

A top-down view of a desk with a white keyboard, mouse, AirPods, earbuds, a notebook, a succulent, and a photo.

MAKE IT STOP: DISCUSSING DATING VIOLENCE AND TOXICITY IN RELATIONSHIPS

**MICHELE LUC, TRAINER
ACT FOR YOUTH CENTER FOR
COMMUNITY ACTION**

HOUSEKEEPING

Audio

You control the volume.
Please mute yourself
during the presentation.



Verbal &/or Written Communication

- A. Type in the chat box (either publicly or privately)
- B. Unmute your line & speak to the group



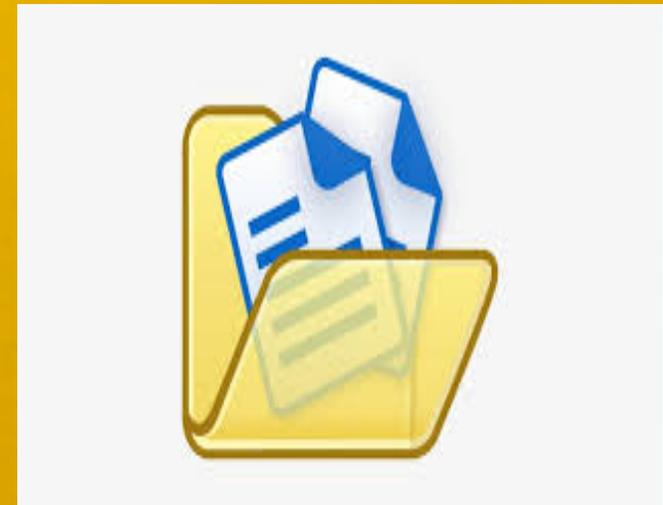
HOUSEKEEPING

Delays?

**Try closing out the
other tabs &
background activity**



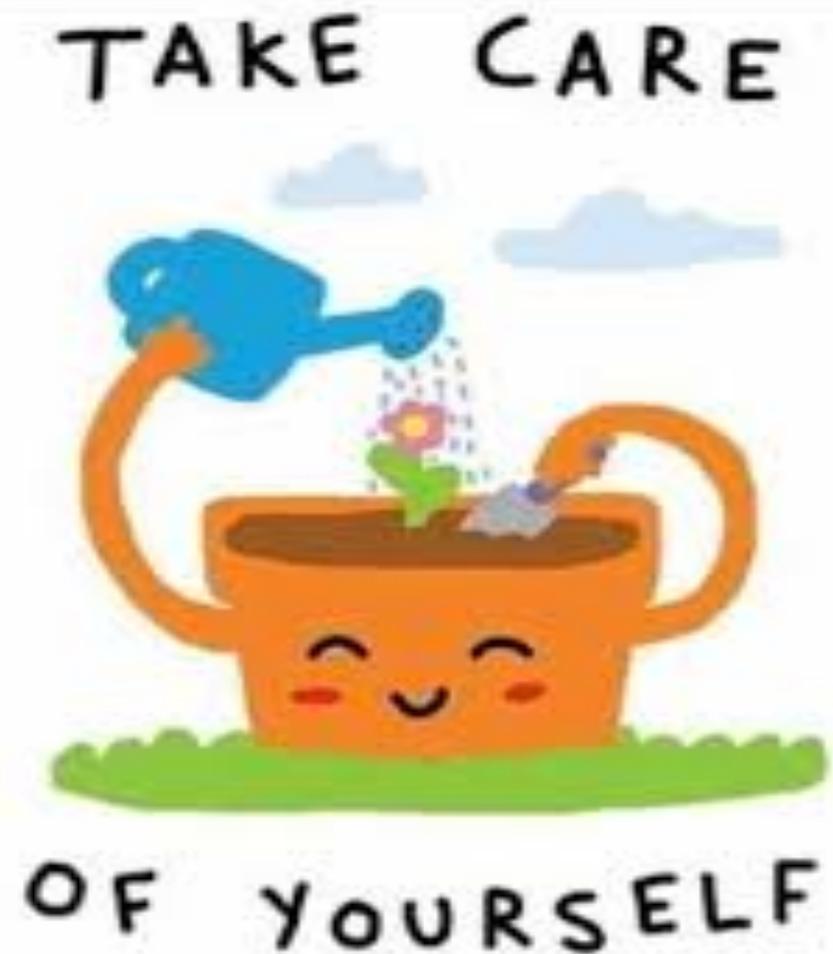
**Recording & PPT Slides
will be shared following
the session.**



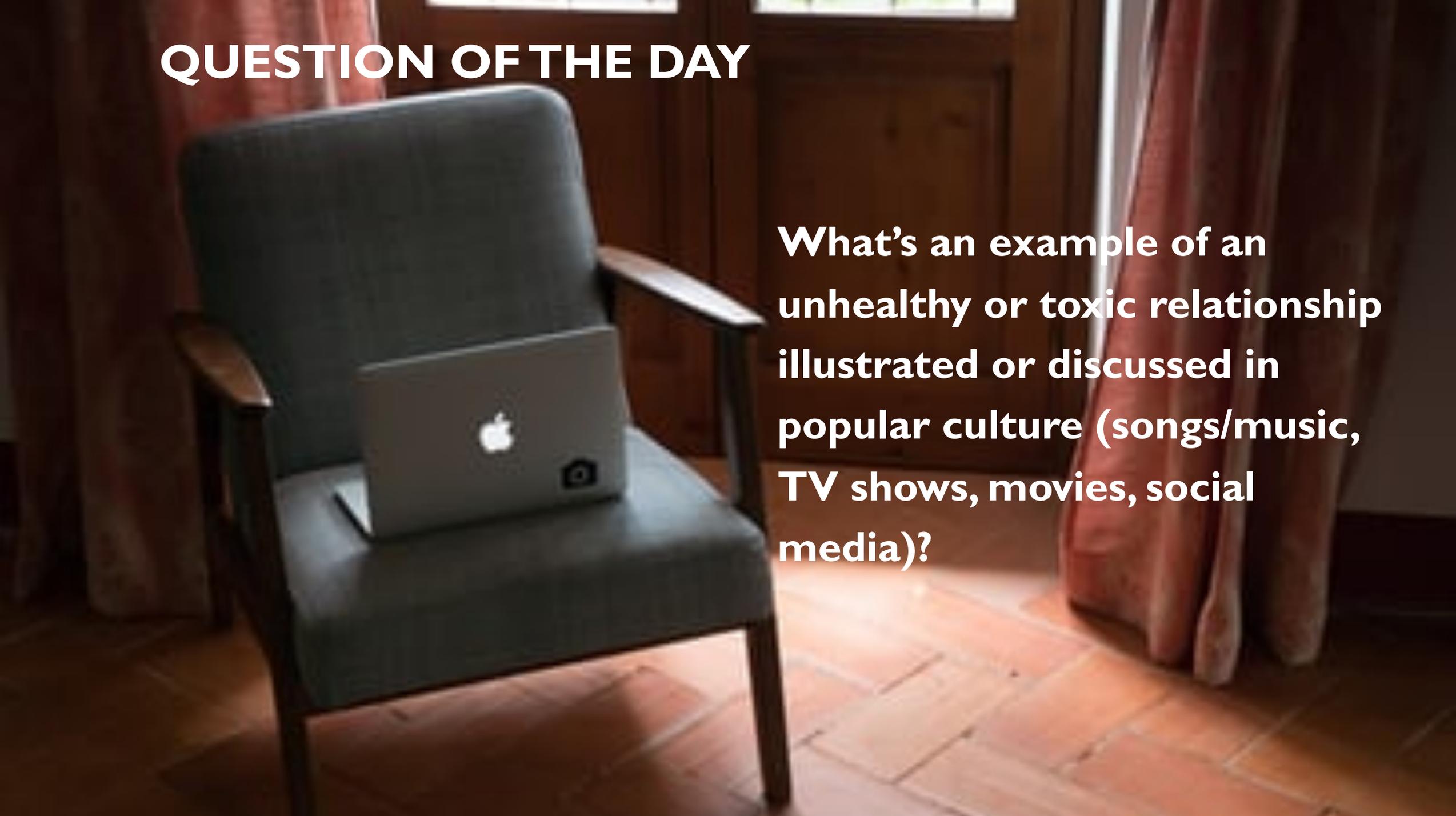
AGENDA

- **Welcome & Introduction**
- **Dating violence overview (definition, forms, examples, stats)**
- **Special considerations inc. youth, batterers & COVID-19**
- **What Now? How to prevent, interrupt & address dating violence**
- **Resources**

TRIGGER WARNING/
SELF-CARE REMINDER



QUESTION OF THE DAY

A blue armchair with a laptop on it is positioned in a room with wood paneling and red curtains. The laptop is a silver MacBook with a white Apple logo and a small black sticker on the back. The room has a warm, dimly lit atmosphere with light coming from a window behind the chair. The floor is made of reddish-brown tiles.

What's an example of an unhealthy or toxic relationship illustrated or discussed in popular culture (songs/music, TV shows, movies, social media)?

WHAT IS DATING VIOLENCE?

- Dating Violence refers to a form of abuse that occurs in intimate or romantic relationships.
- The abuse is characterized by a pattern of controlling and sometimes violent behavior in casual or serious relationships.
- Similar terms include: domestic violence (DV), intimate partner violence (IPV) or teen dating violence.
- A toxic relationship is a one characterized by behaviors on the part of the toxic partner that are emotionally and, not infrequently, physically damaging to their partner.

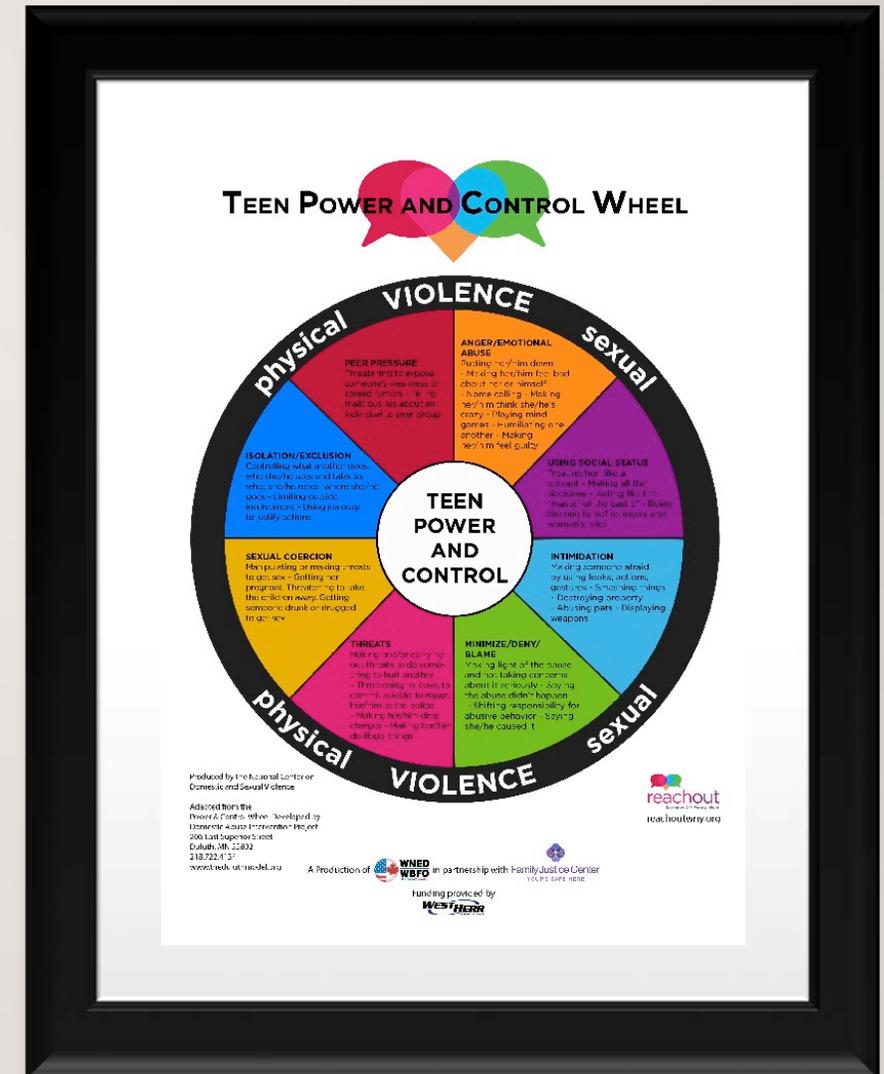
FORMS OF ABUSE

- Verbal – Name calling, cursing, yelling, mocking, threatening to hurt you or a loved one, slut-shaming
- Emotional – Manipulation (threatening to: out you, hurt themselves, report you or your family to authorities), blaming you for everything, accusing you of cheating
- Physical – Slapping, punching, choking, sexual assault, throwing objects at you, preventing you from using birth control
- Financial – Forbidding you from working, hiding assets, controlling how money is spent
- Digital (Tech) – Monitoring your whereabouts on social media, sending unwanted pics, demanding explicit pics, videotaping you without your knowledge, sharing explicit pics of you with others via text or email, posting explicit pics or videos of you on social media

TEEN POWER & CONTROL WHEEL

From Reach Out Western NY. For this multiple versions of this, including one for LGBTQ Youth:

<https://www.reachoutwny.org/resources/>



CHAT OR TALK QUESTION

Of the list from the previous slide, which form of abuse most impacts the youth with which you work?



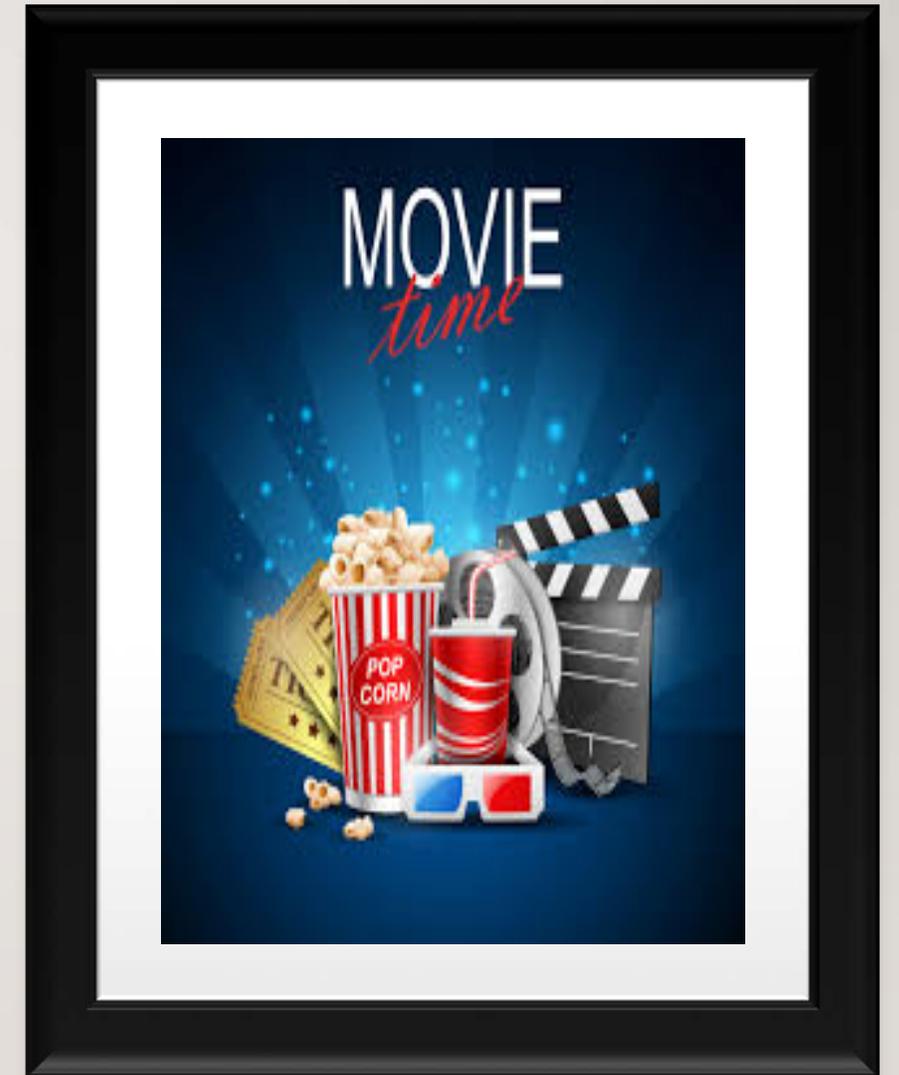
VIDEO

Intimate Partner Violence – Amaze:

<https://youtu.be/vK3RhRwMwlg>

Sunshine – Don't Confuse Love & Abuse – Day One:

<https://youtu.be/IL6HB97lbrQ>



STATS ON ABUSE & DATING VIOLENCE

- 1 in 3 teens nationally report experiencing some kind of abuse in their romantic relationships, including verbal & emotional abuse. (1)
- One US study found that 43% of LGBT youth reported being survivors of physical dating violence, compared to 29% of heterosexual youth. 59% of LGBT youth reported experiencing emotional abuse, compared to 46% of heterosexual youth. (2)
- A 2013 study found that the most frequent form of harassment or abuse was tampering with a partner's social networking account without permission. Nearly 1 in 10 teens in relationships report having this happen to them in the past year. (3)

STATS ON ABUSE & DATING VIOLENCE

- As many as 1 in 12 Americans has been targeted by revenge porn (4)
- In a survey of high school guidance counselors in 2012, 81% said their school had no protocol for responding to a report of dating violence. And while 61% said they had had occasion to advise a survivor of dating violence in the previous two years, 90% said there had been no staff training in the previous two years regarding students experiencing dating abuse. (5)
- Among American high school students who have experienced sexual and physical abuse by a dating partner, 9 out of 10 have seriously contemplated suicide, and over 80% have attempted suicide. (6)

CHAT OR TALK QUESTION

- What are some examples of a healthy relationship?
- What are some examples of an unhealthy relationships?



THE RELATIONSHIP SPECTRUM

From Love Is Respect:

<https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2020/11/2020-LIR-Relationship-Spectrum-onepager.pdf>

The relationship spectrum
All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.

Healthy relationships are based on equality & respect
You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality

Unhealthy relationships are based on attempts to control the other person
One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior

Abusive relationships are based on an imbalance of power & control
One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation

The project described here was supported by Grant Number 2020-0201-020 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.

love is respect

CHAT OR TALK QUESTION

What are some of the reasons why someone might stay in an abusive or toxic relationship?

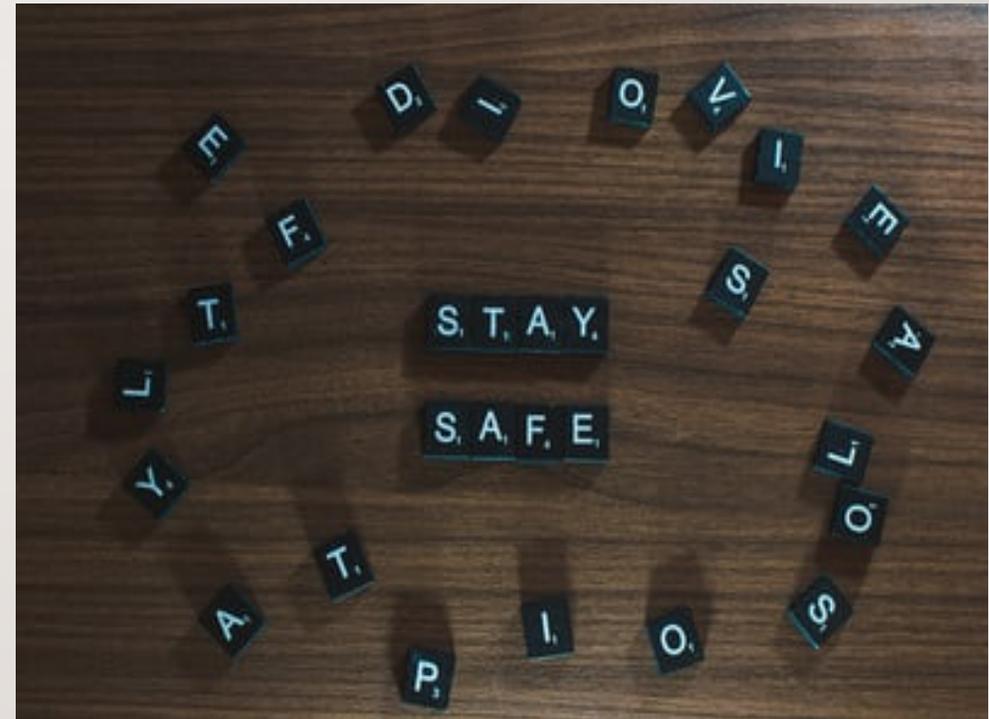


WHAT ABOUT THE ABUSIVE PARTNER?

- While the main focus of IPV intervention is addressing the needs of the person being abused, there is increasingly a call support services for the abuser.
- Do you think this important? Why or why not?
- Resource: <https://www.thehotline.org/support-others/help-for-abusive-partners/>

DAY 1 VIDEO ON DATING VIOLENCE & COVID-19 SOCIAL ISOLATION & DOMESTIC VIOLENCE:

[HTTPS://YOUTU.BE/AMKH4_CO3RY](https://youtu.be/AMKH4_CO3RY)



DATING VIOLENCE & COVID-19

- According to the World Health Organization, there was a 60% increase in women reporting emergency domestic abuse situations in April 2020.
- Shut downs & restrictions have made toxic & abusive relationships exponentially more volatile, particularly those sharing the same space.



DATING VIOLENCE & COVID-19

- Lockdowns and stay-at-home orders contribute to social isolation by:
 - Separating victims from their support networks
 - Reducing the time victims have away from their abusers
 - Placing families in close contact for long periods of time
 - Diminishing access to childcare services, food, education
 - Increases physical and mental health issues such as depression, risky sexual behavior, and substance abuse
- Layoffs and loss of income place financial stress on families that can lead to violence
- RESOURCES: Futures Without Violence - <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>



WHAT NOW?

STRATEGIES FOR PREVENTING, INTERRUPTING &
ADDRESSING DATING VIOLENCE

PREVENTION STRATEGIES

- **E**ducate young people on what healthy, unhealthy & abusive relationships look like.
- **L**earn your youth so that you notice changes in their mood, attitude, actions, etc. Also, learn what policies are in place in your organization to address IPV.
- **M**odel what a healthy relationship looks like in your interactions, language & behavior.
- **O**bserve how your youth treat their others in their lives (and how they allow other people to treat them).

INTERRUPTION STRATEGIES

- Be Aware! Recognize red flags (not just the physical ones) in relationships when you see them (e.g. controlling behavior, monitoring social media account, outbursts, etc.)
- Question problematic behavior early without attacking the person exhibiting them. Ask youth in a non-judgmental way how they feel about their relationship.
- Be a constant supportive ear---don't give up on folks because you think they're handling it wrong.
- Reachout Guide for Teachers to Support Students (inc. video):
<https://www.reachoutwny.org/teachers/>

RESOURCES ON HEALTHY RELATIONSHIPS FROM ACT FOR YOUTH & OUR ACT PROVIDERS

Want to educate your youth on healthy relationships, but you don't know where to begin?

- Use the resources (workshops, videos, etc.) developed by CAPP & PREP providers in the **Healthy Relationships Work Group** & shared in on **The Hub/Blog** on the ACT site:
<http://blog.capp-prep.actforyouth.net/category/work-group-healthy-relationships/>

OR

- Check out the Dating Violence page on the ACT site:
http://actforyouth.net/sexual_health/behaviors/dating_violence.cfm

RESOURCES: WEBSITES & HOTLINES

- National Domestic Violence Hotline:
Visit <http://thehotline.org>, text LOVEIS to 22522, or call 1-800-799-SAFE (7233)
- Love is Respect:
<https://www.loveisrespect.org/> / 866.331.9474
- Reach Out (Western NY/Erie County):
<https://www.reachoutwny.org>
- Day One (NYC-based organization that works with youth under the age of 24):
<https://www.dayoneny.org> / Helpline: 800-214-4150 / Text Line: 646-535-DAY1(3291)
- OCO Services to Aid Families (SAF) in Oswego County. Crisis Hotline: 315-342-1600 /
<https://www.oco.org>

RESOURCES: WEBSITES & HOTLINES

- Teen Dating Violence Month (organization): <https://www.teendvmonth.org>. Check out their listing of dating violence curricula @ <https://www.teendvmonth.org/resources/for-educators/>
- VAWnet.org (A project of the National Resource Center on Domestic Violence). <https://vawnet.org>
- Connect NYC: NYC-based organization dedicated to addressing violence in families and communities. <https://www.connectnyc.org>

VIDEOS ON DATING VIOLENCE

- Sunshine – Don't Confuse Love & Abuse – Day One: <https://youtu.be/IL6HB97lbrQ>
- Social Isolation and Domestic Violence – Day One: https://youtu.be/AmKH4_Co3rY
- Intimate Partner Violence – Amaze: <https://youtu.be/vK3RhRwMwlg>
- What Is Intimate Partner Violence? – CDC: <https://youtu.be/VuMCzU54334>
- Know the Signs – Community Healthcare Network: <https://youtu.be/3aH-RxmeIRU>

RESOURCES - ARTICLES

1. **Studies Show LGBT Youth Face Higher Risk of Dating Violence:** <https://www.teendvmonth.org/studies-show-lgbt-youth-face-higher-risk-of-dating-violence/>
2. **How to Teach Your Teen to Recognize the Signs of a Healthy Relationship:** <https://www.teendvmonth.org/how-to-teach-your-teen-to-recognize-the-signs-of-a-toxic-relationship/>
3. **Is Teen Dating Violence More Prevalent in Rural Parts of the Country?:** <https://www.teendvmonth.org/is-teen-dating-violence-more-prevalent-in-rural-parts-of-the-country/>
4. **Defining Toxic Relationships: 8 Types of Toxic Relationships and their signs:** <https://healthscopemag.com/health-scope/toxic-relationships/>
5. **Responding to the Needs of Immigrant Survivors of Domestic Violence:** <https://vawnet.org/sc/immigrant-women-and-domestic-violence>
6. **11 Things to Know About Domestic Violence During COVID-19 and Beyond:** <https://www.healthline.com/health/things-to-know-about-domestic-violence>

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2. Dank, M., Lachman, P., Yahner, J., Zweig, J.M. (2013). Dating Violence Experiences of Lesbian, Gay, Bisexual, and Transgender Youth. *Urban Institute*. Retrieved March 6, 2017, from <http://www.urban.org/research/publication/dating-violence-experiences-lesbian-gay-bisexual-and-transgender-youth>
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6. Vagi, K. J., Olsen, E. O. M., Basile, K. C., & Vivolo-Kantor, A. M. (2015). Teen dating violence (physical and sexual) among US high school students: findings from the 2013 National Youth Risk Behavior Survey. *JAMA Pediatrics*, 169 (5), 474-482.

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