

Slide 1



- Thank you for joining today's session on teen dating abuse
- This workshop was developed by JWI with a generous grant from the Avon Foundation for Women
- My name is [ ] and I'll be leading today's session. I'm not an expert on this issue, but will act as a facilitator today and can connect you to experts for further learning.
- Our company/organization feels that this issue is important. We understand that employees have complete lives outside of work.
- We value your success and happiness at work and at home and hope that this program will help you help the teens in your life.
- Today's session is a short introduction to teen dating abuse and discusses the prevalence and dynamics of abuse. More guidance and strategies on how to talk to teens is available online. An hour-long version of the program, as well as additional tip sheets, learning modules and resources, are available on the website at [JWI.org/DatingAbuse](http://JWI.org/DatingAbuse).
- This is a serious topic that can be difficult to discuss, and I appreciate you joining me today. There are resources available if you need to talk about these issues in more detail (*Note to Facilitator: if your workplace has a counselor, mention the counselor here and how the participants can contact him or her*)
- As a trigger warning, today's presentation includes examples and stories of physical, sexual, digital and emotional abuse.

Slide 2



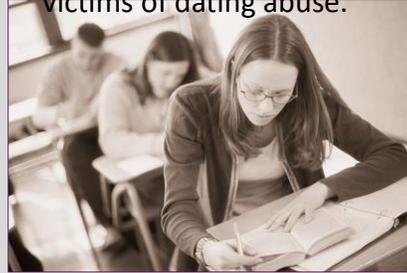
- Why are we here today? We're here because we all have the power to make a huge difference in teens' lives
- Thousands of teens experience dating abuse every day
- It is a chronic and widespread problem
- We are all responsible for guiding and protecting teens
- People in this room know and love teens – you are parents, godparents, aunts, uncles, cousins, coaches, tutors, mentors, teachers and neighbors
- Each one of us can be an active bystander – meaning we can step up when the teens we know are in trouble instead of standing by and letting it happen
- Your action on this issue is essential

Slide 3

## Prevalence

**1 in 3** adolescents is a **victim of physical, sexual, emotional or verbal abuse** from a dating partner – a number that far exceeds other types of youth violence.

- 1 in 3 adolescents is a victim of physical, sexual, emotional or verbal abuse from a dating partner
- Both males and females can be victims of dating abuse.



Partner Violence Among Adolescents in Opposite-Sex Romantic Relationships:  
Findings From the National Longitudinal Study of Adolescent Health  
Carolyn Tucker Halpern, PhD, Selene G. Oslak, MPH, Mary L. Young, MS, Sandra L. Martin, PhD, and Lawrence L. Kupper, PhD

<http://ajph.aphapublications.org/doi/full/10.2105/AJPH.91.10.1679>

**DATING ABUSE** Tools for Talking to Teens  
a project of JWI and the Avon Foundation for Women

Slide 4

### Prevalence



**Half of teenagers** in relationships report being **controlled, threatened, and pressured** to do things they did not want to do by their boyfriend or girlfriend.

**DATING ABUSE** Tools for Talking to Teens  
© 2008 by JWI and the Avon Foundation for Women

- Half of teenagers in relationships report being controlled, threatened, and pressured to do things they did not want to do by their boyfriend or girlfriend.

Slide 5

### Prevalence

Nearly **10%** of students nationwide have been **hit, slapped, or physically hurt** deliberately by their boyfriend or girlfriend.



**DATING ABUSE** Tools for Talking to Teens  
A project of PFA and The Anne Foundation for Women

\*Youth Risk Behavior Survey \* Centers for Disease Control, 2010  
<http://www.cdc.gov/nczod/yrbhs/yrbhs09.pdf>

- Nearly one in ten students nationwide has been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend.

Slide 6

### Teens Want to Talk to Parents

**62%** of teens **wish** they were able to **talk more openly** about relationships with their **parents**.



**Parents** have the **biggest influence** on teen decisions about relationships and sex.

**DATING ABUSE** Tools for Talking to Teens  
A project of PFA and The Anne Foundation for Women

The National Campaign to Prevent Teen and Unplanned Pregnancy, 2010.  
<http://www.nationalcampaigntopreventteenandunplannedpregnancy.org/files/ncp-tda.pdf>  
<http://www.nationalcampaigntopreventteenandunplannedpregnancy.org/files/ncp-tda.pdf>

- Teens actually *want* to talk about relationships with their parents. 62% say they wish they could talk more openly with their parents about relationships.
- Teens consistently say that parents—not peers, not partners, not popular culture—most influence their decisions about relationships and sex.

Slide 7

### And Yet...



**Less than 1/3** of parents **talk to their teens** about dating abuse.

Nearly **2/3** parents of teens in relationships **do not think their children are at risk** of teen dating violence.

**DATING ABUSE** Tools for Talking to Teens  
A project of PFA and The Anne Foundation for Women

Parents Without Violence and Liz Claiborne, 2009.  
[http://www.parentswithoutviolence.org/sites/default/files/Teens%20and%20Dating%20Abuse\\_2009\\_May\\_top%20line\\_8x11.pdf](http://www.parentswithoutviolence.org/sites/default/files/Teens%20and%20Dating%20Abuse_2009_May_top%20line_8x11.pdf)

- Adults aren't stepping up and starting these conversations.
- Less than 1/3 of parents talk to their teens about dating abuse.
- Adults are more likely to talk to teens about drugs, alcohol and sex than they are about dating.
- Adults aren't aware of how big an issue teen dating abuse is. Most parents assume their children aren't at risk.
- It's time for parents to start having these conversations with teens.

Slide 8

### Many Mentors

Teens see **many adults** as **mentors** – not just their parents.

Having **just one trusted adult** makes a huge difference to a teen.

**Everyone has a role to play** in ending teen dating abuse.



**DATING ABUSE** Tools for Talking to Teens  
A project of RAIN and the Asian Foundation for Women

- Parents are important, but you don't have to be the parent of a teen to make an impact.
- Many adults have a strong influence on teens' choices.
- Teens also look up to teachers, religious leaders, older siblings, grandparents, aunts and uncles, cousins, coaches, babysitters, tutors and neighbors.
- Teens who have even just one adult they trust and see as a mentor have better health outcomes and are more successful than those who don't.
- Teens talk to adults because of the relationships they share, not the adult's official role or job title.
- Everyone has the potential to be a significant person in a teen's life.

Slide 9

### What is Dating Abuse?

A **pattern** of actual or threatened acts of physical, sexual, emotional and/or digital abuse against a dating partner.

**Abuse is about power and control.**



**DATING ABUSE** Tools for Talking to Teens  
A project of RAIN and the Asian Foundation for Women

- What is dating abuse? Dating abuse is a *pattern* of behaviors in which one partner gains power and control over the other person.

Slide 10



- Abuse can be physical, emotional, digital and/or sexual.
- A relationship may be abusive even if there is not physical violence. Emotional, digital and sexual abuse are all ways to control a partner.
- Some abusers use multiple types of abuse, and may start with one type (like emotional) and build to another (like physical).
- In other situations, an abuser may only use one method.
- I'll briefly discuss these types of dating abuse and give some examples of each.

Slide 11



- Physical abuse tends to be the most clear-cut type of abuse
- Physical abuse can range from a shove to murder
- These are some examples of physical abuse

Slide 12

### Emotional Abuse

- Yelling
- Threats
- Insults
- Invading privacy
- Isolating from others
- Public humiliation
- Possessiveness
- Destroying objects
- Lying
- Withholding affection
- Intimidation



**DATING ABUSE** Tools for Talking to Teens  
A project of PAF and The Asian Foundation for Women

- Emotional abuse can be just as harmful as physical abuse
- Emotional abuse includes manipulating a victim, isolating them from friends and family, yelling and put-downs, violating privacy and boundaries and making the victim feel responsible for the abuse

Slide 13

### Digital Abuse

- Monitoring communications
- Demanding sexual photos
- Excessive texts
- Hacking
- Posting private images or messages
- Demanding check-ins
- Tracking location
- Posting cruel things about a partner



**DATING ABUSE** Tools for Talking to Teens  
A project of PAF and The Asian Foundation for Women

- Digital abuse is a type of emotional abuse perpetrated online
- Through technology, abusers can be in constant contact with the victim, demanding check-ins and responses and tracking where the victim is at all times
- An abuser can also demand and share private or sexual images and messages, hack into accounts or post degrading things about a partner online

Slide 14

### Sexual Abuse

- Rape
- Unwanted penetration of any kind
- Battering that leads to rape
- Voyeurism
- Unwanted touching
- Unwanted kissing
- Sexual name-calling
- Sabotaging birth control



**DATING ABUSE** Tools for Talking to Teens  
A project of PAF and The Asian Foundation for Women

- Sexual abuse is more than just rape
- It includes unwanted touching, kissing or penetration of any kind, battering that leads to rape, voyeurism, demanding sexual photos or messages and tampering with or refusing to use contraceptives

Slide 15

### Dynamics of Dating Abuse



- Abuse is a **pattern**.
- Abuse will **escalate** over time.
- Abuse comes in **cycles**. There will be peaceful periods.

**DATING ABUSE** Tools for Talking to Teens  
a project of 2011 and the Anne Foundation for Women

- Abuse can be difficult to understand, and every situation looks a little different.
- Abuse is a pattern of behaviors, not a single event or an isolated incident.
- Abuse will escalate over time. Relationships do not start off as abusive, and abuse can happen at a very slow pace. Little by little and very slowly, a relationship goes from healthy to unhealthy to abusive.
- Abuse comes in cycles. Even abusive relationships will have positive aspects and good times. Tension will build, there will be an incident, and then there are often peaceful periods where the abuser apologizes and promises to change.
- However, the abuse will always return and will become more severe.

Slide 16

### Abuse's Impacts

**Victims of teen dating violence are more likely to:**

- Do poorly in school
- Experience depression, anxiety and other mental health issues
- Binge drink
- Attempt suicide
- Engage in physical fights
- Have an unplanned pregnancy

**DATING ABUSE** Tools for Talking to Teens  
a project of 2011 and the Anne Foundation for Women

\*From Dating Violence: Center for Disease Control, 2014.  
<http://www.cdc.gov/ncjrs/violenceprevention/pdf/teen-dating-violence-2014-a.pdf>

Farrar, Cole, and Robert Jarner. *MidRange, Prevalence*. 2012.  
<http://www.middleageprevalence.com/Prevalence/Prevalence/201203>

- Dating abuse impacts different young people in different ways and can have serious lifelong effects
- It can lead to mental health issues as well as self-destructive and violent behaviors



Slide 20

**Talk to Teens**

- Dating abuse is a serious and prevalent issue for diverse young people
- Adults can help teens identify dating abuse and get them the help that they need
- Visit [JWI.org/DatingAbuse](http://JWI.org/DatingAbuse) for conversation guidance, resources and more information

**DATING ABUSE** Tools for Talking to Teens  
A project of JWI and The Center for Women's Issues

- Today's presentation explored the definition and prevalence of teen dating abuse
- Please go online for concrete strategies for intervention
- I hope that you're leaving here today with an increased awareness and understanding of this issue. Each one of us can and must be an active bystander – we can step up when the teens we know are in trouble instead of standing by and letting it happen. You have the power to make a huge difference for the teens in your lives.

Slide 21

This program was developed by

**JWI**

**DATING ABUSE** Tools for Talking to Teens  
A project of JWI and The Center for Women's Issues

JWI works to ensure that all women and girls thrive in healthy relationships, control their financial futures and realize the full potential of their personal strength.

Slide 22



Slide 23



- This entire presentation, along with additional web resources – like conversation guides, resources for parents and teens, and more information are online at [JWI.org/DatingAbuse](http://JWI.org/DatingAbuse)