Breaking the Cycle of Intimate Partner Violence Among Young People

Erica Villa, Next Door Solutions
What are the consequences

- Impact on mental health
- Unhealthy coping mechanisms
- Social emotional wellbeing
- Increase likelihood of self harm
Breaking the Cycle

• Youth work is both prevention and intervention

• ACES

• Greater focus on trauma and effects later in life
What do youth need?

- A Strong Support System
- Programs and services that help youth address underlying trauma
- Opportunities to build resiliency
- Youth involvement in program development
  - Planning
  - Implementation
  - Evaluation
Ending gender based violence requires shifting our focus to the people inflicting the violence

- Current approaches are mostly punitive and help is only available until after one is part of the justice system.
- Many perpetrators were victims of violence earlier in life.
Breaking the cycle of IPV recidivism

• Implement trauma-sensitive systems of care

• Seek to understand what happened to you rather than what’s wrong with you

• Provide choices and seek to understand each person in the context of life experiences, cultural background, gender identity and historical trauma
How can we stop teen dating violence before it starts?

- Focus on healthy relationship
- Everyone who works with youth has a role to play
- Offer programs for youth who already experiencing abuse and violence
What To Do If You Or Someone You Know Is Experiencing IPV

• LISTEN, BELIEVE, SUPPORT
• Safety Plan
• Trauma-sensitive approach
• Client defined services
• Know where to get help
What is an abusive relationship? An abusive relationship isn’t just an argument every once in a while or a bad mood after a rough day; it is a pattern of harmful, controlling behavior that someone uses against their partner. Abusive relationships are all about power and control and may not always involve physical abuse. Abuse can happen in any dating relationship.

Facts about Abuse in Relationships:

- No one deserves to be beaten (hit, kicked, grabbed, or any other type of physical force), threaten, or victimized in any way by violence or abuse.
- Abuse is a learned behavior. Sometimes people see it growing up. Other times it’s learned from friends or popular culture. No matter where abuse is learned, it is never ok or justified.
- Alcohol and drugs can escalate an already abusive situation, but they do not cause someone to be controlling.
- Jealousy is a natural emotion, but untamed jealousy is a sign of possessiveness and control.
- Anyone can be abusive and anyone can be the victim of abuse. It happens regardless of gender, age, sexual orientation, race or economic background.
- Many people experience or witness abuse growing up and choose not to use those negative and hurtful ways of behaving. It’s most important to know that abuse is a choice, and it’s not one that anyone should ever make.

Qualities of a Healthy Relationship

- Mutual respect
- Support
- Trust
- Honesty
- Open communication
- Separate identities
- Fairness
- Equality

Qualities of an Abusive Relationship

- Jealousy
- Possessiveness
- Controlling behavior
- Blaming others for problems or feelings
- Use force/guilt during intimacy
- Verbal abuse / Emotional Abuse
- Isolation; cutting off from friends/family
- Breaking/throwing objects or punching walls

26% of Women and 15% of Men experience intimate partner violence before the age of 18.

Commented [EV1]: What about this instead… 1 in 3 young people experience some form of abuse from a dating partner before they become adults

Commented [EV2R1]:
Test Your Relationship

Does your partner........

☐ Call you names or put you down?
☐ Get jealous when you spend time with friends or family?
☐ Tell you what to wear or make decisions for you?
☐ Frequently accuse you of cheating or flirting?
☐ Hit, push, kick, or shove you?
☐ Threaten to harm or kill you or someone you know?
☐ Blame you for all of their problems?
☐ Excessively call/text you or look through your phone?
☐ Threaten to harm themselves if you try to break up?
☐ Pressure you to use drugs or alcohol?
☐ Force or coerce you into having sex or sexual acts?
☐ Somehow twists words so that it is always your fault?

If you checked YES to any questions, you may be in an abusive relationship.
You are not alone. Help is available!

If you or someone you know is in an abusive relationship, Get help.

DO........

• Talk to a trusted adult, parent, or mentor to create a safety plan.
• Seek out support from your guidance counselor or school social worker.
• Listen to them without judging.
• Tell them that you are concerned for their safety and that it is NOT their fault.
• In an emergency, call 911.
• Call Next Door Solution’s hotline 408-279-2962

DON’T........

• Confront or attack the abuser (this will only escalate the violence and may increase danger).
• Tell the person being abused what to do (this may further isolate them).

Abuse is never the victims’ fault. You are not alone.

Next Door Solutions to Domestic Violence 24/7 Hotline: 408.279.2962

Next Door Solutions to Domestic Violence - 2019
10 Tips on Talking about Healthy Relationships with Teens

1. **Encourage open, honest, and thoughtful reflection.** Talk openly with young teens about healthy relationships. Allow them to articulate his or her values and expectations for healthy relationships. Rather than dismissing ideas as “wrong”, encourage debate —this helps young people come to his or her own understanding.

2. **Be sensitive and firm.** Parenting a young teen is not easy—especially when it comes to helping him or her navigate their way through relationships. To be effective, you will need to find the balance between being sensitive and firm. Try to adapt to the changes faced by your child. Be willing to talk openly and respect differences of opinion. And, realize that the decisions you make will sometimes be unpopular with your young teen.

3. **Understand teen development.** Adolescence is all about experimentation. From mood swings to risk taking, “normal teenage behavior” can appear anything-but-normal. New research, however, reveals that brain development during these formative years play a significant role in young teen’s personality and actions. Knowing what’s “normal” is critical to helping you better understand and guide young people.

4. **Understand the pressure and the risk teen’s face.** Preteens and young teens face new and increasing pressures about sex, substance abuse and dating. Time and time again, young teens express their desire to have parents/role models take the time to listen to them and help them think through the situations they face – be that person!

5. **Take a clear stand.** Make sure young teens know how you feel about disrespect, use of abusive or inappropriate language, controlling behavior, or any forms of violence,

6. **Make the most of “teachable moments”.** Use TV episodes, movies, music lyrics, news, community events or the experiences of friends to discuss healthy and unhealthy relationships.

7. **Discuss how to be an ‘upstander’.** Teach teens how to stand-up for friends when he or she observes unhealthy treatment of his or her peers.

8. **Accentuate the positive.** Conversations about relationships do not need to focus solely on risky behavior or negative consequences. Conversations should also address factors that promote healthy adolescent development and relationships.

9. **Be an active participant in your young teen’s life.** Explore ways to know more about your young teen’s friends and interests. Find activities you can do together.

10. **Be prepared to make mistakes.** You will make mistakes. Accept that you will make mistakes, but continue to help teens make responsible choices while trying to maintain that delicate balance of being sensitive, but firm.
Resources Available

If you or someone you know is in a life-threatening situation, call 911. If you are in crisis and need to speak to someone at any time, you can call any of the following providers who operate crisis lines. It is important to emphasize the seriousness of the situation of abuse you are in. At any time, you may reach out and make an appointment to meet with an advocate to explore your options. Remember that there is help.

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Services Provided</th>
<th>Area / Language</th>
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<tbody>
<tr>
<td>AACI</td>
<td>DV Shelter, support services for survivors of DV or HT, Legal Advocacy</td>
<td>Santa Clara County Languages: Chinese, Khmer, Lao, Mien, Spanish, Tagalog, Thai, and Vietnamese</td>
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<tr>
<td>Community Solutions</td>
<td>DV Shelter, support services for survivors of DV, HT, or SA, legal advocacy</td>
<td>Santa Clara and San Benito County –Santa Clara County service area includes: Morgan Hill, San Martin, Gilroy Languages: Spanish, Punjabi, Hindi, and Portuguese</td>
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<tr>
<td>Maitri</td>
<td>Transitional housing, support services for survivors of DV, legal advocacy</td>
<td>Santa Clara County Languages: Bengali, Gujarati, Hindi, Malayalam, Marathi, Marwari, Punjabi, Sindhi, Tamil, Telugu, and Urdu</td>
</tr>
<tr>
<td>Next Door Solutions</td>
<td>DV Shelter, support services for survivors of DV, legal advocacy</td>
<td>Santa Clara County: Languages: Spanish</td>
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<tr>
<td>YWCA Silicon Valley</td>
<td>DV Shelter, support services for survivors of DV, HT, or SA, therapy/counseling, legal advocacy</td>
<td>Santa Clara County Languages: Spanish</td>
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Bill Wilson Center's

24/7 Teen Line for Youth — 1-888-247-7717
Provides 24-hour supportive listening for any reason, including health, relationships, crisis, and information and referrals.

SOS Crisis Hotline — 1 (408) 278-2585
The SOS Crisis Hotline serves youth between the ages of 5 - 17 in Santa Clara County who may be experiencing behavioral crisis. We provide services to the youth and their family or support persons.

Young Adult Support Hotline — 1 (408) 850-6140
Bill Wilson Center's Transition Age Youth Mental Health Services provide immediate mental health services to young people ages 16 - 24 years old that may be experiencing a mental health crisis.

Alum Rock Counseling Center (ARCC) — (408) 294-0500 www.alumrockcc.org
Hotline: (408) 294-0579 , or 1-877/SOSARCC (7 days a week, 24 hours a day)
ARCC has a lot of affordable programs and services for minors and families. They help them have and keep healthy lives. It’s mostly for kids from 11-17 years old. There are ARCC services for younger children, but they have to be referred. ARCC takes in runaways. They will help them find temporary housing.