



2017 MIMH Spring Training Institute

PROVEN STRATEGIES TO SUPPORT TEEN DATING VIOLENCE SURVIVORS

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AGENDA

-
- Explore risk factors for teen dating violence.
 - Explore protective factors against teen dating violence.
 - Apply proven skills packet to your work setting

“People need to be reminded more often than they need to be instructed”

–Samuel Johnson, English author, critic (1709-1784)

GIRLS & YOUNG WOMEN 16-24 HIGHEST RATES OF
INTIMATE PARTNER VIOLENCE-TRIPLE NAT'L AVG

RISK FACTORS FOR TEEN DATING VIOLENCE

33% U.S. TEENS ARE VICTIMS OF PHYSICAL, SEXUAL
EMOTIONAL, VERBAL ABUSE FROM A DATING PARTNER

VIOLENT BEHAVIOR TYPICALLY BEGINS BETWEEN THE
AGES OF 12 AND 18.

RISK FACTORS

- History of trauma
- Live in poverty/
disadvantaged homes
- Exposed to community
violence
- Engages in risky bhv's
- Begins dating early
- Sexually active before 16/
Early sexualization
- Has friend experiencing
dating violence
- Low self-esteem, anger,
depression
- Begins menstruating at
early age
- Exposure to harsh
parenting or lack of
parenting supervision
- Has low help-seeking
tendencies

(Centers for Disease Control and Prevention, 2005;
Halpern et al, 2009; Offenhauser & Buchalter, 2011;
Lewis & Fremouw, 2001; Rickert & Wiemann, 2008)

THE TECHNOLOGY GAME-CHANGER

- Under Digital Control
 - “I’m at home with my mom”/“Prove it; send me pic right now”
- A partner demands passwords, reads texts, expects constant contact, incessant texting (e.g., Where are you, When leaving, Who with)
- Misuse of GPS Tracking (“Find My iPhone,” “Find My Friends”)
- Technology has changed; dynamics of power & control have not changed

THE TECHNOLOGY GAME-CHANGER

- Pornography teaches violence & sex are connected
 - 88% of scenes contain physical aggression
- 51% Male & 32% females first viewed porn before age 12)
- 64% of parents don't use parental controls/filtering
- 83% of boys/57% of girls have seen group sex online
- 39% of boys and 23% of girls have seen sexual bondage online
- Studies show regular porn users come to normalize violence against women

(American Academy of Pediatrics, 2017)

THE TECHNOLOGY GAME-CHANGER

- In 2016 alone, Pornhub got 23 Billion visits, that's 729 people per second
- Pornification of media, social media & Cultural normalization of porn
 - Sexting
 - Revenge porn
 - Digital voyeurism
 - Filming sex acts
- Normalization of porn has led to increased women citing addictions to porn (14% in 2006 to 33% in 2017)

(Fight the New Drug, 2017)

PROTECTIVE FACTORS (RESILIENCY)

Individual level:

- Opportunities to feel mastery
- Any healthy close relationships
- Expression opportunities (e.g., words, music, art)
- Conflict resolution skills
- Relaxation & Leisure habits
- Self-identity
- Doesn't begin dating early
- Sexually active after 16 (delay of sexualization)
- Student leadership experiences
- Connection to one's culture
- Connection to a faith/values system
- *Ability/Willingness to share feelings*

PROTECTIVE FACTORS (RESILIENCY)

Family level:

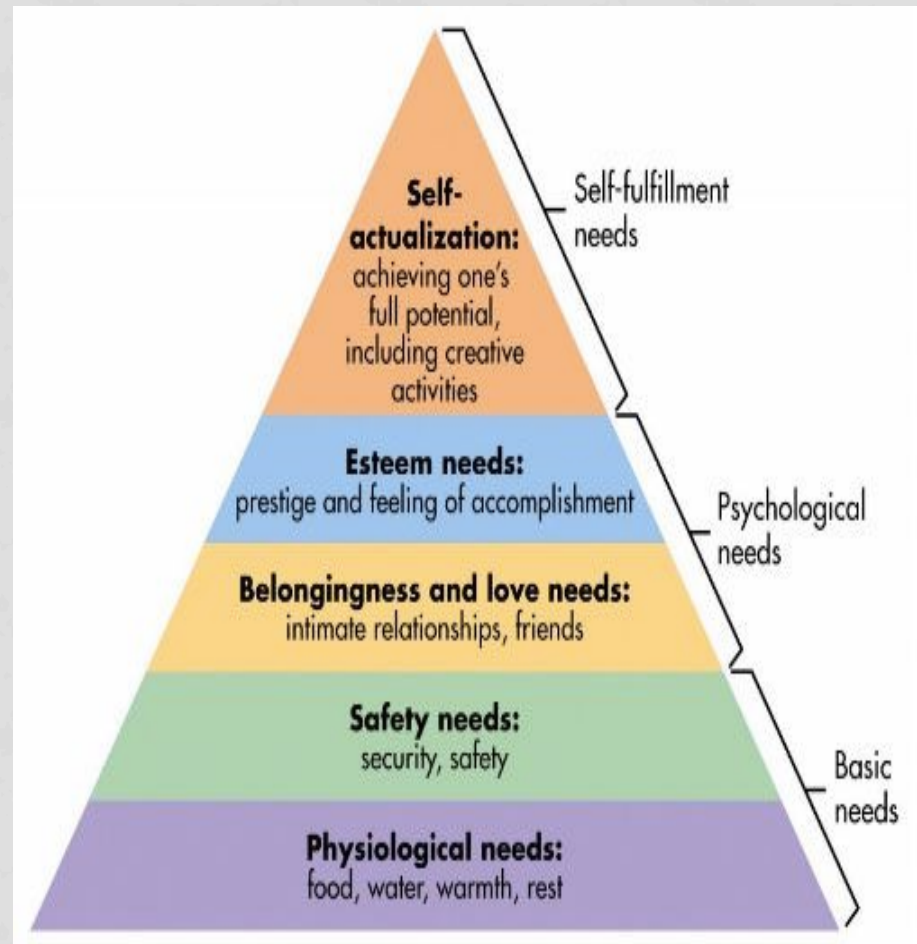
- Adults who model healthy relationships
- Positive child-caregiver relationships
- Emotionally healthy caregivers
- Relationships w/ extended family members
- Stable living environment
- Computers in public rooms
- Internet filtering/ accountability
- Parents' membership in teen's social networks
- Knowing teen's passwords
- Asking teen's directly if they have sent/received "sex" messages
- All cell phones collected at night

(American Academy of Pediatrics, 2014, Shelterwood Academy, 2017, (Futures Without Violence, 2014)

PROTECTIVE FACTORS (RESILIENCY)

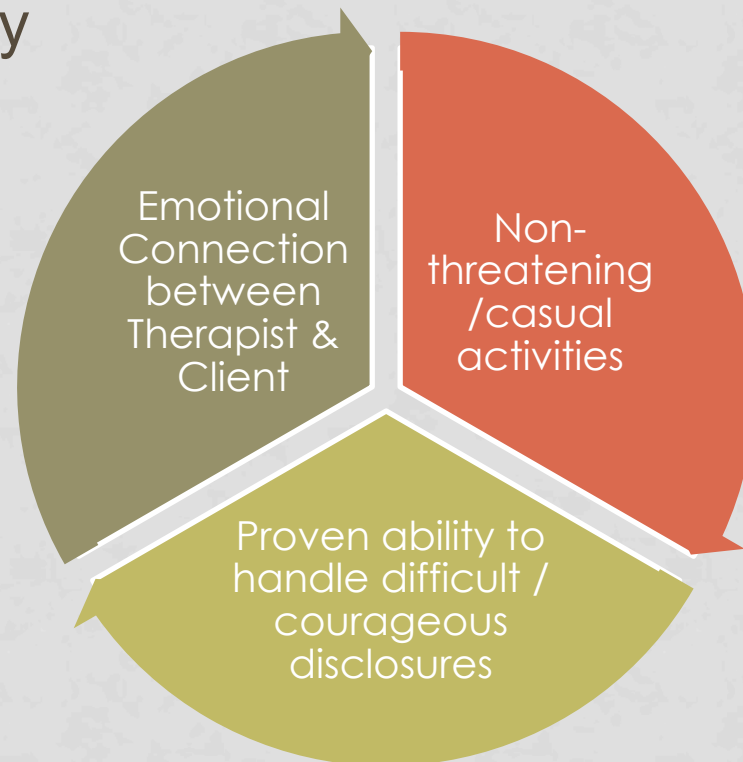
Community level:

- Access to Services (Basic needs, advocacy, health)
- Positive school climate
- Supports at school
- Feelings of attachment/loyalty toward the school
- Role models, mentors, coaches, faith leaders
- Safe & connected neighborhood/community



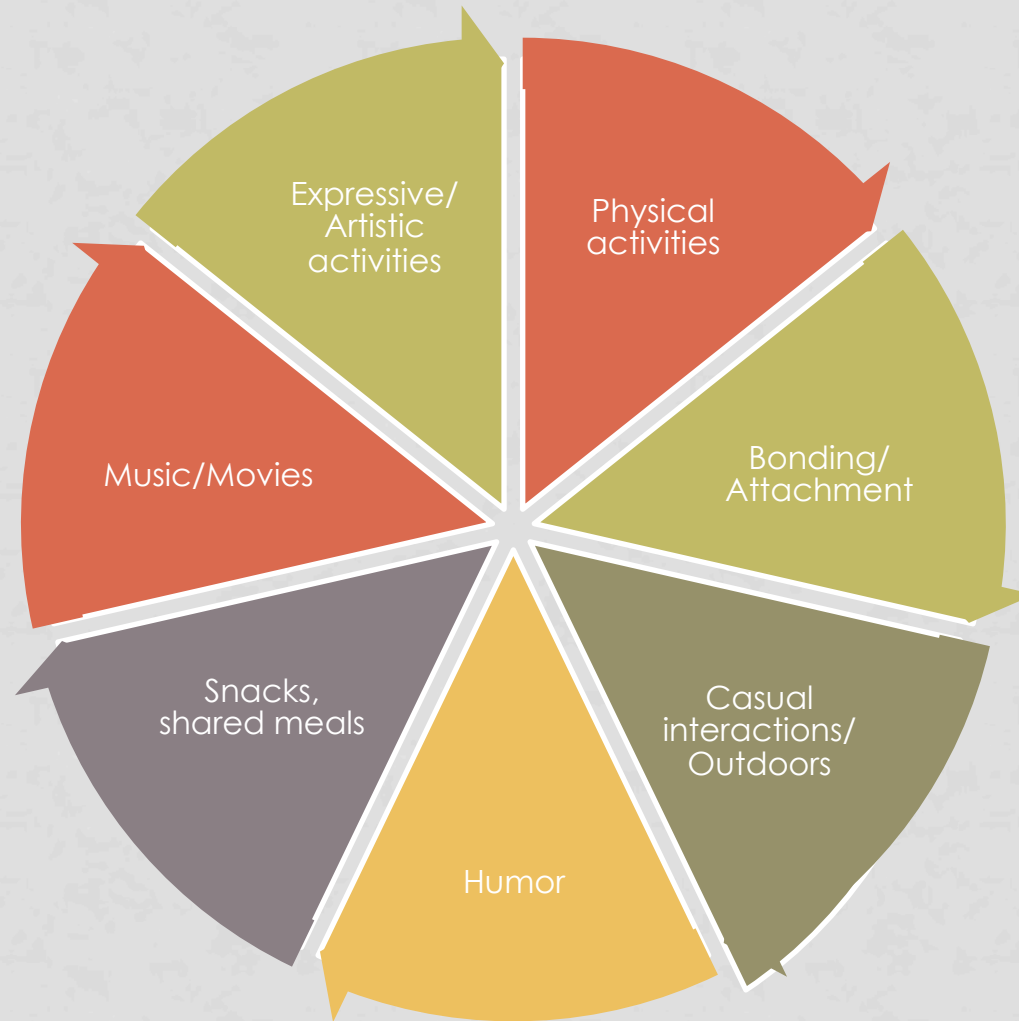
CONNECTING WITH TEENS

- Working Alliance: Necessary condition requiring collaboration to enact change across all forms of psychotherapy



(Bordin, 1979; Horvath & Greenberg, 1989, 1994; Horvath & Symonds, 1991, Shelterwood Academy, 2017)

CONNECTING WITH TEENS



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