



# Teen Relationship Violence

**Kat Wager**  
**Prevention Educator**

Center for Community Solutions  
4508 Mission Bay Dr. (858) 272-5777 xt. 145  
San Diego, CA 92109

**1-888-DVLINKS**

# Services at CCS

- County wide relationship violence and sexual assault **crisis and referral hotline** (1-888-DVLINKS)
- **Residential Services** (2 Emergency 30-day shelters and 2 one-year transitional housings)
- **Counseling** (including Domestic Violence Offenders programs)
- **Legal Services** (Temporary Restraining Orders, Custody/Divorce, Help with Immigration as it pertains to DV/SA)
- **Advocacy** for Domestic Violence and Sexual Assault (hospital accompaniment, DV site calls, investigations, court appearances)
- **Prevention and Education** (Community Outreach, Prime-Time programs, Self Defense Classes)

# Right to and Advocate in CA

## **California Penal Code Section 679.05**

◦ A victim of domestic violence or abuse has the right to have a domestic violence advocate and a support person of the victim's choosing present at any interview by law enforcement authorities, prosecutors, or defense attorneys. However, the support person may be excluded from an interview by law enforcement or the prosecutor if the law enforcement authority or the prosecutor determines that the presence of that individual would be detrimental to the purpose of the interview.

## **California Penal Code Section 679.04 (a)**

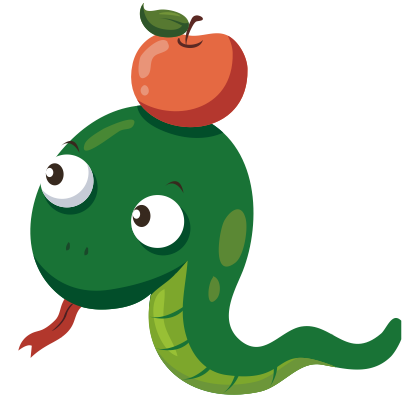
A victim of sexual assault or spousal rape has the right to have a sexual assault victim or counselor present at any interview by law enforcement authorities, District Attorney or defense attorneys and during any medical or physical examination. However, the support person may be excluded from an interview by law enforcement or the district attorney if the law enforcement authority or the district attorney determines that the presence of that individual would be detrimental to the purpose of the interview.

# Agenda

- What is TRV?
- Dynamics of TRV including warning signs
- Jealousy
- Sexual Coercion/ Acquaintance Rape
- How to help
- Healthy relationships
- Boundary making
- Questions and Resources

# Choices...

3 apples... you choose.



Us adults have to remember... it's their choice! We are here to provide them with knowledge to make healthy choices!

# Why talk about choices?

- Only half of all tween (51%) claim to know the warning signs of a bad/hurtful relationship

[www.teendvmonth.org](http://www.teendvmonth.org)

It's easier to choose a healthy one before we get in an unhealthy one (importance of setting boundaries... “ways I want to be treated.” “what will I not accept in my relationship?”)

# What exactly is Teen Relationship Violence?

A deliberate pattern of controlling behaviors that one person does to other to gain **power** and maintain **control** in an intimate relationship (or even just hooking up/ hanging out/ dating/ spending time with)

Physical      Emotional      Sexual

(look at Power and Control Wheel handout)

# Power and Control Game

Feel free to use this with your groups either as an “application”, a game of taboo, scenarios, lyrics, and/or Pictionary.

- Morgan tells Riley that he’s going to a party tonight. Riley says to have a good time. Riley texts Morgan about every 20 min., just to say “hi” and let him know Riley is thinking about him.
- Jose takes Natasha to Homecoming. When Natasha says it’s time for her to go home, Jose says, “Wait a minute, I took you out tonight, now it’s time for me to have fun.”
- Robyn and Kim are out getting frozen yogurt. Kim orders two scoops and Robyn looks at her butt, and says, “Are you sure you want to do that baby?”
- Jacob shoved Aaron against the wall after he said Aaron flirting with someone else. Aaron is crying and Jacob says, “if you were not flirting, I wouldn’t have to shove you. And calm down, it’s not like I pulled a Chris Brown on you anyways!”

# Warning Signs

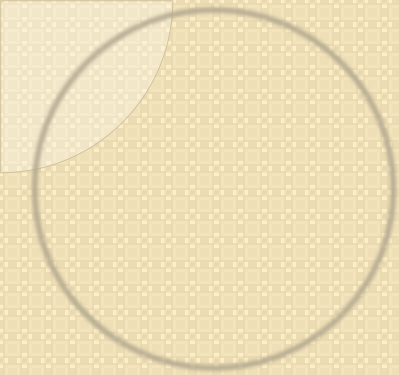
- Bruises are not warning signs... why does this now make us want to intervene (maybe intervene when verbal/possessive/controlling)
- Is your student... secretive about relationship, is their partner always with them, are they worried about what their partner will think of job, after school activities always texting during class/program etc.
- Is your partner... extremely jealous, possessive (you're mine, can't look or talk to others), threats to commit suicide, keeping tabs on you, making rules for you, pushing your sexual comfort... not using protection when requested, doesn't believe in

# Warning signs....verbal then physical

- 62% of tweens who have been in a relationship say they know friends who have been verbally abused (called stupid, worthless, ugly, etc.) by a boyfriend/girlfriend.

[www.teendvmonth.org](http://www.teendvmonth.org)

- One in five 13-14 year olds in relationships (20%) say that they know friends and peers who have been struck in anger (kicked, hit, slapped, or punched) by a boyfriend/girlfriend.





# Jealousy is a **WARNING SIGN**

Feel free to use this exercise with your youth!!!!

**THOUGHTS**

**FEELINGS**

**BEHAVIORS**

Jealousy = insecurity and/or lack of trust, but it's on the person who is jealous.... Not the other!

# Pregnancy as a warning sign?

- Girls experiencing dating violence were 5 times more likely to become pregnant than their non-abused peers.

*(The American Medical Association, 2001)*

- 70% of pregnant teens are beaten by their partners and abuse frequently escalates during pregnancy

# Sexual Coercion/ Acquaintance Rape

Refer back to “sexual coercion” on P&C wheel

~80% of all Sexual Assaults are committed by an acquaintance

- In 2005, 1700 San Diego youth surveyed, 23% stated they touched their dating partner sexually when their partner didn't want it
  - San Diego County Teen Relationship Violence Assessment Study

# Consent

Don't be afraid to talk about this!  
It's the best way to PREVENT RAPE!

Positive Cooperation in act or attitude, FREE-  
WILL or VOLUNTARY

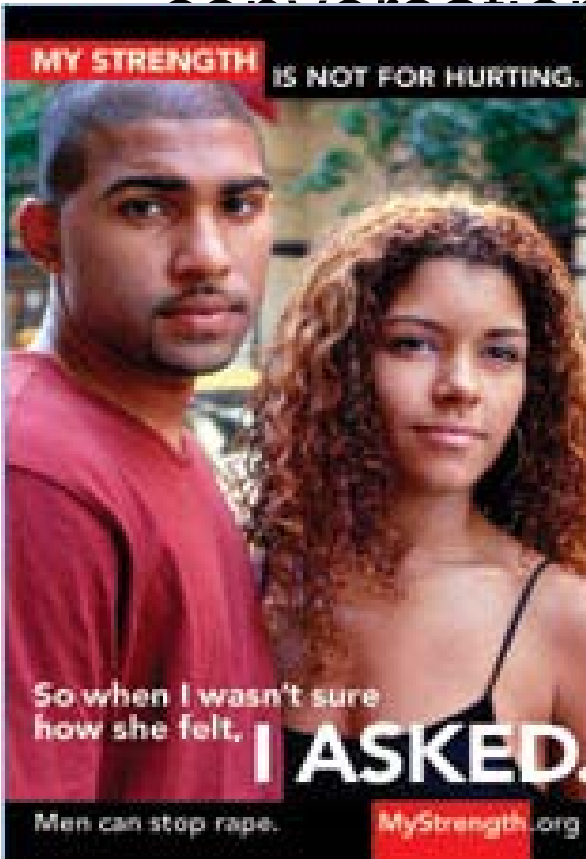
“I want this as much as you do, at this time and in  
this way”

- Consent CAN NOT be given if the victim is...
  - Intoxicated/drugged
  - Unconscious
  - Threatened
  - Remains silent
  - Minor to adult
  - Consented before but NOT this time



# Ask, Wait, Respect

- How can we make consent a conversation?



- “Are you okay with this?”
- “Are you comfortable?”
  - “What do you like?”
  - “What do you want?”

Ask, wait, respect the answer!

# How can we help the youth we work with?

You know someone who is in an abusive relationship and you think it's easy to leave right?

**Wrong!!!** This is one common myth educators assume when working with TRV

We need to first understand why teens stay in these relationships

# Why teens stay

Two number 1 reasons are: Fear and Love

- **Fear:** Abuser may attend same school  
Threats of homicide or suicide  
Doesn't want a bad reputation (snitch, liar, others will say victim did something wrong)
- **Love:** They don't want to end the relationship, only the abuse to end!  
To them, this is what love is (parents/ friends/ neighborhood)

# Why teens stay

- Isolation from friends/family (the abuser is their life now)
- Promises that abuser will change
- Peer Pressure (a “kind-of bad” relationship is better than no relationship at all)
- Social Status (Freshman and Senior)
- Adolescence physical/emotional changes

# Where do you come in as an educator?

- A survey of teens showed that of those physically or sexually abused by a partner, 3% reported to an authority figure, 6 % told a family member, 61% told a friend, and 30 % told no one!
- Help make your students/campus aware of this crime and show them you can help and that you are a safe adult to talk to

# How to Help

- Invite Prevention and Education departments to come in and speak to students
- Hang posters/numbers/positive images around classroom/campus/office
- Ask questions... this sets the stage for when they're ready to talk
- Do NOT minimize their feelings, relationship, or their danger
- Listen... you may be the first person they've told
- Build up their self-esteem (by now, they've lost it)

# What to say if we suspect or they disclose

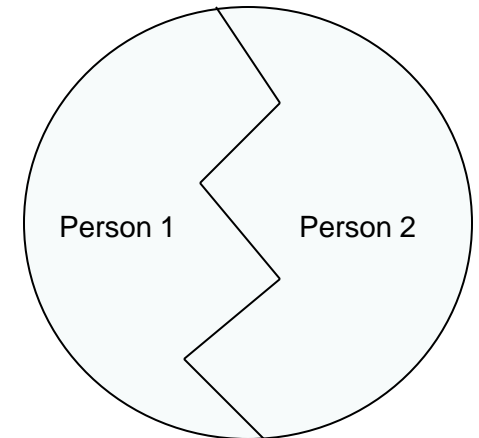
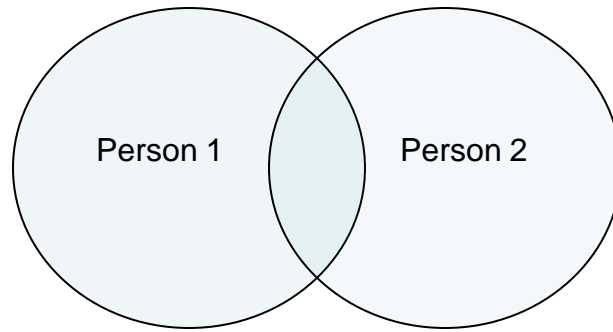
- “Is that a loving behavior? Is that respectful?”
- I’m afraid for you safety
- I believe that you deserve better
- It’s not your fault
- What do you need from me?
- If and when you’re ready to leave, there’s help
- Thank you for trusting me and telling me

# Safety Planning

For a GREAT teen safety plan go to [www.breakthecycle.org](http://www.breakthecycle.org)

- Don't underestimate danger
- Chances of homicide rise 70% when vic leaves... why?
- Breaking up in public place... letting other's know it's happening
- Code words with people vic trusts
- Safe place... not with family that perp knows
- If fight happens, move to place where it's safer
- Switching up routine
- Security walk out at work/store/apartment

# Healthy or Unhealthy?



Exercise: Write down one thing that you like about yourself **THAT DOES NOT INVOLVE ANYONE ELSE**  
ex. I have good hair

# Healthy Relationships = Healthy Boundaries

Passive                      Assertive  
Aggressive

# Equality Wheel

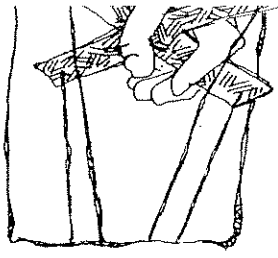
Sara is over at Josh's house. Josh uses the restroom and his phone rings near Sara. Sara doesn't check it and leaves it alone.

Caleb listens to hard rock and plays guitar. Mike listens to r&b and hates hard rock. Friday night, Mike says, "I want to go to your show tonight." After the show, Mike says, "Babe, you're a rad guitarist."

Maliek and Monia have been dating for a month. Maliek tells Monia he would like to have sex. Monia says she is not ready because she wants to wait until they are more serious. After about 4 months Monia tells Maliek, "Thank you for supporting me on my decision. I am ready to have sex now and I went to the Doctor and got on birth control. Maliek say, "I am glad you did. I also bought condoms."

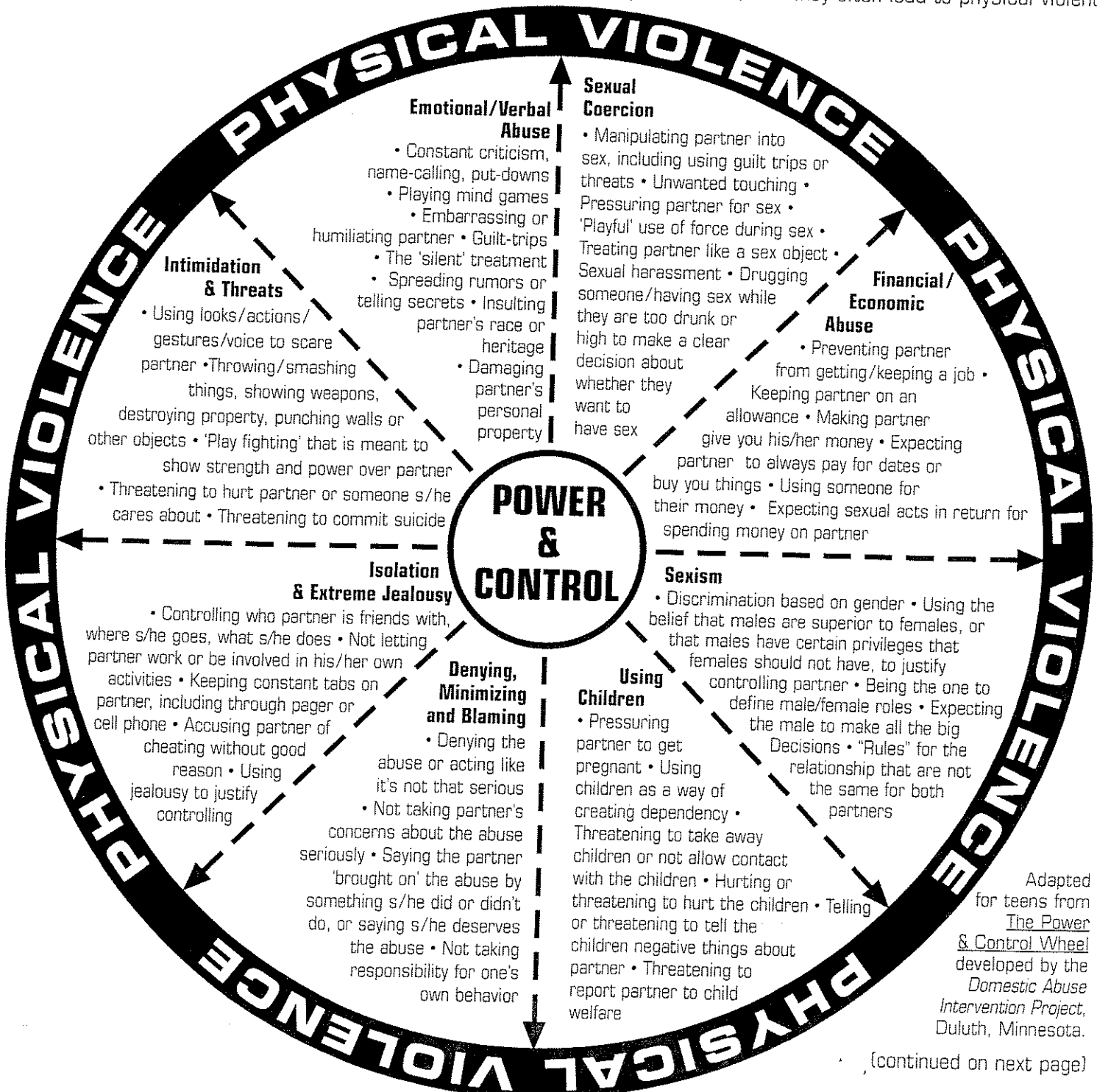
# Questions and Resources

- [www.thatsnotcool.com](http://www.thatsnotcool.com)
- [www.loveisrespect.org](http://www.loveisrespect.org)
- [www.athinline.org](http://www.athinline.org)
- [www.mystrength.org](http://www.mystrength.org)
- [www.choosererespect.org](http://www.choosererespect.org)
- [www.dosomething.org](http://www.dosomething.org)
- [www.sddvc.org](http://www.sddvc.org)
- 1-800-843-5200 (California Youth Crisis Hotline)



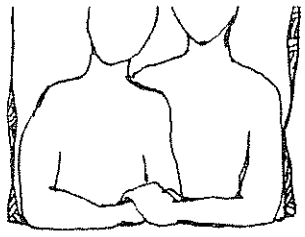
# Understanding Power & Control Tactics

Consider the following definition of abuse: "Abuse is any attempt to gain power or control over another person using physical, emotional or sexual tactics." The 'Wheel' you see on this page shows that Power and Control are at the center of an abusive relationship. In other words, abuse is when there is a pattern of one person trying to gain power and control over the other. One of the most obvious or blatant ways to control another person is by using violence – such as hitting a person, holding them down or sexually assaulting someone. However there are other ways of controlling a person that do not include physical violence and are not so easy to spot. Instead of using physical or sexual violence, many abusers may use verbal, emotional, psychological or financial tactics to control the other person. Some examples of these forms of abuse are shown in between the 'spokes' of the wheel. They are more subtle (not so obvious) so often people do not recognize them as abuse. But they are abuse, and they often lead to physical violence.



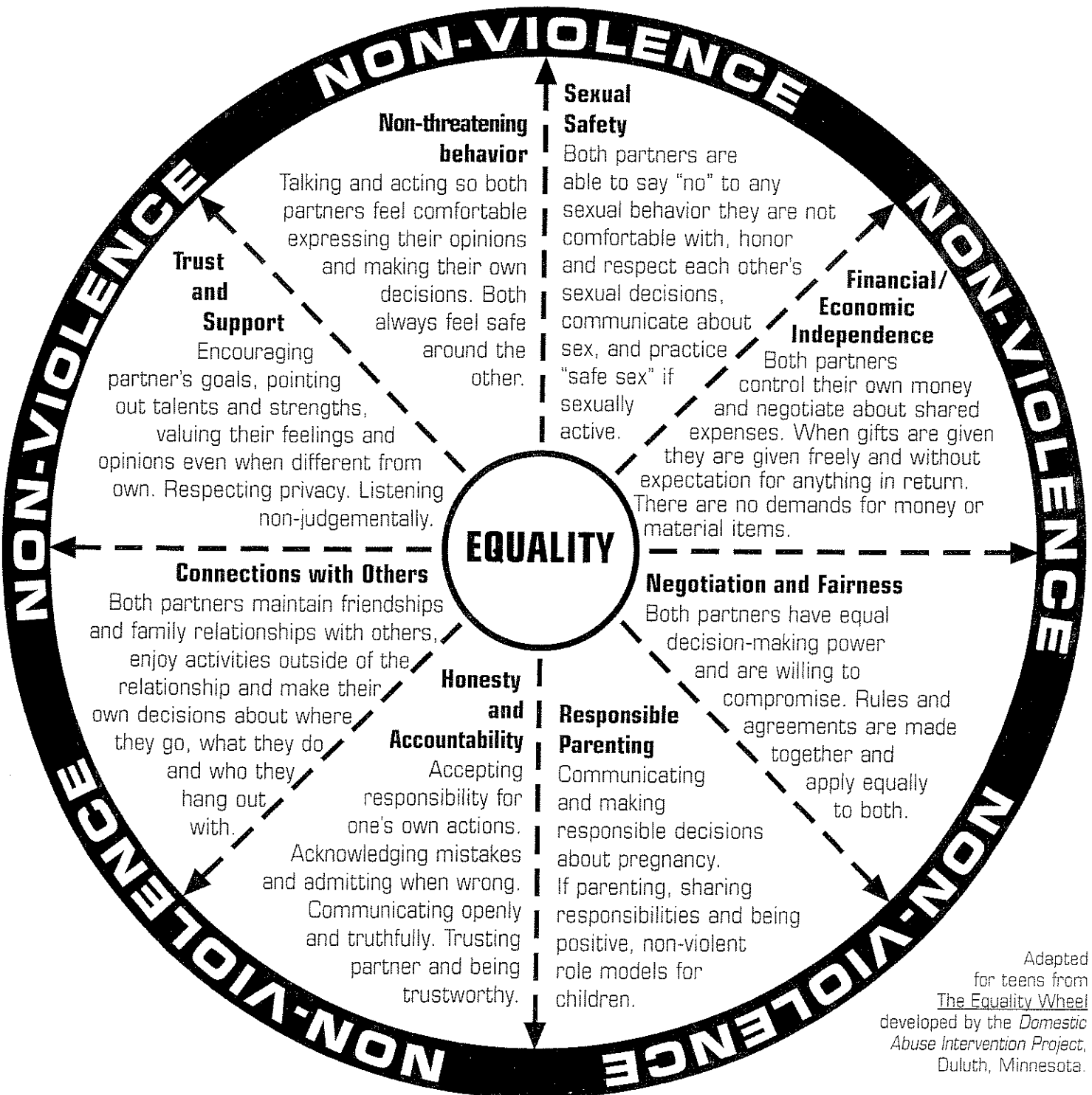
Adapted for teens from The Power & Control Wheel developed by the Domestic Abuse Intervention Project, Duluth, Minnesota.

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# Understanding Equality

The opposite of an abusive relationship (one based on power and control) is a healthy relationship, which is based on Equality. When both people in a relationship believe they are equal, and neither tries to gain power or control over the other, the result is a non-violent and healthy relationship. The 'Equality Wheel' below shows equality as the center of the healthy relationship. Inside the 'spokes' of the wheel are examples of behaviors that go on in a relationship based on equality.



Adapted for teens from The Equality Wheel developed by the Domestic Abuse Intervention Project, Duluth, Minnesota.

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