

Promoting Healthy Relationships and Preventing Teen Violence

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Peace Over Violence

Overview

- What is Teen Dating Violence?
- Dating Power and Control, and Cycle of Violence
- Types of Abuse
- Myths and Realities for Teens
- Warning Signs and Effects of TDV
- Technology and TDV
- Providing Support to Survivors
- Safety Planning for Teens
- School Response
- Resources

What is Teen Dating Violence?

- Teen dating violence is a pattern of emotional, verbal, sexual or physical abuse used by one person in a current or past relationship to exert power and control over another.
 - One or both partners are teenagers.
 - It occurs among mixed or same-gender couples, and in all ethnic, racial, cultural and economic groups.



Cycle of Violence

1. Honeymoon Phase

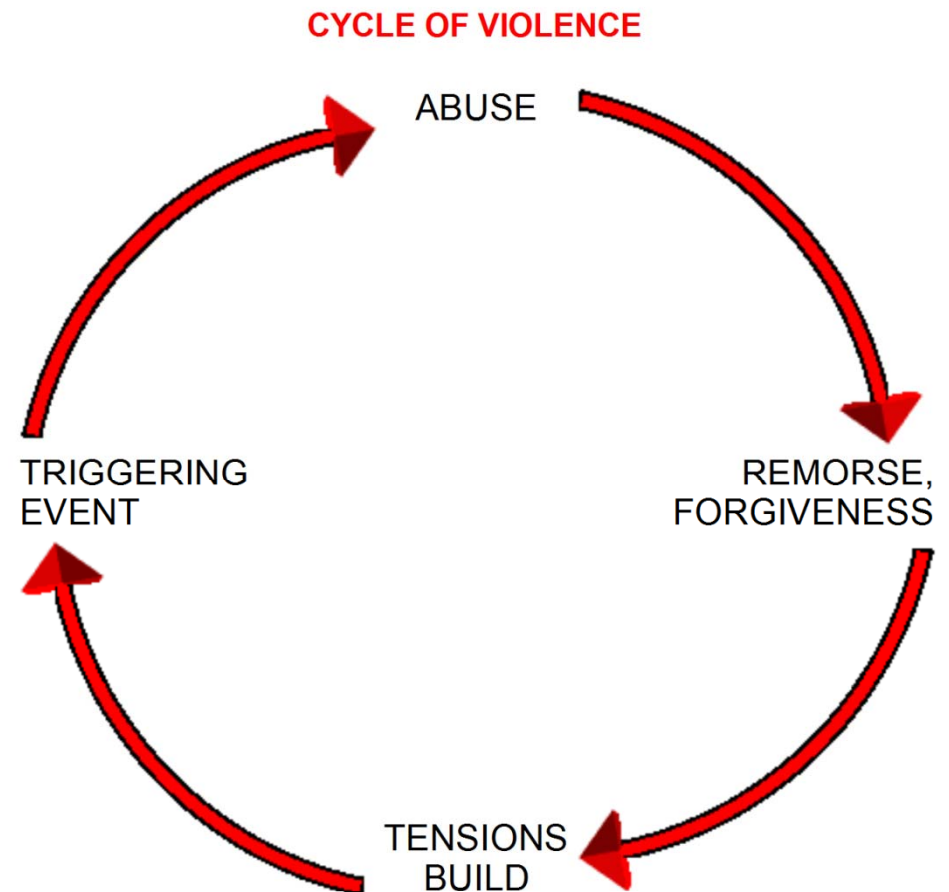
Remorse
Forgiveness

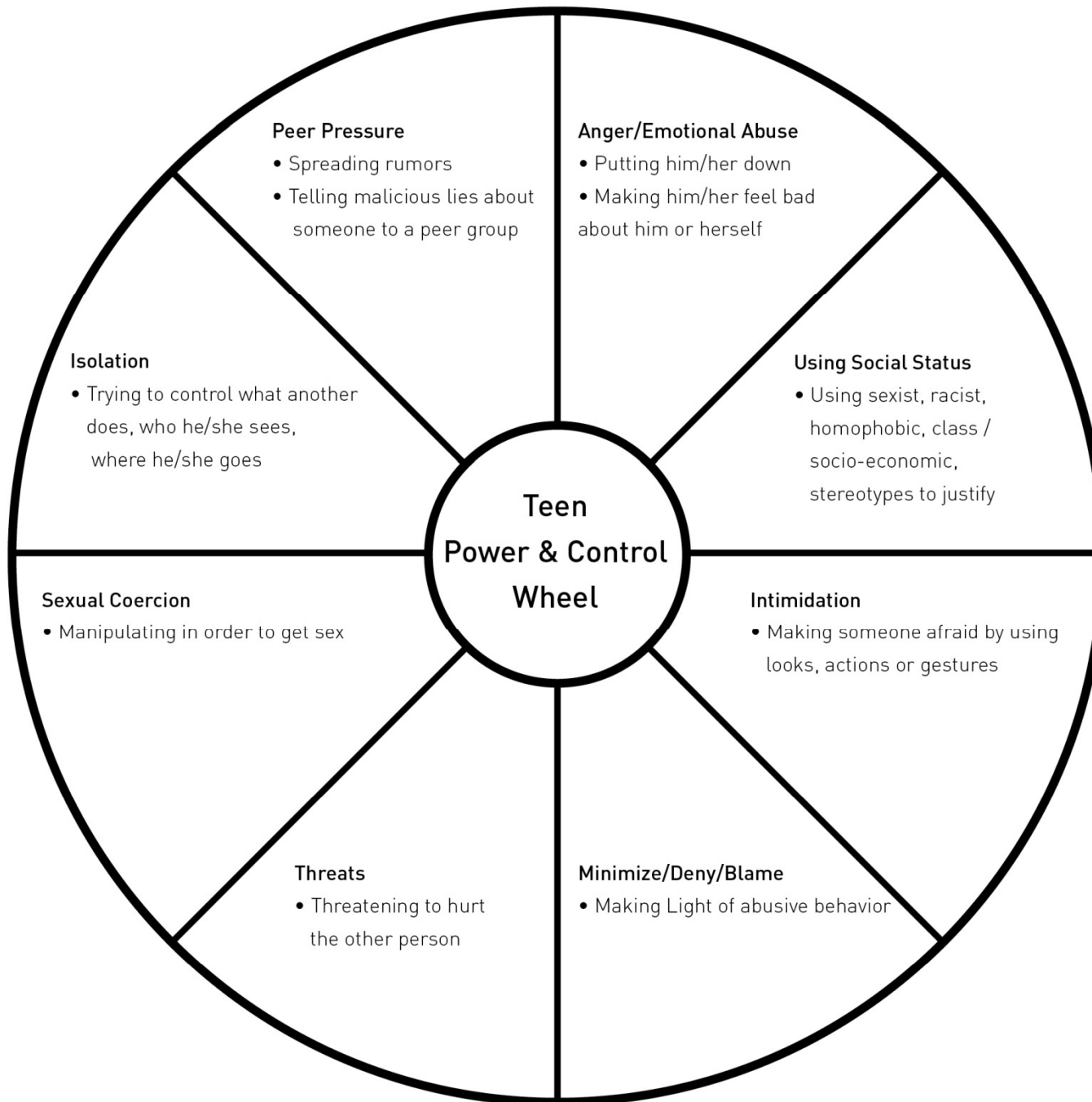
2. Tension Building Phase

Tensions increase

3. Crisis Phase

Triggering event
Abuse





Myths and Realities

- **Myth: Dating violence doesn't happen to young people.**
- **Fact:** Violence happens as often in teen dating relationships as it does in adult relationships. Eighty-nine percent of adolescents (13-18) say they have been in dating violence relationships. Forty percent of teenage girls age 14 to 17 report knowing someone their age who has been hit by a boyfriend. (Children Now/Kaiser Permanente poll, 1995).

Myths and Realities

- **Myth: Teen Dating Violence is rarely severe.**
- **Fact:** Women ages 16 to 24 experience the highest per capita rates of intimate violence-- nearly 20 per 1,000 women, (Bureau of Justice: Intimate Partner Violence, May 2000). Intimate partner violence is the leading cause of injury to women between ages 15 and 44 in the United States - more than car accidents, muggings, and rapes combined (Uniform Crime Reports, Federal)

Myths and Realities

- **Myth: Jealousy and possessiveness are a sign of true love.**
- **Fact: Jealousy and possessiveness are a sign that the person sees you as a possession, not a partner.**

Myths and Realities

- **Myth: Alcohol and drugs cause people to be violent.**
- **Fact:** Drinking and drug use do not cause violent or abusive behavior. However, it does reduce inhibitions and is often used as an excuse for violence. If your partner blames abuse on drugs or alcohol and promises to stop, that does not mean that the abuse will stop. Excessive drinking and/or drug use and violence are separate issues.

Myths and Realities

- **Myth: If a person stays in an abusive relationship, it must not really be that bad.**
- **Fact:** People stay in abusive relationships for many different reasons: fear, threats to friends' or family's safety, economic dependence, confusion, loss of confidence, societal homo/transphobia, belief that the abuser needs their help or will change, belief that the abuse is their fault, pressure from friends and family, pregnancy, fear of being "outed", or fear of becoming homeless, if they live with the person they are dating.

Myths and Realities

- **Myth: It's easy to end an abusive relationship.**
- **Fact:** Many people love their partners and want the abuse to end, not the relationship. In addition, ending a relationship doesn't necessarily mean that the abuse will end. They may attend the same school, place of worship, or social events where they have contact with each other. Often, stalking and/or physical and emotional abuse intensifies after the relationship has ended.

Warning Signs

- School attendance problems.
- Downward change in their academic grades.
- A teen suddenly request school schedule changes.
- A teen has a sudden noticeable weight change.
- You notice a teen suddenly no longer hangs out with the group of youth they generally spent time with and instead is hanging out with one particular person.
- A teen demonstrates changes in behavior that are more passive or quiet.
- A teen seems suddenly isolated from her usual clique and family.
- One person seems to be controlling the other (physical or social).
- Constant contact with boy/girlfriend (email, texting, calling to check up on him/her).
- There is a drastic shift in how the teen usually dressed, clothing is unusually covering, not using makeup.
- You notice a teen has constant bruising or other injuries.

Effects of Teen Dating Violence

- Victims have a higher risk of:
 - Using drugs and alcohol
 - Suicide or suicide attempts
 - Truancy and drop-out
 - Pregnancy
 - Lowered academic success
 - JAMA
- Victims are more likely to:
 - Bring weapons to school
 - Be involved in other violence on campus
 - California Student Survey 2003-04



Technology and TDV

- Cellphones
 - Sexting
 - Stalking
 - Harassment
- GPS Systems
- Email
- MySpace and Facebook
 - Now posting online for the purpose of harassment is a misdemeanor offense

Counseling and Providing Support for Teen Survivors

- Developing a safe space and nurturing trust
 - Remind that you are a mandatory reporter
- Don't judge teens
- Limit your personal sharing
- Know about relevant resources—teen friendly support services (RAINN, National TDV Hotline, Teen Line)

Teen Safety Planning

Have the teen consider:

- What adults can you tell about the violence and abuse?
- What people at school can you tell in order to be safe--teachers, principal, counselors, security?
- Consider changing your school locker or lock.
- Consider changing your route to/from school.
- Use a buddy system for going to school, classes and after school activities.
- What friends can you tell to help you remain safe?
- If stranded, who could you call for a ride home?
- Keep a journal describing the abuse.
- Get rid of or change the number to any beepers, pagers or cell phones the abuser gave you.
- Keep spare change, calling cards, number of the local shelter, number of someone who could help you and restraining orders with you at all times.
- Where could you go quickly to get away from an abusive person?

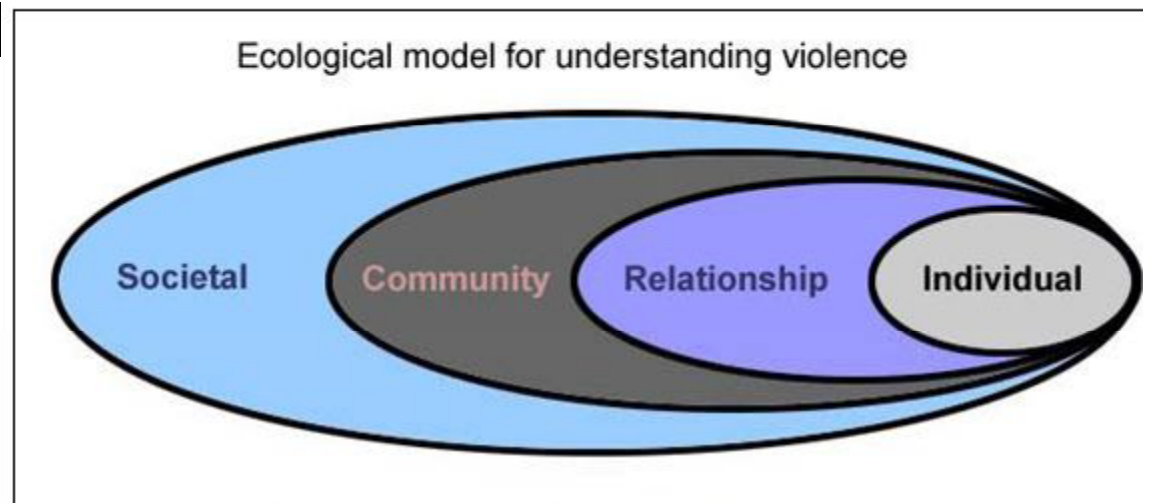
Teen Safety Planning Tips

- Maintain a regular routine with time away from his/her partner.
- Have the teen learn the best route to get to a safe location.
- Shelter?
- Code words.
- Pick a safe location.
- Don't have to break up in person.
- Think independently and trust instincts.
- Conflicting feelings—mental health support.

Prevention Theories

- Ecological model

- Individual
- Interpersonal
- Organizational
- Community
- Society



Source: Heise et al., 1999; Krug et al., 2002; CDC, 2004

Prevention Theories

- Spectrum of Prevention
 - Strengthening Individual Knowledge and Skills
 - Promoting Community Education
 - Educating Providers
 - Fostering Coalitions and Networks
 - Changing Organizational Practices
 - Influencing Policy and Legislation

Legal Duties

- Federal
 - Title IX of the Education Amendments of 1972
 - No Child Left Behind Act
- California
 - Constitution
 - Statutory law
 - Tort law



Title IX

- Title IX requires school to respond to gender discrimination and sexual harassment
- Title IX requires schools to have a policy and protocol for sexual harassment claims
- In *Davis v. Monroe County Bd of Education*, the Supreme Court found schools liable for peer-to-peer sexual harassment
- Vice President Biden's Dear Colleague Letter, April 2011



Davis Elements

- Deliberate indifference
- Actual knowledge
- Of sexual harassment
- That is so pervasive and severe it denies the student of school benefits and opportunities



California Constitution

- “All students and staff of public primary, elementary, junior high and senior high schools have the inalienable right to attend campuses which are safe, secure and peaceful.”
 - Art. I, Section 28(c)



Promoting Healthy Relationships Model Policy

- Appointing a Prevention Liaison/Coordinator
- Prevention Education for Students
- Training for Staff
- Engaging Parents/Caregivers
- Response to Suspected or Actual TDV Incidents
- Reporting
- Monitoring Programs
- Notice to Parents/Caregivers and Students

School Resources

- www.startstrongteens.org/resources
 - Model policy
 - Middle school curricula review
- School curricula
 - Working on a list for California Department of Education website
 - Indiana Department of Education curricula guidelines
 - www.doe.in.gov/sservices/violence

Peace Over Violence

Teen Dating Violence Resources

- **Services:**

- **Counseling**
- **Court accompaniments**
- **Advocacy**
- **Legal advocacy and legal services**
- **Prevention education**
- **Community outreach**

- **Hotlines:**

- 626.793.3385
- 310.392.8381
- 213.626.3393

Local TDV Resources

Violence Intervention Program

- 323.221.4134

Break the Cycle

- Helpline: 1-888-988-TEEN

1736 Family Crisis Center

- (213) 745-6434
- (213) 222-1237
- (310) 370-5902
- (562) 388-7652

Los Angeles Gay & Lesbian Center

- 323.993.7400

Children's Hospital of Los Angeles

- High-Risk Youth Program: 323.361.2503
- Hollywood Teen Community Project: 323.361.2503

Legal TDV Resources

- Peace Over Violence
 - Legal Advocacy Project (HALO)
 - Phone: (626) 584-6191
 - Websites: www.peaceoverviolence.org & www.youthoverviolence.org
- Los Angeles Center for Law and Justice
 - Phone: (323) 980-3500
 - Website: <http://www.laclj.org/anonymous/youth.htm>
- National Center for Youth Law
 - Youth Rights
 - Phone: (510) 835-8098
 - Website: www.youthlaw.org

TDV Legal Resources

- American Civil Liberties Union (ACLU)
 - Civil Rights
 - Phone: (213) 977-9500
 - Website: www.aclu-sc.org
- Public Counsel
 - Education and Children's Rights
 - Phone: (213) 385-2977
 - Website: www.publiccounsel.org

Mental Health TDV Resources

- Mental Health Advocacy Services
 - Help with benefits, education rights, health services, discrimination against people with mental disabilities
 - Website: www.mhas-la.org
 - Phone: (213) 389-2077