

Relationship Violence Prevention in Youth

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What is Relationship Abuse?

- Intentional violent or controlling behavior by someone who is or was previously in an intimate relationship with victim
- May include emotional, psychological, verbal, physical, or sexual violence
- May be in person, on-line, texting, etc.
- Includes:
 - Forcing or pressuring partner to have sex
 - Teasing, controlling, intimidating, partner
 - Monitoring, or isolating partner from friends and family
 - Stopping partner from doing normal activities

Teen Dating Violence

- Teens are at higher risk of partner violence
- Females 16-24 are more vulnerable to partner violence than any other age group
 - Almost triple the national average
- 1 in 3 teens experience some kind of abuse in romantic relationship, including verbal and emotional abuse

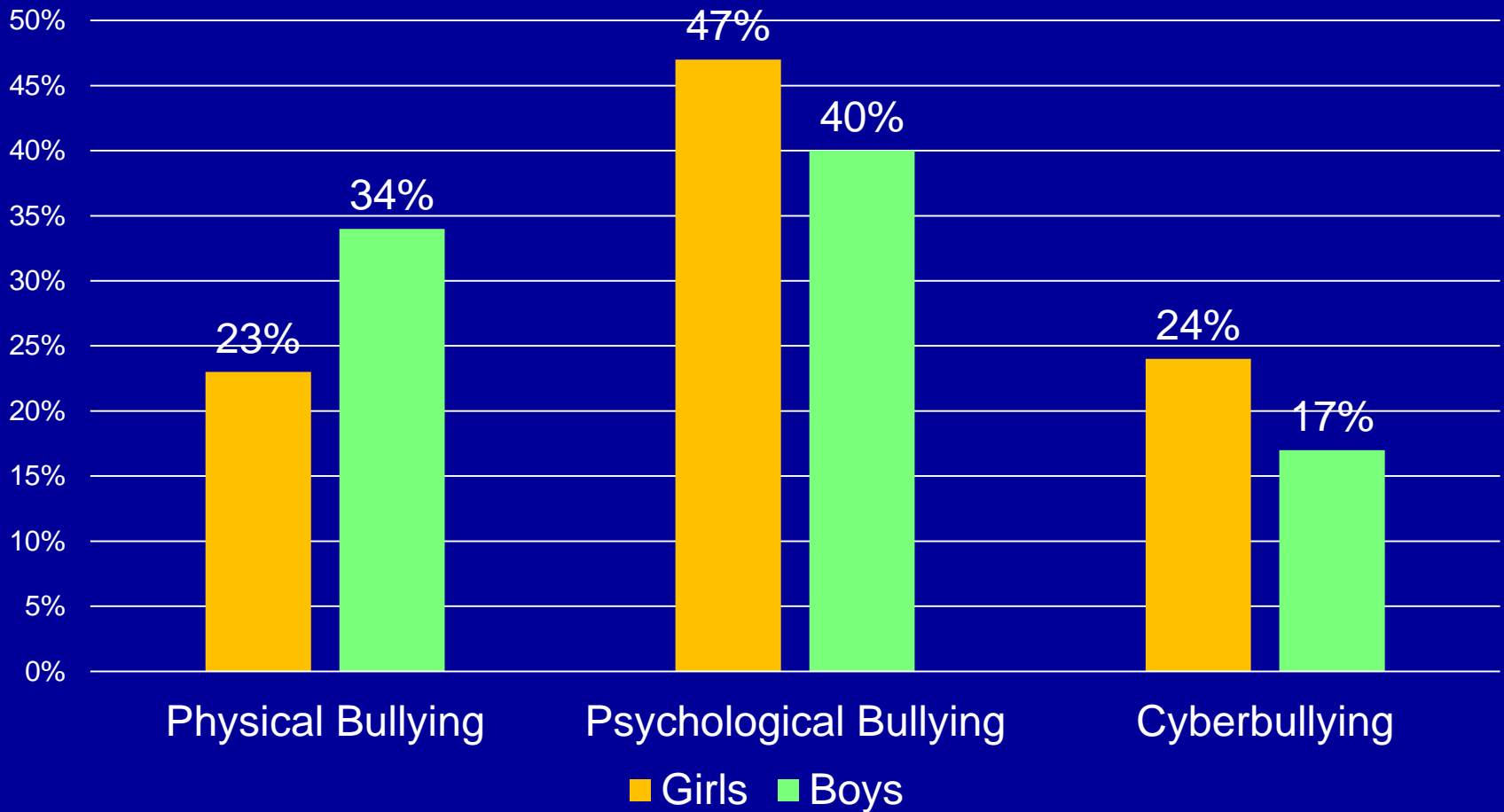
Prevalence of IPV in Teens

- 1 in 5 female students report physical (slapped, pushed, hit, coerced) and/or sexual abuse by “dating partner”
- Teens in same sex relationships are just as likely to experience dating violence
- 58% of rape victims report being raped between the ages of 12-24

Local Violence

- In Santa Clara County, women are more likely to be abused than are men.
 - 11% of adult women reported physical abuse by a partner
 - 2% of adult men reported physical abuse
- 3 fold increase in domestic-violence related deaths between 2010 and 2011
- In 2009, in SCC the rate of forcible rape was 21 per 100,000 people.

Bullying in SCC Schools



Effects of Abuse

- Emotional/Mental Health
- Academic/Occupational
- Social/relationships
- Revictimization
- Physical Health
- Sexual Health

Parental Awareness

- 81% of parents either did not believe that teen dating violence was an issue or did not know
- 54% of parents say they have not spoken with their child about dating abuse

Teen Awareness

- 25% of 14-17 year olds surveyed know at least one student who was a victim of dating violence
- 11% knew multiple victims
- 33% report witnessing such events
- 45% of girls know a friend or peer who has been pressured into sexual activity

Prevention Programs for Boys and Girls

- **Education + Skill Building**
 - Safe Dates (Foshee et al., 2005)
 - Shifting Boundaries (Taylor et al., 2011)
 - Fourth-R (Skills for Youth) (Wolke et al., 2009)

Prevention Programs for Girls

- **Education + Physical Empowerment**
 - NMNW (Sinclair et al., 2013; Sarnquist et al., 2014)
- **Education + Psychological Skill Building + Physical Empowerment**
 - Empowerment Project (Keller et al. 2014)

Girls' Empowerment Project

- **Psycho-education**
 - Topics include healthy relationships, abuse and bullying, emotion recognition, gender socialization, technology and media literacy
- **Psychological skills training**
 - Topics included assertiveness and communication training, coping skills, boundary setting, meditation
- **Physical empowerment/self-defense training**
 - Topics include recognition of unsafe situations, physical resistance, escape skills

Prevention Program Outcomes

- Girls' Programs
 - Increases one's sense of competence
 - Decreases in anxiety
 - Reductions in rates of sexual assault
 - Increases in disclosure

Prevention Programs for Boys

- **Education + Skill Building**
 - Coaching Boys into Men (Miller et al., 2012)
 - Your Moment of Truth (Keller et al., 2015)
- **Key components**
 - Changing Social Norms
 - Defining violence/abuse
 - Bystander intervention
 - Positive Masculinity

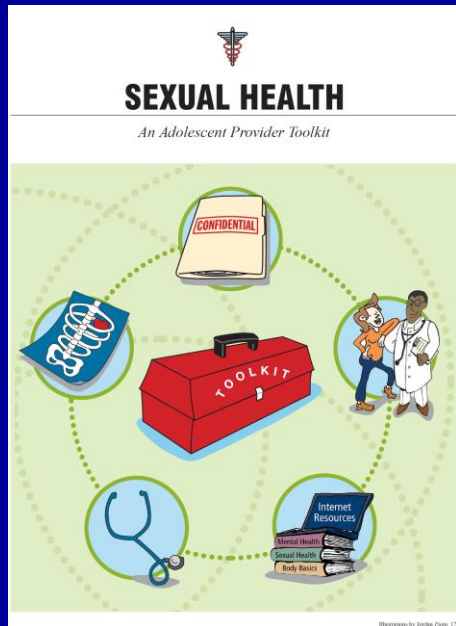
Prevention Program Outcomes

- Boys' Programs
 - More positive attitudes
 - Increased willingness to intervene (bystander)

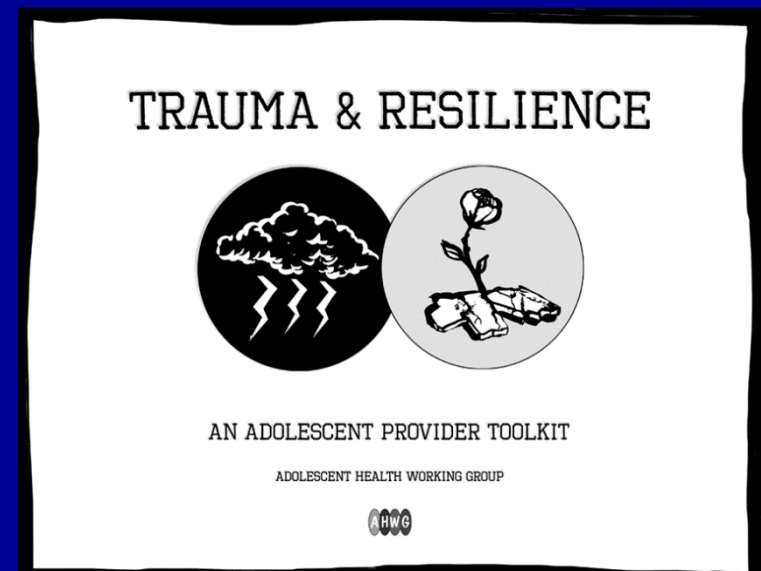
Questions

- Contact me:
- jkeller@stanford.edu
- www.empowerhealthrive.com

Resources: Adolescent Health Working Group



Monasterio E, et al. Sexual Health: An Adolescent Provider Toolkit. 2010. San Francisco, CA: Adolescent Health Working Group, San Francisco.
http://www.ahwg.net/uploads/3/2/5/9/3259766/sexual_health_toolkit_2010_final.pdf



<http://www.ahwg.net/uploads/3/2/5/9/3259766/traumareabooklet-web.pdf>

Resources

- National Teen Dating Abuse Helpline:
1-866-331-9474
- Rape Abuse Incest National Network:
1-800-656-HOPE
- Love is Not Abuse:
www.loveisnotabuse.com

Resources

- National Domestic Violence Hotline 1-899-SAFE
- The Safe Space teen safety plan worksheet: <http://www.thesafespace.org/pdf/handout-safety-plan-workbook-teens.pdf>

The image shows the cover of a worksheet titled "A TEEN'S GUIDE TO SAFETY PLANNING". At the top right, the logo "Break the Cycle" is displayed, with "Break" in a black box and "the Cycle" in a blue box. Below the logo, the text "Empowering Youth to End Domestic Violence" is written. The title "A TEEN'S GUIDE TO SAFETY PLANNING" is centered in large, bold, black letters. Below the title, there are three sections: "WHY DO I NEED A SAFETY PLAN?", "WHAT IS A SAFETY PLAN?", and "HOW DO I MAKE A SAFETY PLAN?". Each section has a short paragraph of text. At the bottom, there is a "Keep in Mind:" section with three bullet points. At the very bottom of the page, there is a footer with the website "www.breakthecycle.org", "www.thesafespace.org", and the phone number "888.988.TEEN".

Break the Cycle
Empowering Youth to End Domestic Violence

A TEEN'S GUIDE TO SAFETY PLANNING

WHY DO I NEED A SAFETY PLAN?
Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that *the abuse is not your fault*. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you *can* take action to keep yourself as safe as possible.

WHAT IS A SAFETY PLAN?
A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information *specific to you and your life* that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible at school, at home and other places that you go on a daily basis.

HOW DO I MAKE A SAFETY PLAN?
Take some time for yourself to go through each section of this safety planning workbook. You can complete the workbook on your own, or you can work through it with a friend or an adult you trust.

Keep in Mind:

- In order for this safety plan to work for you, you'll need to fill in personalized answers, so you can use the information when you most need it.
- Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone that you trust.
- Getting support from someone who has experience working with teens in abusive relationships can be very useful. Keep in mind that Break the Cycle is always here to help you.

www.breakthecycle.org • www.thesafespace.org • 888.988.TEEN