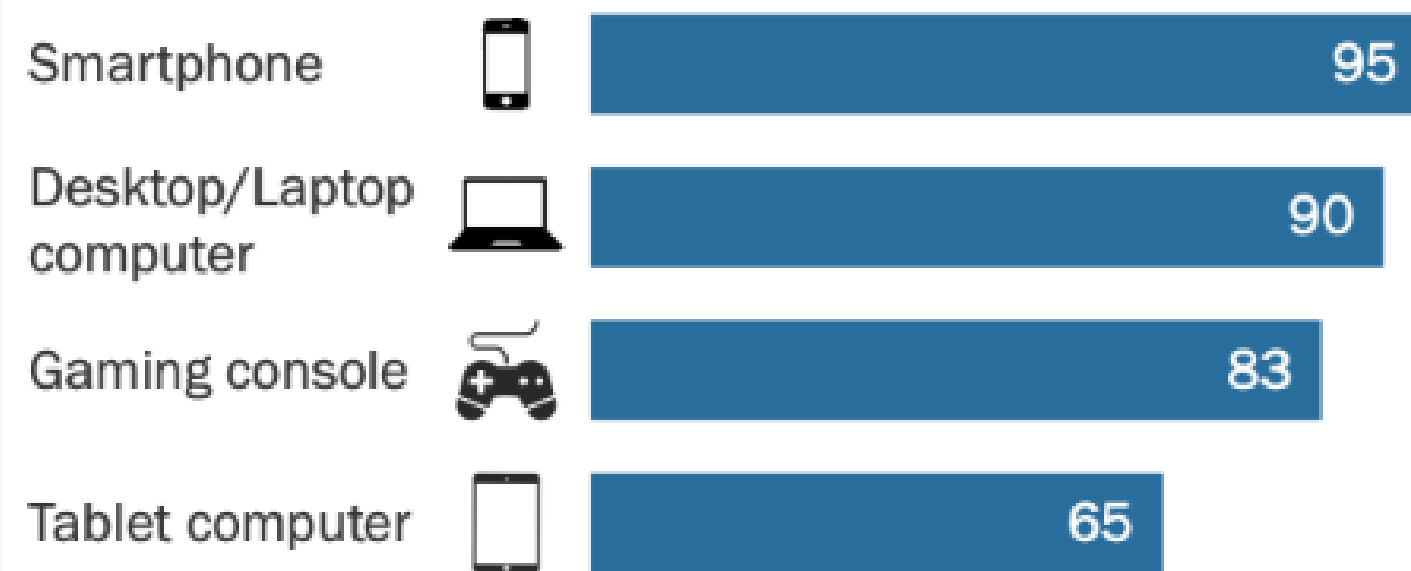


- **Connect with friends + family**
- **Share pictures + content**
- **Research products**
- **Meet new people**
- **Develop professional networks and business relationships**

Teens + Technology

Nearly all teens in the U.S. have access to a smartphone

% of U.S. teens ages 13 to 17 who say they have access to the following devices at home



Note: Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

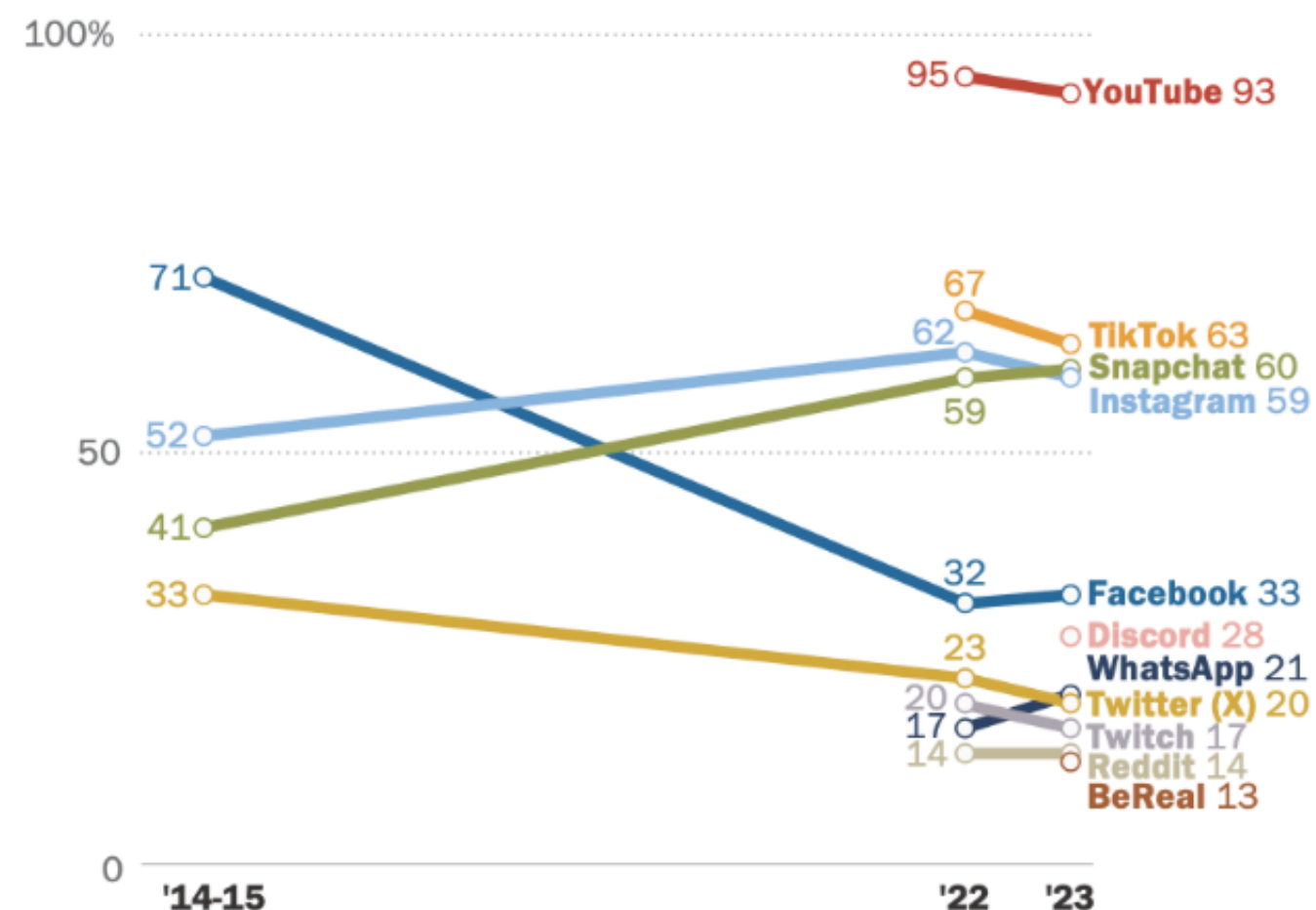
PEW RESEARCH CENTER

- Average age for first smartphone is now 10 years old
- **31%** of parents report their children have texted them while at home together
- **64%** of children have access to the Internet via their own laptop or tablet
- **45%** of teens feel addicted to their smart phones

Teens + Social Media

YouTube continues to be top platform among teens, followed by TikTok, Snapchat and Instagram

% of U.S. teens ages 13 to 17 who say they ever use the following apps or sites

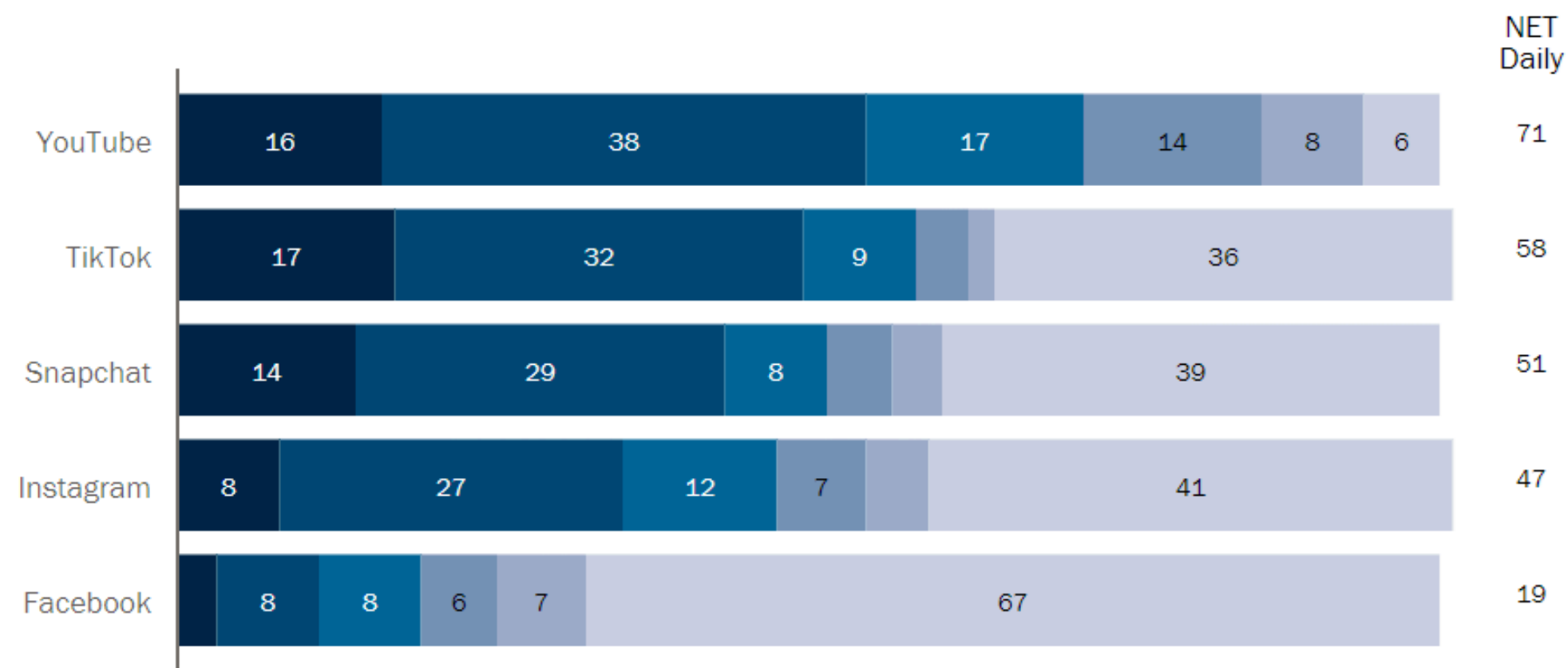


Note: Those who did not give an answer are not shown.
Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.
"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...

Legend: Almost constantly, Several times a day, About once a day, Several times a week, Less often, Do not use



Note: Figures may not add up to NET values due to rounding. Those who did not give an answer are not shown.
Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

PEW RESEARCH CENTER

Beliefs on Safety



- **67%** of teens say they know how to hide what they do online from their parents
- **43%** of teens admit they'd change their behavior if parents were watching them
- **39%** believe their online activity is private
- **38%** would feel offended if they found out parents were spying on them

Violence + Social Media



- The number of reported assault cases related to social media has **increased dramatically**.
 - Receiving explicit images from children is the most common goal of predators
 - Photos are shared or sold amongst other perpetrators.
- Teens who experience digital abuse are **5x more likely** to experience sexual violence in relationships
- Social media does not cause sexual violence, but it does extend its *reach and impact*
 - Abusive patterns can be maintained strictly through social media
 - With youth, assaults more likely to “go viral”

Tech-Facilitated Sexual Assault

Sexting
Harassment
Cyberbullying
Blackmail
Sextortion
Revenge Porn
Catfishing
Doxxing
Deepfakes
Burn Sites



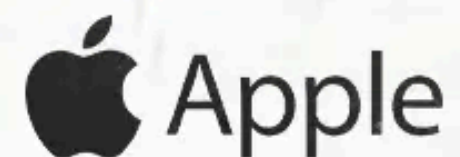
a project of



NATIONAL
CENTER ON
SEXUAL
EXPLOITATION

THE DIRTY DOZEN LIST '24

MAINSTREAM CONTRIBUTORS TO SEXUAL EXPLOITATION



Apple



Cash App



CLOUDFLARE



Discord

LinkedIn

Meta



MICROSOFT'S
GitHub



reddit

ROBLOX

COMMUNICATIONS DECECY ACT

SECTION 230



Spotify












Telegram

Vault Apps

Apps that can hide apps within an app.

How to find:

- Check phone for duplicate looking apps (calculator, clock, calendar, message icons)
- Search in the store using “vault”

	Private Photo Vault Legendary Software Labs LLC 4.2 ★	⋮ FREE
	Calculator Vault- Gallery Lock Sure Applications 4.5 ★	⋮ FREE
	Hide Photos, Video-Hide it Pro ANUJ TENANI 4.4 ★	⋮ FREE
	Hide Pictures Keep Safe Vault Keepsafe   EDITORS' CHOICE	⋮ ✔ INSTALLED
	Vault Calculator Hide Pictures Fotoable,Inc.  4.6 ★	⋮ FREE
	Gallery Vault - Hide Pictures ThinkYeah Mobile (AppLock & GalleryVault) 4.5 ★	⋮ FREE

Technology + Law

ARS §13-3553: Sexual Exploitation of a Minor: The crime is committed if any person knowingly records, films, photographs, duplicates, develops, sells, purchases, transports, or electronically transmits or receives any visual depiction of a minor engaged in sexual conduct or exploitive exhibition.

- Child pornography is not protected speech covered by the First Amendment.
- Class 2 Felony, 10-24 years prison sentence per violation, fines, extensive probation and possible loss of parental rights as initiated by Arizona Child Protective Services. Heightened penalties if child is under 15 years of age.
- A conviction will also require registering with the Arizona Sex Offender Registry.

ARS §8-309. Unlawful use of an electronic communication device by a minor;

- It is unlawful for a juvenile to intentionally or knowingly use an electronic communication device to view or transmit a visual depiction of a minor that depicts explicit sexual material.
- It is unlawful for a juvenile to intentionally or knowingly possess a visual depiction of a minor that depicts explicit sexual material, and that was transmitted to the juvenile through the use of an electronic communication device.

ARS §13-3019. Surreptitious photographing, videotaping, filming or digitally recording or viewing

ARS §13-2916. Use of electronic communication to terrify, intimidate, threaten or harass

ARS §13-1425. Unlawful distribution of images; state of nudity (revenge porn)

Kaity's Law

An act amending ARS §13-3601

- Allows those in **dating relationships** protection under the law.
- Law Enforcement with or without a warrant may arrest individual that committed the offense. Firearms can be confiscated.
- **Order of Protection** can be obtained.
 - Consider contacting a local Advocacy Center
 - Handling of OOP/School Schedule
- Law Enforcement should provide certain information to the victim regarding resources.

**How do we talk to
teenagers about
relationships + dating
violence?**

Consent + Boundaries

Consent is dependent on
trust, open communication,
and healthy boundaries.

F- freely given
R- reversible
I- informed
E- enthusiastic
S- specific

Bodies
Emotions
Finances
Materials
Technology
Time
Space
Energy

Age of Consent:

18

Romeo + Juliet Law



Self Love + Self Care

This involves...

Self-Awareness + Compassion
Emotional Regulation
Boundary Setting
Goal Setting
Resilience
Cultivating Growth Mindset
Using Assertive Communication



Healthy Communication

Calm down and gather yourself before responding or starting a conversation

Get the whole story

Ask open + honest questions about the situation and anything you don't understand.

Acknowledge the other person's feelings and what is important to them

Let the other person know you hear what they're saying.

- "I understand that _____ is important to you,"
- "When I do _____ it makes you feel _____ because _____."

Express yourself

Let the other person know how you feel and what is important to you. Be clear about what is upsetting you.

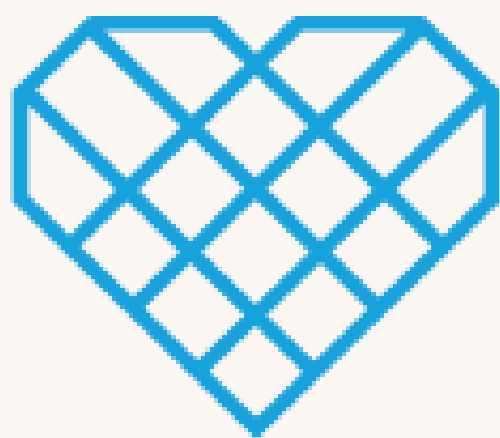
- Use "I statements". Say: "I feel _____ when you _____ because _____."

Identify similarities and differences

Compare your feelings and what's important to you with the other person. Determine where you agree and where you disagree. Think about why you disagree.

Discuss and negotiate possible solutions

Together, brainstorm possible solutions to the conflict or disagreement. Talk about how each solution would work and the best solution for the situation.



one1love

F O U N D A T I O N

In honor of Yeardley Love

One Love Foundation

- Founded in 2010 after the death of UVA student, Yeardley Love.
- Mission: engage youth (10-22 years old) through compelling relatable films, and honest peer-to-peer conversations around healthy and unhealthy relationship behaviors.
- Variety of film-based workshops.
 - Each has lesson plans, discussion guides, and choices for activities to easily tailor to students' needs and interests.

Learning Goals

Know the signs and spot the signs*

Engage in conversations about healthy and unhealthy relationships

Practice healthy behaviors

Communicate boundaries and practice consent

Help a friend in an unhealthy relationship

Navigate endings

Access resources when in need*

HEALTHY

10 SIGNS

Trust

Taking Responsibility

Respect

Healthy Conflict

Honesty

Kindness

Independence

Equality

Comfortable Pace

Fun

UNHEALTHY

10 SIGNS

Isolation	Deflecting Responsibility
Intensity	Possessiveness
Belittling	Volatility
Sabotage	Betrayal
Manipulation	Guilt

Tips for Parents + **Guardians**

Tips for Guardians: General

- Give your teen a chance to talk. Listen to the whole story and keep your reactions calm.
- Reassure your child that you are there to help, not to judge.
- Focus on your child's safety and self-esteem. Point out how unhappy they seem to be while with this person and the possibility of danger or harm.
- Avoid “putting down” the unhealthy partner.
- Let your child know that unhealthy behaviors usually get worse. What may start as minor verbal or physical abuse could escalate if not stopped immediately.

Tips for Guardians: Consent

Talk about pace + pressure

- “You are making me uncomfortable. I don’t want to do this, please stop.”

Talk about verbal + non-verbal consent

- “Are we moving too fast?”
- “Are you okay with this?”

Talk about changing their mind

- “Is this something I still want to do?”
- “Do I feel safe? Do I feel pressure?”

Talk about being under the influence

- Discuss effects on decision-making and motor skills
- “Someone under the influence can’t give legal consent.”
- “You are responsible for your actions even if you are under the influence.”

Tips for Guardians: Digital Safety

- Have regular conversations about technology trends and digital issues such as safety, AI, or sexting.
- Set strong passwords + limit sharing of phone number
- Only add people on social media you know in real life
- Watch for location-based services or uploading/tagging “live”
- Download a “Find My Phone” app
- Turn off electronic devices when not in use
- Set a phone curfew / ‘no phones in the bedroom’ rule
- Thoroughly delete data
- Report any bullying, suspicious and/or inappropriate behavior



Tips for Guardians: Family Media



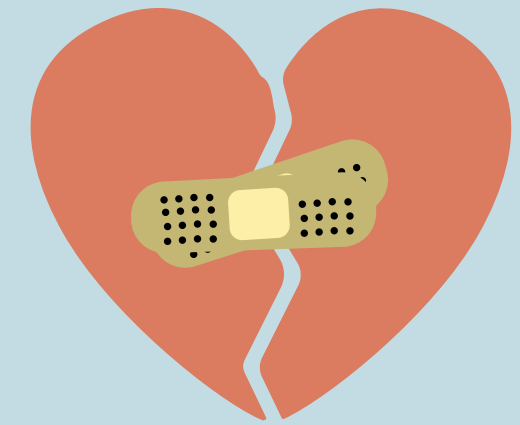
For more information:

- Visit www.common sense media.org

Tips for Guardians: Breakups

If your teen wants to end a relationship:

- Encourage them to write down their reasoning for wanting to breakup
- Advise that the breakup be definite and final.
- Develop a safety plan with your teen ahead of time.
- Support your teenager's decision- be ready to help.
- Make sure your teen takes all necessary safety measures.
 - Avoid walking or riding alone, and always travel with another friend.
 - Consider changing class schedules.
 - Block perpetrator on social media platforms.
 - Get help from a guidance counselor, school principal, or if necessary, the police.



For more information:

- Review One Love's Breaking Up with a Partner(s): The Quick Guide



Behind the Post



Resources

Local:

- Peer Solutions
- One-n-Ten
- Bloom 365
- Teen Lifeline
- Touchstone Health Services
- Family Advocacy Centers (**check for nearest location**)
- Arizona Department of Health Services (AZDHS)
- Arizona Coalition to End Sexual and Domestic Violence (ACESDV)

National:

- One Love
- Trevor Project
- AAP: Center of Excellence on Social Media and Youth Mental Health

Online:

- Love is Respect
- Common Sense Media
- HealthyChildren.org

Questions?