



LET'S
START
TALKING!

#DONTSETTLE

Breaking the silence around youth dating violence..



GOALS FOR TODAY:

1. OPEN AND ENLIGHTENING DISCUSSION OF YOUTH DATING CULTURE, DATA ON YOUTH DATING VIOLENCE, AND HEALTHY RELATIONSHIPS.
2. DEMONSTRATION OF RELEVANT AND ENGAGING OUTREACH STRATEGIES TO RAISE AWARENESS AND DRIVE PREVENTION EFFORTS FOR YOUTH.
3. SHARING RESOURCES FOR YOU TO UTILIZE IN YOUR OWN COMMUNITIES

LOOKING AT:

1) DATA/RESEARCH

2) CULTURE

3) STRATEGIES

THE RESEARCH :

YOUTH DATING VIOLENCE DATA



CURRENT DATA & STATISTICS OF TDV IN SCHOOLS

- NEARLY 1.5 MILLION HIGH SCHOOL STUDENTS NATIONWIDE EXPERIENCE PHYSICAL ABUSE FROM A DATING PARTNER IN A SINGLE YEAR.
- 1 IN 3 ADOLESCENTS AGES 14 TO 20 IN THE U.S. IS A VICTIM OF PHYSICAL, SEXUAL, EMOTIONAL OR VERBAL ABUSE FROM A DATING PARTNER.
- *TDV IS A PRESSING INT'L ISSUE, BUT THERE HAVE BEEN FEW ATTEMPTS TO COLLECT EVIDENCE INTERNATIONALLY.
- 1 IN 3 ALSO REPORTED THEY HAVE COMMITTED RELATIONSHIP VIOLENCE THEMSELVES; ONE IN FOUR MALES WITH GIRLFRIENDS SAY THEY HAVE BEEN PHYSICALLY AGGRESSIVE.
- 1 IN 10 HIGH SCHOOL STUDENTS HAS BEEN PURPOSEFULLY HIT, SLAPPED OR PHYSICALLY HURT BY A BOYFRIEND OR GIRLFRIEND.
- ONE QUARTER OF HIGH SCHOOL GIRLS HAVE BEEN VICTIMS OF PHYSICAL OR SEXUAL ABUSE.

RESOURCES : *LOVEISRESPECT.ORG, DOSOMETHING.ORG

CONTINUED DATA & STATISTICS...

- APPROXIMATELY 70% OF COLLEGE STUDENTS SAY THEY HAVE BEEN SEXUALLY COERCED.
- 43% OF COLLEGE WOMEN REPORTED THEY HAVE EXPERIENCED PHYSICAL, SEXUAL, VERBAL, AND CONTROLLING ABUSE.
- 19% OF STUDENTS HAVE BEEN SEXUALLY ASSAULTED IN COLLEGE AND MOST STATE IT HAS BEEN BY SOMEONE THEY KNOW.
- 12% OF FEMALES IN 9TH-12TH GRADES REPORTED THEY HAVE BEEN PHYSICALLY FORCED TO HAVE SEX.
- 1 IN 6 FEMALES HAVE BEEN RAPED BEFORE AGE 25 AND 42% REPORTED THEY WERE BEFORE AGE 18.
- 1 IN 9 FEMALES AND 1 IN 13 MALES HAVE EXPERIENCED PHYSICAL ABUSE;
- 1 IN 7 FEMALES AND 1 IN 9 MALES HAVE EXPERIENCED SEXUAL ABUSE FROM A DATING PARTNER.

LACK OF AWARENESS IS KEY.

- ❖ ONLY 33% OF TEENS WHO WERE IN A VIOLENT RELATIONSHIP EVER TOLD ANYONE ABOUT THE ABUSE.
- ❖ 81% OF PARENTS BELIEVE TEEN DATING VIOLENCE IS NOT AN ISSUE OR ADMIT THEY DON'T KNOW IF IT'S AN ISSUE.
- ❖ A TEEN'S CONFUSION ABOUT THE LAW AND THEIR DESIRE FOR CONFIDENTIALITY ARE TWO OF THE MOST SIGNIFICANT BARRIERS STOPPING YOUNG VICTIMS OF ABUSE FROM SEEKING HELP.

WHY IS THIS IMPORTANT TO SCHOOLS?

- GIRLS AND YOUNG WOMEN BETWEEN THE AGES OF 16 AND 24 EXPERIENCE THE HIGHEST RATE OF INTIMATE PARTNER VIOLENCE -- ALMOST TRIPLE THE NATIONAL AVERAGE.
- VIOLENT BEHAVIOR TYPICALLY BEGINS BETWEEN THE AGES OF 12 AND 18.
- VIOLENT RELATIONSHIPS IN ADOLESCENCE CAN HAVE SERIOUS RAMIFICATIONS BY PUTTING THE VICTIMS AT HIGHER RISK FOR SUBSTANCE ABUSE, EATING DISORDERS, RISKY SEXUAL BEHAVIOR AND FURTHER DOMESTIC VIOLENCE.
- 50% OF ADOLESCENTS WILL ATTEMPT TO COMMIT SUICIDE OR HAVE SUICIDAL THOUGHTS DUE TO TEEN DATING VIOLENCE AND SEXUAL ABUSE
- 20% OF STUDENTS WITH D'S AND F'S IN SCHOOL HAVE BEEN SUBJECT TO DATING VIOLENCE.
- BEING PHYSICALLY OR SEXUALLY ABUSED MAKES TEEN GIRLS SIX TIMES MORE LIKELY TO BECOME PREGNANT AND TWICE AS LIKELY TO GET AN STI.

NCSL INJURY PREVENTION LEGISLATION DATABASE

- ❖ 8 STATES DO NOT CONSIDER TEEN DATING VIOLENCE TO BE ABUSE AND THEREFORE TEENS ARE UNABLE TO APPLY FOR A PROTECTIVE ORDER OR NO CONTACT ORDER.
- ❖ AT LEAST 23 STATES HAVE LAWS URGING SCHOOL BOARDS TO DEVELOP OR INCLUDE A TDV CURRICULUM AS WELL AS PARTICIPATE IN TDV AWARENESS WEEKS OR MONTHS. ONLY A FEW HAVE WRITTEN POLICIES GOVERNING SAFETY AND INTERVENTION.
- ❖ ILLINOIS REQUIRES THEIR BOARDS OF EDUCATION TO CREATE A SCHOOL TASK FORCE TO DEVELOP POLICIES AND PROCEDURES ADDRESSING TDV.
- ❖ INDIANA IS REQUIRED TO IDENTIFY OR DEVELOP MODEL DATING VIOLENCE EDUCATIONAL MATERIALS AND DV RESPONSE POLICIES AND REPORTING.

STATISTICS

- [HTTP://WWW.BREAKTHECYCLE.ORG/DATING-VIOLENCE-RESEARCH](http://www.breakthecycle.org/dating-violence-research)
- [HTTPS://WWW.NYTIMES.COM/2019/05/21/HEALTH/TEENAGE-GIRLS-DATING-VIOLENCE.HTML](https://www.nytimes.com/2019/05/21/health/teenage-girls-dating-violence.html)



THE CULTURE :



INFLUENCES...



1950's –
Parents,
Church



1970's –
Parents,
Peers



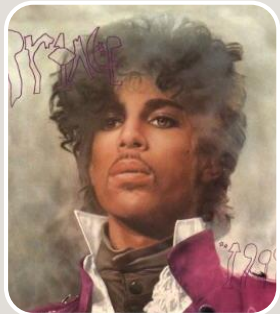
1990's –
Peers,
parents



TODAY? -
Media, Peers,
Parents



DIGITAL NATIVES



No
memory
of life
before
the
internet

Technology
is
ubiquitous
and 24/7

Social
necessity

More
visual –
Selfies and
more
selfies

Competitive
How many
“likes”?

Application
fickle

SOCIAL CULTURE : POP QUIZ

- <https://create.kahoot.it/share/2019-youth-dating-culture/0edd6dd1-4f9e-453e-ba5e-85c7dfaa4d38>



[TODAY'S Dating Culture and Norms](#)

<https://studybreaks.com/culture/the-9-dating-apps-every-student-should-know-about/>

<https://www.businessofapps.com/data/tinder-statistics/>

<https://raisingteens.com/the-teen-hookup-culture-what-parents-should-know/>

HEALTHY MINDSET, HEALTHY RELATIONSHIPS

- WE SEEK TO EMPOWER YOUNG ADULTS AND RAISE AWARENESS OF YOUTH DATING VIOLENCE THROUGH DISCUSSION, EDUCATION, AND MENTORING WITH A FOCUS ON DEVELOPING THE **PROTECTIVE FACTORS** OF PRO-SOCIAL RELATIONSHIP SKILLS, RESILIENCE, AND A HEALTHY MINDSET.

● HOPE

HELP

STRENGTH

CREATING A CULTURE OF SUPPORT...

- ❑ **EDUCATION/AWARENESS** OF DATING VIOLENCE AND ON HEALTHY RELATIONSHIPS (#LETSSTARTTALKING)
- ❑ **SELF-AWARENESS AND MENTAL HEALTH** – ENCOURAGING YOUTH TO TAKE CARE OF THEMSELVES FIRST.... TO LEARN AND GROW IN ORDER TO CREATE A HEALTHY RELATIONSHIP WITH ANOTHER PERSON.
- ❑ **TAKING ACTION:** YOUTH LEADERSHIP IN THEIR SCHOOLS AND COMMUNITIES

CIRCLES – LET'S START TALKING



BRIDGING THE GENERATIONAL DISCONNECT: TALKING POINTS.....

- SOCIAL STRESSORS AND PRESSURES
- FRIENDSHIPS AND CLIQUES
- SELF-IMAGE....THE MAN/WOMAN IN THE MIRROR
- RELATIONSHIPS – RED FLAGS? HOW DO YOU GET OUT? NO SHAME, NO BLAME.

3) THE STRATEGIES:



OUR STRATEGIES: (RELEVANCE AND AUTHENTICITY)

- ❖ ART WITH A MESSAGE CAMPAIGNS
- ❖ SOCIAL MEDIA PRESENCE
- ❖ INTERACTIVE BULLETIN BOARD CAMPAIGNS
- ❖ YOUTH-LED WORKSHOPS/CONFERENCES

YOUTH-LED CONFERENCES









INTER- ACTIVE DISPLAYS





TAKING THE MESSAGE BACK TO SCHOOL!



TOPICS WE DISCUSS WITH TEENS...

IN SMALL GROUPS

IN LARGE GROUPS

AT WORKSHOPS AND CONFERENCES

TOXIC RELATIONSHIPS...



- MAKE YOU FEEL BAD ABOUT YOURSELF
- CAUSE STRESS BETWEEN YOU AND YOUR FAMILY
- MANIPULATE YOU
- CAUSE ANXIETY

RELATIONSHIP RED FLAGS

- HE/SHE TALKS BADLY ABOUT YOUR FAMILY OR OTHER FRIENDS.
- THOSE WHO TRULY LOVE YOU DO NOT SEEM TO LIKE HIM/HER.
- HE/SHE LIES TO YOU OR ABOUT YOU.
- HE/SHE WANTS TO MAKE THE DECISIONS AND SELDOM COMPROMISES.
- HE/SHE LOVES YOU ONE MINUTE AND HATES YOU THE NEXT.
- HE/SHE TRIES TO DAZZLE YOU WITH MATERIAL THINGS INSTEAD OF PROVIDING THE REALLY IMPORTANT, INTANGIBLE GIFTS LIKE SUPPORT, RESPECT, CONSIDERATION, KINDNESS...
- IF YOU DON'T GO ALONG WITH HIM/HER, YOU PAY THE PRICE, ONE WAY OR ANOTHER.



MOST TEEN RELATIONSHIPS DON'T LAST INTO ADULTHOOD.

- “BREAKING UP”, WHETHER WITH A FRIEND OR WITH SOMEONE YOU’RE DATING, IS A NORMAL PART OF LIFE.
- YOUNG ADULT YEARS ARE MEANT TO BE PRACTICE YEARS FOR RELATIONSHIPS AS YOU ALL DISCOVER WHO YOU REALLY ARE AND WHAT TYPE OF PEOPLE BRING OUT THE BEST IN YOU.
- NO SHAME/NO BLAME: IF A RELATIONSHIP ENDS, IT JUST WASN’T THE RIGHT FIT. THAT’S OKAY!

Human Relationships are like Puzzles: Some pieces fit well, some don't.

During your teen and college years especially:

- Breaking up is a normal part of human growth – of learning who you are.
- Each relationship helps you understand who brings out the best in you and the type of person you'd like to be with.

SOME PIECES JUST DON'T FIT.....

Emotional	Physical	Sexual
<p>Making demeaning jokes</p> <p>Put-downs</p> <p>Ignoring feelings</p> <p>Lying</p> <p>Insulting</p> <p>Yelling/screaming</p> <p>Stealing</p> <p>Blaming/accusing</p> <p>Stalking online or in real life</p> <p>Extreme jealousy</p> <p>Being controlling</p> <p>Making threats</p> <p>Damaging possessions</p> <p>Threatening suicide</p>	<p>Scratch</p> <p>Pinch</p> <p>Pull hair</p> <p>Push/shove</p> <p>Slap</p> <p>Bite</p> <p>Punch</p> <p>Throw Objects</p> <p>Kick</p> <p>Hit</p>	<p>Embarrassing sexual comments</p> <p>Unwanted touching/grabbing</p> <p>Pressure to have any kind of sex</p> <p>Treat like a sex object</p> <p>Sexual manipulation</p> <p>Force to look at pornography</p> <p>Making threats or being intimidating if you say "no"</p> <p>Control birth control methods/use</p> <p>Pressure to get pregnant</p> <p>Sexual mutilation</p> <p>Physically forcing sexual activity/rape</p>



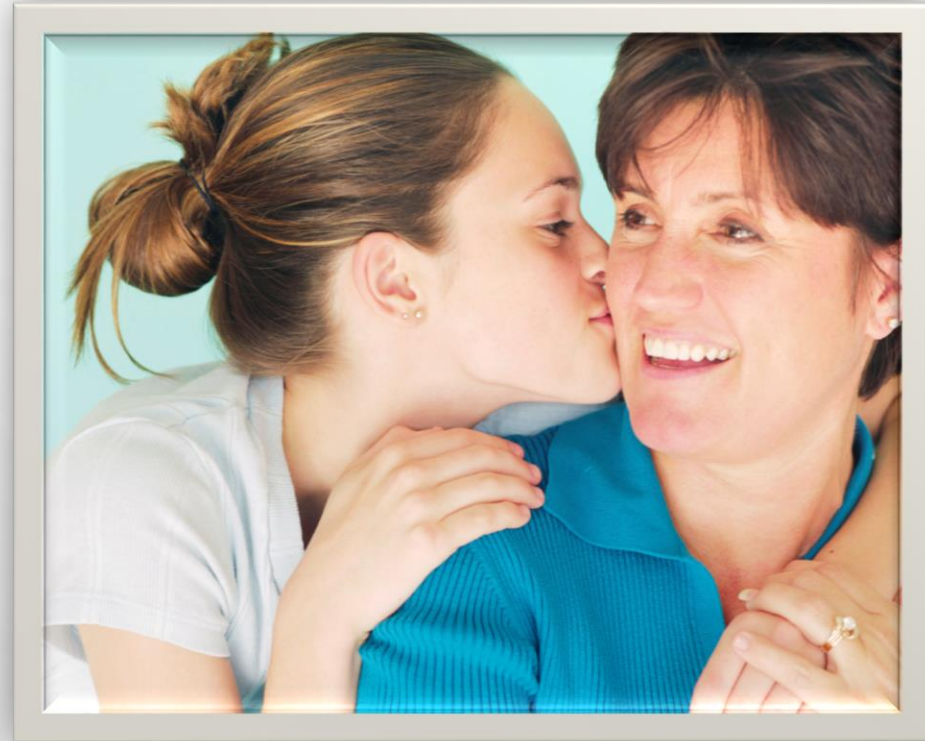
BREAK-UP VIOLENCE – PROTECT YOURSELF

- Don't visit an EX alone.
- Don't let friends visit an EX alone.
- Choose public places



DON'T GO IT ALONE!

- SEEK GOOD COUNSEL FROM SOMEONE OLDER AND WISER BEFORE MAKING IMPORTANT DECISIONS OR WHENEVER YOU FEEL ANXIOUS OR IN A SLUMP.



WHAT IS CONSENT?



[HTTPS://WWW.LOVEISRESPECT.ORG/HEALTHY-RELATIONSHIPS/WHAT-CONSENT/](https://www.loveisrespect.org/healthy-relationships/what-consent/)

INSIST ON HEALTHY BOUNDARIES

- GO OUT WITH YOUR OTHER FRIENDS
- PARTICIPATE IN ACTIVITIES AND HOBBIES YOU LIKE
- DON'T ALLOW "FRIENDS" TO PRESSURE YOU INTO SHARING PASSWORDS TO YOUR EMAIL, SOCIAL MEDIA, PHONE, ETC.
- YOUR INDIVIDUAL LIKES, NEEDS, AND OPINIONS SHOULD BE RESPECTED.
- COMPROMISE SHOULD BE THE NORM, NOT A BATTLE

FIGHT OR FLIGHT WARNING:

- IF YOU'RE IN DANGER,
DON'T WAIT!
- SEEK SAFETY AND
HELP IMMEDIATELY.
- LISTEN TO YOUR GUT.



GOOD NEWS!

- THE CENTERS FOR DISEASE CONTROL AND PREVENTION SAID TEENS TODAY ARE MAKING BETTER DECISIONS ABOUT SEX, SMOKING, DRINKING AND FIGHTING.

6 Decisions that Today's Teens Are

**“Study: Teens Making more responsible
Better Than Past Generations
Now than in past”**

BUILDING HEALTHY RELATIONSHIPS STARTS WITH BUILDING A HEALTHY YOU!



DON'T SETTLE....

LOVE YOURSELF ENOUGH...

RESPECT YOURSELF
ENOUGH.....

TO CHOOSE SAFE, HEALTHY
RELATIONSHIPS.



24-Hour Crisis Line: 219.464.2128 Long-Distance Toll-Free: 1.800.933.0466

Empowering the Circle

WELCOME TO THE AMANDA FORUM NWI REGION DARE TO DATE SAFE LEADERSHIP CONFERENCE 2019



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AMANDA FORUM

DARE
TO
DATE
SAFE



#get ya
S.A.S



PERSONAL SAFETY





SPREADING AWARENESS!



Communicating Effectively

Scenario: Recently, you and your partner have been disagreeing a lot, and it often leads to arguments. Every time you try to talk to them about how you're feeling they say it's not big, which you're disappointed in they just don't want to argue anymore. You feel that the issues are important and want the chance to say how you feel without having to argue. After a day of not speaking, you feel that maybe you both think you want to talk over on the relationship to a point. They shut back and say they will talk when they're ready.

1. To use for communication, try look to try and include a neutral way of saying what you're trying to say.
2. To talk taking all of both sides being on the same page with your partner? Why or why not?
3. Does anger due to a disagreement create any negative results or outcomes?
4. Do you think it is ok to demand and manipulate someone or make them do what you want your partner? "I'm sorry I'm not" is not a healthy, unhelpful, or realistic?
5. What are healthy and constructive ways to communicate during a disagreement?