



Teen Dating Violence

101

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Take Care of Yourself



- This is a difficult topic:
 - Practice mindfulness
 - Use fidgets
 - Take a break
 - Ask for help
- This is a safe, judgement free space-we respect each other as we are
- Our time together is limited, we may not address everything
- Participation is encouraged throughout

Outline



- Definition and Dynamics of Teen Dating Violence
- TDV in the LGBTQ+ community
- Recognize 'Red Flags'/Signs of Abuse
- Safety Planning
- Helping teen in your life
- Helpful Resources
- Closing with Questions

Learning Objectives



- To understand the concept Teen Dating Violence and it's impact
- Identify the different types/forms of abuse
- To distinguish between an unhealthy dating relationship and a healthy dating relationship
- To become aware of and utilize local resources that are available to assist you

What is Teen Dating Violence?

What is Teen Dating Violence (TDV)?

A pattern of destructive behaviors one person uses against another in order to gain or maintain power and control in the dating relationship.



1 IN 3

ADOLESCENTS

IN THE U.S. IS A VICTIM OF PHYSICAL, SEXUAL,
EMOTIONAL OR VERBAL ABUSE FROM
A DATING PARTNER.



SOURCE: LovelsRespect.org, Dating Abuse Statistics

TDV & LGBTQ+ Community:

Dating abuse occurs at the same rates and in similar ways in LGBTQ+ relationships as in heterosexual relationships.

One in three young people experiences some form of dating abuse.

Barriers to help LGBTQ+ relationships:



- Internal conflict or embarrassment
 - Embarrassed about the abuse going on
 - Partner shames them about their sexual orientation, gender identity or gender expression
 - Feel like their partner is the only person that will ever love them because of their sexual orientation, gender identity or gender expression
- Fear of not being believed
 - Worry that they won't be able to get help because of their sexual orientation, gender identity or gender expression if they reach out
- Loss of community
 - Fear that partner will try to turn the community against them
 - Worry that their partner will “out” them to family and friends if they're not out already
 - First LGBTQ+ relationship and their partner may be isolating them from the rest of the queer community as a form of power and control

Less than 25% of those who experience dating violence in the LGBTQ+ community ever report the abuse.

The Dynamics of Teen Dating Violence and Intimate Partner Violence

Relationship Spectrum



Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Physical Abuse



Any intentional, unwanted contact with you or something close to your body, or any behavior that causes or has the intention of causing you injury, disability, or death

Abusive behavior may not always cause physical pain or leave a bruise, but it's still unhealthy and should always be taken seriously

Examples:



- Scratching, punching, biting, strangling, choking, or kicking
- Throwing items at you like a phone, book, shoe, or plate
- Pulling your hair
- Pushing or pulling you, or forcibly grabbing your clothing
- Threatening to use or using a gun, knife, box cutter, bat, mace, or other weapon against you
- Touching any part of you without your permission or consent
- Grabbing your face to make you look at them
- Preventing you from leaving or forcing you to go somewhere

Sexual Abuse:



Any behavior that pressures or coerces someone to do something sexually that they don't want to do

- Everyone has the right to decide what they do or don't want to do sexually, and not all sexual assaults are violent "attacks."
- Most survivors of sexual assault know their perpetrator.
- People of all genders and sexualities can be survivors or perpetrators of sexual abuse. That includes people who are married, dating, in a "friends with benefits" arrangement, or just acquaintances

Examples:



- Unwanted kissing or touching
- Refusing to use condoms or restricting someone's access to birth control
- Preventing someone from using protection against sexually transmitted infections (STIs)
- Sexual contact with someone intoxicated from drugs or alcohol, unconscious, asleep, or otherwise unable to give clear and informed consent
- Threatening, pressuring, or otherwise forcing someone to have sex or perform sexual acts, including sexting
- Using sexual insults toward someone
- Sharing sexually explicit content of a partner on the internet or via messaging without their permission

Emotional Abuse



Includes non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation, isolation, or stalking

Examples:



- Calling you names or putting you down
- Telling you what to do or wear
- Yelling or screaming at you
- Intentionally embarrassing you in front of others or starting rumors about you
- Preventing you from seeing or communicating with friends or family,
- Damaging your property (throwing objects, punching walls, kicking doors, etc.)
- Using online communities or communications to control, intimidate, or humiliate you
- Blaming abusive or unhealthy behavior on you or your actions
- Being jealous of outside relationships or accusing you of cheating
- Stalking you or your loved ones

Examples (cont.)

- Love Bombing- attempt to influence a person and create sense of dependence by:
 - Emotional manipulation
 - Over-the-top compliments
 - Communication is intense
 - Costly gifts
 - Wanting all of your time
 - Things seem to be moving faster than you anticipated

This is what love-bombing can sound* like:

I've never met anyone as perfect as you, I love everything about you!

When we get married, we're going to ...

I've bought us tickets to Paris this weekend, so cancel all your plans!

Can you stop texting your friends? I just want to spend quality time with you!

We were born for each other, we're soulmates.



Psychological Abuse:



The use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person

Examples:



- Threatening to harm you, your pet(s), or people in your life
- Threatening to harm themselves to keep you from ending the relationship
- Gaslighting you by pretending not to understand or refusing to listen to you; questioning your recollection of facts, events, or sources; trivializing your needs or feelings; or denying previous statements or promises
- Making you feel guilty or immature when you don't consent to sexual activity
- Threatening to expose personal details, such as your sexual orientation or immigration status

Examples (cont.)

what is

GASLIGHTING?



Gaslighting is a malicious form of mental and emotional abuse, where someone is manipulating you to plant seeds of self-doubt and alter your perception of reality.

- ⚡ Discrediting you by making other people think that you're crazy, irrational or unstable: "She's just being **CRAZY... again**", "I wish he would stop being so paranoid about things"
- ⚡ Using a mask of confidence, assertiveness, and/or fake compassion to make you believe that you "have it all wrong."
- ⚡ Denying events: "You're imagining things, that never happened!" "No, you're wrong, you didn't remember right"
- ⚡ Trivialising your feelings: "Why are you being so sensitive?", "I was just joking around, why are you taking things so seriously?"
- ⚡ Refusing to acknowledge your feelings and thoughts: "I don't remember that, you must have dreamt it!" "You're lying, I never said that" "I don't know what you're talking about, you're changing the subject"
- ⚡ Twisting and reframing. When the someone confidently and subtly twists and reframes what was said or done, making you feel as though you are "unstable" or "irrational": "I didn't say that, I said _____", "If you remember correctly, I was actually trying to help you."

Digital Abuse:



The use of technologies like texting and social media to bully, harass, stalk, or intimidate a partner.

This behavior is often a form of verbal or emotional abuse, conducted online

Examples:



- Telling you who you can or can't follow or be friends with on social media
- Sending you negative, insulting, or threatening messages or emails
- Using social media to track your activities
- Insulting or humiliating you in their posts online, including posting unflattering photos or videos
- Sending, requesting, or pressuring you to send unwanted explicit photos or videos, sexts, or otherwise compromising messages
- Stealing or pressuring you to share your account passwords
- Looking through your phone or checking up on your pictures, texts, and phone records
- Constantly texting you or making you feel like you can't be separated from your phone
- Using any kind of technology (such as spyware or GPS in a car or phone) to monitor your activities

Stalking

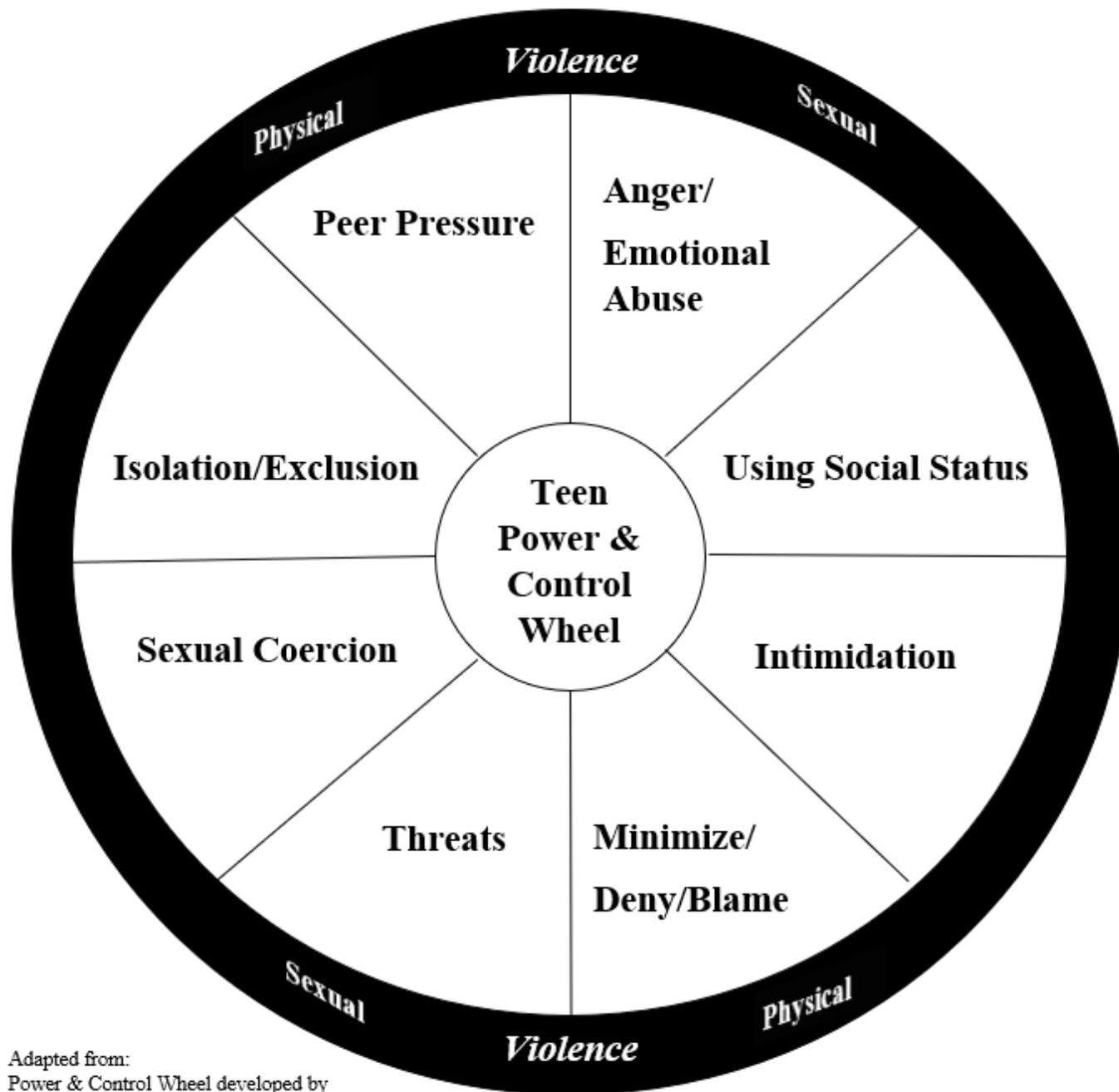


When someone watches, follows, or harasses you repeatedly, making you feel afraid or unsafe

Stalking

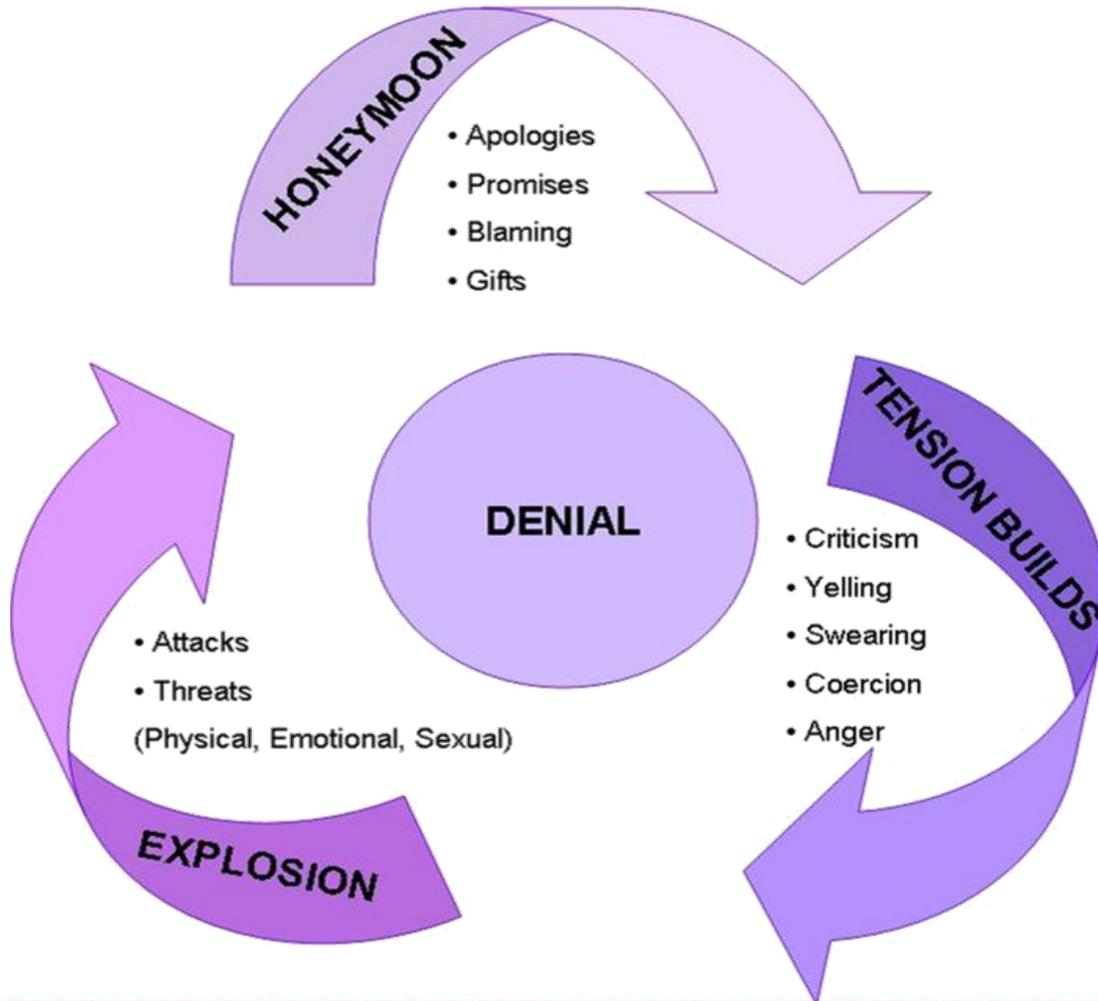


- Showing up at your home or workplace unannounced or uninvited
- Sending you unwanted texts, messages, letters, emails, or voicemails
- Leaving you unwanted items, gifts, or flowers
- Calling you and hanging up repeatedly or making unwanted phone calls to you, your employer, a professor, or a loved one
- Using social media or technology to track your activities
- Spreading rumors about you online or in person
- Manipulating other people to investigate your life, including using someone else's social media account to look at your profile or befriending your friends in order to get information about you
- Waiting around at places you spend time (sitting outside classroom, afterschool activity, mall, friend's home)



Adapted from:
Power & Control Wheel developed by
Domestic Abuse Intervention Program
Duluth MN 55802

Cycle of Violence



- Why do people stay?
- Why don't they just leave?



Signs of an Abusive Relationship



Signs of an Abusive Relationship



 You often worry about your partner's moods and change your behavior to deal with them

- You feel like you are walking on eggshells

 Your partner often insults, humiliates, or puts you down

 Your partner often acts jealous of other relationships you have

- You don't see or spend time with family or friends
- Your partner often accuses you of cheating and makes other false accusations

 Your partner tells you what you can and can't do

Red flags of an Abusive Relationship cont'd



- ❏ Your partner screams at you telling you that you are nothing and calling you names
- ❏ Your partner physically hurts you in any way
 - Your partner throws, breaks, or steals your things

- ❏ Your partner claims that they cannot control themselves because of alcohol or drugs
- ❏ Your partner forces you to engage in sexual activity
 - Does not allow you to use safe sex practices

Supporting Teens

Talking to Teens Experiencing TDV



- Accept what they are telling you
 - Listen; be supportive and non-judgmental
 - Being judgmental can hinder them reaching out to you again
- Allow them to make up their own mind
 - Remember that abuse is about power and control
 - making decisions for them can only add to the disempowerment they're already experiencing from their partners

Don't just say 'leave' or push them to end the relationship:



- They have to make up their own mind and want to have some control in their lives
- They probably feel that the abuse is their fault
 - Remember the power and control wheel with minimizing/denying/blaming
- They may not think they are experiencing abuse
 - Having conversations about healthy relationships/modeling healthy relationships is helpful
- They feel dependent upon their boyfriend/girlfriend/partner
- They feel like they can't do any better
 - Emotional abuse and gaslighting may have them feelings like this relationship is what they deserve

Talking to Teens Experiencing TDV

Don't prevent them from seeing their partner

- Avoid taking their decision-making away from them
 - They may already be experiencing this as a tactic within the abusive relationship
- Remember that forcing this may be something that their partner can easily use to manipulate and use as “proof” that other people are the problem
 - This can further isolate them
- Help plan ways for them to see their partner in safe settings

Talking to Teens Experiencing TDV



Don't give up

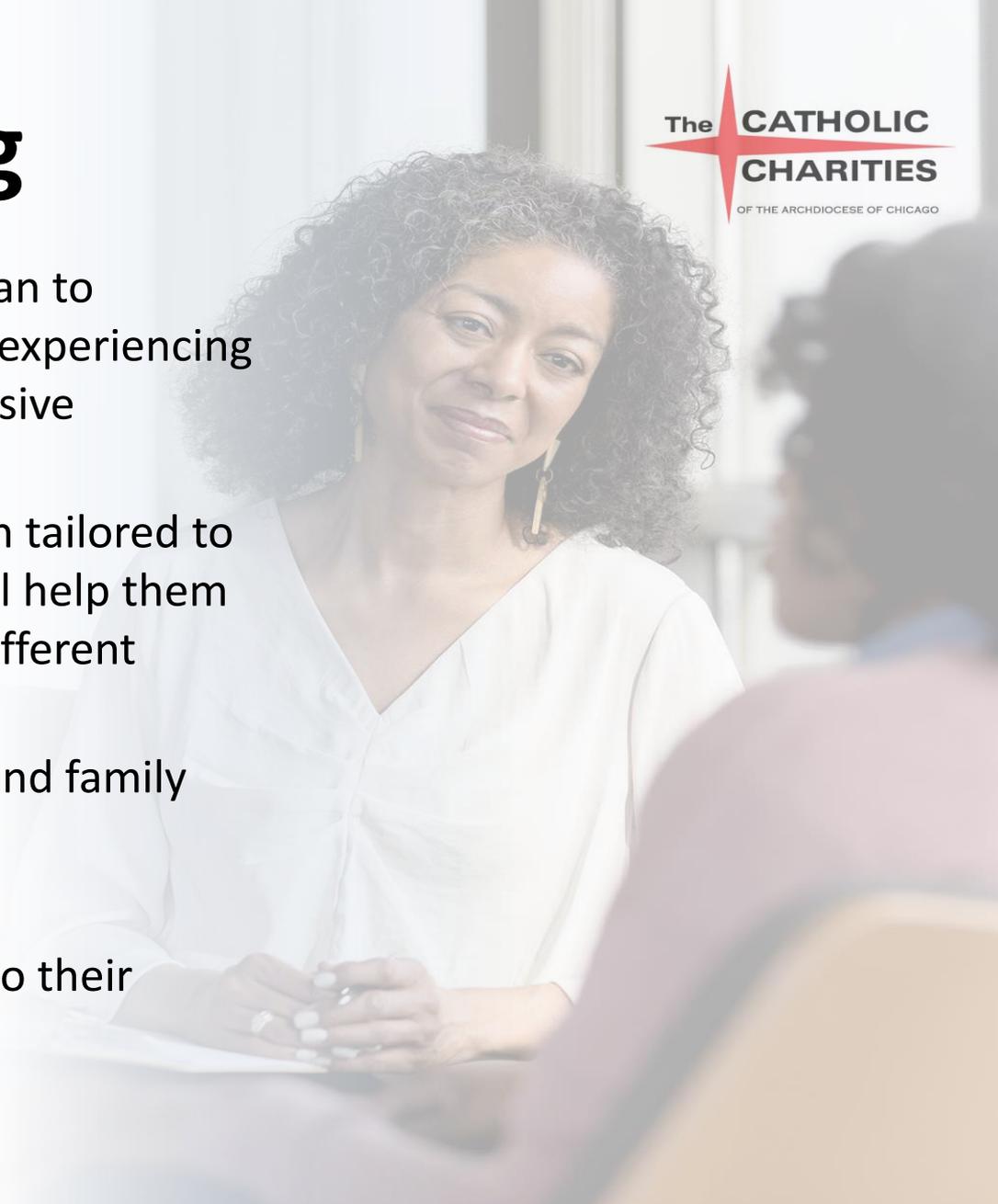
- Your instinct to try to remove your child from harm's way immediately is valid
- And abusive situations aren't that simple
- Your teens need to know that they can trust you and depend on you for support
- Make decision that let them know that you're there for them

Help plan for safety

Safety Planning

A safety plan is a personalized plan to improve someone's safety while experiencing abuse, preparing to leave an abusive situation, or after leaving

- This plan includes information tailored to their unique situation and will help them prepare for and respond to different scenarios:
 - including telling friends and family about the situation
 - coping with emotions
 - various resources suited to their individual circumstances



How to create a plan:

Emotional Safety:

- Identify harmful statements
- Plan to use positive affirmations, positive activities, and supports to contradict these abusive statements

Physical safety:

- Code words
- Safe place to go/ areas to avoid
- Contact 911 or file a report

At School:

- Identify safe spaces
- Plan for in-between classes and after school

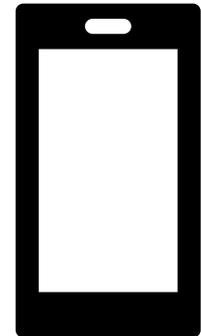


How to create a plan:



Online:

- Keeping passwords private/changing passwords
- Turning on 'do not disturb' to avoid contact at inappropriate times
- Disabling location tracker/find my friend/GPS on smart phone and various applications
 - Ex. SnapChat's Snap Map
 - Facebook/Instagram 'add location' feature



Support in creating a plan:

- Contact an advocate at Love Is Respect- 24/7
- Create a safety plan online at the hotline.org
- speak with a trusted adult to create a safety plan

Community Resources

Domestic Violence Westside Program



- Two main goals:
 - Direct Services → DV Counseling, Case Management, Mental Health Services, Support Group, Referrals
 - Outreach → Tailored domestic violence and healthy relationship trainings for organizations and community
- Targeted area for services are communities located on the Westside of Chicago
 - Working out of the Tolton Peace Center (5645 W. Corcoran Chicago IL, 60644)
 - Austin Blvd. (West), 31st Ave (South), Halsted (East), Montrose Ave. (North)

Program intake number: **(312) 655-7106**
8:30 am – 4:30 pm Monday- Friday

Other Helpful Resources



- Illinois DV hotline- **877-863-6338**
- Teens can call or text advocates at **866-331-9474**
(loveisrespect.org)
- Teens can text advocate that states **LOVEIS 22522**
(loveisrespect.org)
- Chat online at **loveisrespect.org**

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Thank You!

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