Teen Dating Violence
Your Friends, Yourself, Your Children
Child Abuse Council of Santa Clara County
https://www.sccgov.org/sites/cac/Pages/cac.aspx
10-2-15 - Overfelt High School
Healthy/unhealthy relationships...

How are they different?
Defining abuse

“Abuse is a repetitive pattern of behaviors to maintain power and control over an intimate partner.”

“These are behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want.”

--The National Domestic Violence Hotline
What is dating violence?

Dating violence is controlling, abusive, and aggressive behavior in a romantic relationship. It can happen in straight or gay (or other) relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination.

--National Center for Victims of Crime
BOYS, GIRLS, AND OTHER GENDER IDENTITIES, AND ALL SEXUAL ORIENTATIONS ARE AFFECTED

Usually boys do the most serious forms of dating abuse and sexual abuse, and usually girls are more frightened and traumatized. But remember…it can happen to boys and those of all gender identities & sexual orientations.
PHYSICAL ABUSE

- Hitting
- Shoving
- Shaking
- Scratching
- Pushing
- Pulling hair
- Pinching
- Choking
  (STRANGLING)
- Biting
- Threatening to/using a weapon
EMOTIONAL/PSYCHOLOGICAL ABUSE

- Attacking your self-esteem
- threatening
- terrorizing
- name calling,
- shaming,
- bullying,
- embarrassing on purpose,
- isolating from friends and family.
SEXUAL ABUSE

- Forcing a partner to engage in a sex act when he or she does not or cannot consent - can be physical or nonphysical, like threatening to spread rumors if a partner refuses to have sex.
- Using drugs/alcohol to take advantage of you
- Touching you in unwanted ways
- Ignoring “NO” if you change your mind about wanting sex
- Refusing to use protection (e.g. condoms)
STALKING

A pattern of harassing or threatening tactics that are unwanted and cause fear in the victim. Can be physical or technological, e.g., following or spying on you.
TECHNOLOGICAL ABUSE

“If you knew how many times I check your Facebook page, you'd probably file a restraining order.

“He went through my Facebook friends and unfriended anybody who was a guy because he didn’t want me talking to them.”
TECHNOLOGICAL ABUSE/STALKING

● Monitoring your physical whereabouts through social media, cell phone, etc.
● Hacking into your accounts to read your messages
● Threatening to spread personal information about you online
● Constantly checking up on you through text, email, IM, etc.
FINANCIAL ABUSE

- Stealing your money or things.
- Making you pay for everything
- Borrowing money and not returning it
- Guilt tripping you to get your money
- Making you feel like you owe him or her because they bought you things.
HOW COMMON IS TEEN DATING VIOLENCE?

- About 9% of high school students report being hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the previous 12 months (CDC).
- That’s 1.5 million (loveisrespect.org)
HOW COMMON IS TEEN DATING VIOLENCE? (loveisrespect.org)

Over the Course of the teenage years.

1 in every 3 teens or young adults experience teen dating violence

breakthecycle.org
HOW DOES DATING VIOLENCE AFFECT HEALTH? (CDC)

- Depression and anxiety
- Drug/alcohol abuse, and smoking
- Behavior problems including antisocial behavior
- Thoughts of suicide
- [But any kind of significant trauma that is unresolved can result in a far greater range of emotional, behavioral, cognitive (academic), and social/relationship problems, and can have a negative effect on health throughout life.}
Dating Relationships

What do healthy ones look like?
What do abusive ones look like?
And what can you do if you find yourself in one!
Relationships are about equality, not control.
NONVIOLENCE

COMMUNICATION:
Willingness to have open and spontaneous dialogue. Having a balance of giving and receiving. Problem solving to mutual benefit. Learning to compromise without one overshadowing the other.

NEGOTIATION AND FAIRNESS:
Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

NON-THREATENING BEHAVIOR:
Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT:
Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

SHARED POWER:
Taking mutual responsibility for recognizing influence on the relationship. Making decisions together.

SELF-CONFIDENCE AND PERSONAL GROWTH:
Respecting her personal identity and encouraging her individual growth and freedom. Supporting her security in her own worth.

TRUST AND SUPPORT:
Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

HONESTY AND ACCOUNTABILITY:

TEEN EQUALITY
Healthy Relationship Green Flags

- Your partner treats you with **RESPECT & DIGNITY** & like an **EQUAL**
- Trusts you
- Is honest and open with respectful communication.
- Listens and tries to understand you
- Asks for your opinion, values your input
MORE GREEN FLAGS:

• Shares decisions is willing to make healthy compromises
• Takes responsibility for his or her own actions
• Respects your right to say “NO” to sex, drugs, or other things you think are wrong or simply do not want to do.
A healthy Relationship makes you feel…

- **SAFE** (all of the time)
- **RESPECTED** (all of the time)
- Good about yourself
- Cared about
- Heard/listened to
UNHEALTHY RELATIONSHIPS AND/OR DATING ABUSE

● includes more than just obvious behavior like hitting. It includes verbal, emotional, sexual, financial, and technological abuse

● Remember, not all difficult or painful experiences are abuse, for instance, when someone tells you she or he is upset, or wants to break up.
BEHAVIORS ARE ABUSIVE WHEN...

- They’re used to gain **CONTROL and POWER** over someone in a dating or intimate relationship.
- They make you feel bad about yourself or others you’re close to
- They make you **AFRAID** of your dating partner

(Foshee & Langwick, 2010)
VIOLENCE

physical

TEEN POWER AND CONTROL

sexual

physical

ANGER/EMOTIONAL ABUSE:

ISOLATION/EXCLUSION:
Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes. Limiting outside involvement. Using jealousy to justify actions.

SEXUAL COERCION:
Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

THREATS:
Making and/or carrying out threats to do something to hurt another. Threatening to leave, to commit suicide, to report her/him to the police. Making her/him drop charges. Making her/him do illegal things.

MINIMIZE/DENY/BLAME:
Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying she/he caused it.

INTIMIDATION:

USING SOCIAL STATUS:
Treating her like a servant. Making all the decisions. Acting like the “master of the castle.” Being the one to define men’s and women’s roles.

PEER PRESSURE:
Threatening to expose someone’s weakness or spread rumors. Telling malicious lies about an individual to peer group.

The diagram illustrates various forms of violence, emphasizing both physical and sexual abuses, and the power and control dynamics involved.
If you haven’t had a lot of dating experience, you might not recognize some unhealthy behaviors...

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jealousy</td>
<td>“He (or She) loves me so much, he (or she) can’t stand to think of me with other guys (or girls)”</td>
</tr>
<tr>
<td>Possessiveness</td>
<td>“He (or She) is just being protective”</td>
</tr>
<tr>
<td>Controlling</td>
<td>“He (or she) cares about me and wants the best for me”</td>
</tr>
<tr>
<td>Stalking/Harassment</td>
<td>“He (or She) must love me, he can’t stop thinking about me and texting me”</td>
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What are some signs, “Red Flags,” that a relationship may be “UNHEALTHY”?
But they were so nice in the beginning....!

Teens who end up being abusive often start out being very nice, attentive, charming, romantic.... but then “RED FLAGS” begin to crop up over time.
The other person:

- Physically hurts or threatens you in any way
- Tries to **CONTROL** what you do, whom you see, what you wear, etc.
- Bullies you
- Has an explosive temper
- Makes you **FEEL AFRAID**
- Puts you down trying to make you feel badly about yourself.
- Calls you names or yells at you
The other person:

- Does/says things to embarrass or humiliate or shame you alone or in front of others
- Talks trash about you behind your back/tries to ruin your reputation
- Tells your secrets to other people
- Is very jealous or accuses you of things you didn’t do
- Tries to ISOLATE you from family/friends/school
The other person:

- Repeatedly pressures you to have sex or expects sex in return for spending money on you
- Always blames you when things go wrong
- Blames you for choices they make
- Tries to make you feel guilty a lot
- Pressures you to do things you think are wrong, e.g., using drugs/getting drugs for him or her
The other person:

- Spies on you
- Stalks you/ “pops up” when you don’t expect to check up on you
- Says he or she can’t live without you
- Says they’re going to hurt themselves or you or someone else if you don’t do what they want or try to leave him/her (VERY DANGEROUS).
The other person:

- monitors your cell phone/computer activity
- spreads rumors about you online or through texts
- threatens to share or shares private or embarrassing photos of you
- sends insults
An unhealthy relationship can make you feel...

- Alone
- Anxious
- Worried
- Stressed out
- Afraid
- Depressed
- Upset
- Angry
- Frightened
- Tense
- Nervous
- Confused

- Like it’s hard to trust people
- Ashamed
- Guilty
- Inferior
- Dumb
- Ugly
- Fat
- Stupid
- Like it’s always your fault whenever the other person gets upset
- Like you don’t deserve any better
“SORRY IS NOT ENOUGH”

APOLOGIES
DON’T MEAN
ANYTHING
IF YOU KEEP
DOING WHAT
YOU’RE
SORRY
FOR.

My Boe Victoriæ
“SORRY IS NOT ENOUGH”

- Sometimes one incident of something is enough to end a relationship, for instance, physically hurting or threatening to hurt you, someone you care about, or themselves in any way, or forcing sex on you.

- Other times if something happens once, the person needs to take responsibility for the behavior and actually change it. If it happens again, it’s likely to get worse.
Act I: “I can explain.”

A story of teen dating violence as told primarily by the teenage survivor.

Starts at 10’18” into the show and ends at about 40”23.”

http://www.thisamericanlife.org/radio-archives/episode/567/whats-going-on-in-there
How to handle non-violent red flags early on…

• First, make sure you are safe.
• Inform him or her that you do not want that kind of behavior or relationship and tell him or her what kind of behavior you expect.
• If you’re the other person continues that or some other unhealthy behavior, it’s another RED FLAG that you will continue to be mistreated.
ENDING A RELATIONSHIP SAFELY

The longer you wait, the longer the abuse goes on, the more difficult it can be to get out.

If you decide to end the relationship, use the SAFETY PLANNING guides available in the handouts and on the Child Abuse Council Website because leaving can potentially be the most dangerous time.
Abuse: it can last a lifetime...

- Bullying
- Teen dating violence
- Intimate Partner Violence
- Elder Abuse
Cycle of Abuse

1. Honeymoon Period:
   - Apologies
   - Promises
   - Blaming
   - Gifts

2. Explosion
   - (physical, emotional, sexual)
   - Attacks and Threats

3. Tension Builds
   - Criticism
   - Yelling
   - Swearing
   - Caution
   - Anger
Why do you think people stay in abusive relationships?
Here are just some of the reasons.
“Who would have believed me?”

“I didn’t want to tell any of my friends what my boyfriend was really like. Who would have believed me? I was supposed to be smart, and smart people don’t get into abusive relationships, do they? So I said everything was okay. Great, even. I talked about all his good qualities and hid the bad ones.

Even if they did believe me, I didn’t want anybody to think I was dumb for not leaving him. I didn’t want them to ask me how I got into this in the first place, because the truth was that I didn’t know. It would probably seem so obvious to them, and I’d feel so embarrassed that I hadn’t seen the signs.”
WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

Leaving is not always easy...

- Sometimes people don’t even realize they’re being abused because they have learned that this kind of treatment is normal, OK, and should be expected.
WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

Sometimes the abusive person is like Dr. Jekyll, very nice, especially at first and in front of others. Then he or she turns into Mr. or Ms. Hyde, mean and cruel, often in private. So the mistreated person feels that no one will believe him or her about the abuse.
WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

Often the person who is doing the mistreatment blames the mistreated person for causing it and says that if the “victim” would only change, he or she wouldn’t hit or be mean etc. So the mistreated person comes to believe if only, for instance, she would change, he wouldn’t be so mean. But that’s just not true because it’s the person behaving abusively who has the problem.
WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

- Love! And because they think they can change the other person. i.e., that if they just figure out what the other person wants and act that way, the other person will stop being mean and just be nice.
- They love Dr. Jekyll, and just want him. But they don’t really have the power to get rid of Mr. Hyde. Only the other person can control Mr. Hyde, and sometimes they never do.
WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

The teen may feel sorry for the other wanting to help with his/her problems not realizing that the teen is powerless to change the partner’s abusive behavior.
WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

FEAR

- That the other person will hurt her or him, hurt themselves, or someone else
- That the other person or their friends will seek revenge and/or try and ruin her or his reputation or embarrass him or her; loss of social status
- Of hurting the other person’s feelings
- Of being alone, lonely, single
What to do?

What are some things you can say or do to handle red flags early on?

What works?

What’s helpful?
How to handle red flags early on...

The earlier you set limits, the better chance you have of changing the behavior or getting out safely.

Things you can do...

• Say how you feel. Ex: “When you raise your voice to me, it makes me feel scared.” Instead of “Stop being a jerk.”
• “When you try to tell me what to wear, it makes me feel like my opinion doesn’t matter.”
• “I can’t answer that right now. I need time to think.”
• Talk with responsible and trusted adults for feedback.
• Break up SAFELY if necessary.
What can you do if you realize you are already in an abusive relationship?
What if I think I’m being abused?

Tell someone!
Don’t stay silent!
● Tell someone you trust.
● It could be a friend or teacher, counselor or your parent.
Who is safe to tell?

Adults you could tell:

- Teachers
- School counselors
- Trusted relatives
- Your parents (if you trust them)
- Some adults like teachers and doctors are mandated reporters
Who **not** to tell

- People who judge you for staying
- People who don’t believe you
- People who defend your partner or blame you
- People who will report back to your partner
Safety first!

Leaving is one of the most dangerous times—very important NOT to discuss with your partner plans to leave—you risk physical injury or worse.
Have a safety plan:

- Where can you go for help?
- Who can you call?
- Who can and will help you?
- How will you escape if the situation becomes violent?
- What can you do to make yourself safer?
Tips for creating a safety plan to leave an abuser...

• If you live with your abuser, try to leave the house on a regular basis and maintain a daily routine – this will help you leave without drawing attention to yourself

• Learn the best route to get to a safe location in times of an emergency

• Remember, you have needs too--take care of them!

• Don’t stay in an abusive relationship to “protect” your partner

• If you need a place to stay, contact the National Teen Dating Abuse helpline at 866-331-9474
PLEASE REMEMBER

- You cannot change your partner’s abusive behavior, only he or she can.
- Try not to be alone with your abuser if they have a tendency to get violent.
- Don’t be alone with him or her when you are breaking up if you think it could be dangerous (ex: meet in a public place).
More tips...

- Keep a private journal of your experiences that your partner can’t find
- Keep cell phone charged for emergencies—it’s a felony to prevent someone from calling 9-1-1
- Keep items you might need to take with you ready: cash, I.D., keys
Remember...

If you’re being abused:
Many others have experienced the same things as you, you don’t have to feel like you’re alone. Abuse is NEVER your fault.
What if my friend is being abused?

What could you do if you thought your friend was being abused?

(Hints: What do you say to them? Should you ever tell an adult? When would it be appropriate?)
If your friend is being abused...

- Be supportive and nonjudgmental
- Don’t push advice onto your friend
- Encourage your friend to be open with you
If your friend is being abused...

- Be gentle with your friend. Getting frustrated with them for not leaving will only make them feel worse, not convince them to leave.

- Express concern, but not judgement, anger, frustration, rejection – or they just won’t tell you the next time and they will become more isolated.
Things you can say

“I’m concerned for your safety”
“I’m concerned it’ll only get worse”
“You’re not alone, I’m here for you”
“You don’t deserve to be treated this way, no one does”
“It’s not your fault”
If you feel you cannot tell an adult...

- Educate your friend on teen dating violence

- Give your friend resources (e.g. websites, books, hotline phone numbers, handouts that we have here today)
Conclusion

- Dating violence comes in many forms, including physical, emotional, sexual, financial and technological.
- Watch out for red flags that may signal abuse.
- Abusers can alternate between being affectionate and abusive.
- Healthy relationships involve mutual support, trust, shared power, and feeling loved, respected and safe.
- If you suspect you or someone you know is in an abusive situation, try to get help from trustworthy sources.
Conclusion

- Be supportive of friends, not judgmental
- Even if you grew up in a violent home you can choose a different path
- You can choose to treat your partner the way you wish you had been treated
- You have a right to be treated well in any relationship
- You deserve to live in peace, safety, and freedom in your own home!

BE SAFE AND ENCOURAGE OTHERS TO BE SAFE.
WE GET IT!

- If you are experiencing dating violence, or know someone who is,
- there is help available!
Thanks to all those who helped organize and produce this symposium this PowerPoint, and the handout materials.

The written information presented on the PowerPoint was taken from the following resources and others located on the website for the Child Abuse Council of Santa Clara County at: https://www.sccgov.org/sites/cac/Pages/cac.aspx
Resources

The National Domestic Abuse Hotline:
• Offers 24-hour help by online chat (at loveisrespect.org)
• Text (text "loveis" to 22522)
• Phone (1-866-331-9474)
• Aimed at young people of all genders
• Abused girls may be more willing to seek help. There's a lot of stigma about boys and men reaching out when they are victims. Don’t let that stop you from getting help!
Resources

LoveIsRespect.org
1-866-331-9474
Text “loveis” to 22522
http://www.loveisrespect.org/

The National Domestic Violence Hotline
1-800-799-7233
http://www.thehotline.org/

Chat 4 Teens
http://www.billwilsoncenter.org/teens/chat4teens.html

National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Sexual Violence Resource Center
www.nsvrc.org

Peace-It-Together
408-744-1009
info@peace-it-together.org

Bill Wilson 24/7 Youth Hotline at (888) 247-7717 to speak with a counselor over the phone.
Resources

Community Health Awareness Council (CHAC)
(650)965-2020
http://www.chacmv.org/

Bill Wilson Center
(408) 243-0222
http://www.billwilsoncenter.org/services/services_for_teens.html

Family & Children Services
(408)292-9353
http://www.fcservices.org/

LGBT resources
Family & Children Services LGBTQ Youth Space Program
(408)343-7940
http://www.fcservices.org/lgbtq-youth-space-program/

Outlet
http://www.chacmv.org/?page_id=575

Trevor Project Lifeline
1-866-488-7386
Resources

National Center for Victims of Crime: Stalking

Adolescent Counseling Services (ACS)
http://www.acs-teens.org

California Youth Crisis Line
1-800-843-5200
http://www.youthcrisisline.org
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