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Formerly: Family Violence Prevention Fund

**Promoting Healthy Relationships Among Youth:
Reducing Teen Pregnancy by Recognizing and Responding to
Dating Violence and Reproductive Coercion**
**Family and Youth Services Bureau First Annual Teen Pregnancy
Prevention Grantee Conference, April 30, 2012**

Introduction: Futures Without Violence

- National non-profit dedicated to ending violence against women and children; started in 1980 in San Francisco, now with offices in Boston, Washington, D.C; formerly Family Violence Prevention Fund
- House the National Health Resource Center on Domestic Violence (DHHS)
- Technical Assistance Provider to Attorney General's Defending Childhood Initiative (Children Exposed to Violence)
- Known for program development focused on building partnerships for social change on DV/Child Abuse/
Dating Violence: Project Connect,
Start Strong

LEARNING OBJECTIVES

- Describe characteristics of healthy vs. unhealthy relationships among youth;
- Utilize the tips provided to identify and respond to unhealthy relationships;
- Identify resources to support youth in all phases of unhealthy relationships, including evidence-based prevention programs; and
- Integrate relationship resources in their work, considering whether to integrate before or after implementation and how such integration impacts program model adaptations.



Definitions of Adolescent Relationship Abuse (Teen Dating Violence)

Patterns of coercive and controlling behaviors perpetrated by an intimate partner.

- Emotional abuse
- Physical abuse
- Sexual assault
- Reproductive coercion
- Social isolation
- Stalking
- Intimidation
- Threats
- Control (monitoring cell phones, what you wear)



WHAT WE KNOW



1 in 4 (25%) U.S. women
and
1 in 5 (20%) U.S. teen girls
report ever experiencing
physical and/or sexual IPV.

CDC Morbidity and Mortality Weekly Report, February
2008; Silverman et al, 2001

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Teen Dating Violence is Prevalent

Nationwide, nearly one in ten high-school students has been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend. (Eaton et al., 2010)

When you consider more than physical abuse:

Approximately one in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner (Davis et al., 2008)

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What We Know

- Among a random sample of 1278 women ages 16-29 in 5 Family Planning clinics
 - **53% experienced DV/SA**
- Mirrors findings from studies nationwide – family planning clients have high rates of violence



(Miler et al., 2010)

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Abuse/Coercion Happening Electronically

- One in four teens in a relationship report being called names, harassed, or put down by their partner via cell phone/texting (Liz Claiborne and TRU, 2007)
- One in five teen girls have electronically sent or posted nude/semi-nude photos or videos of themselves (12% of these girls say they felt 'pressured' to do so) (The National Campaign, 2008)

From "The Facts on Teens and Dating Violence," available:
www.FuturesWithoutViolence.org

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Adolescent Relationship Abuse and Mental Health

- Depression and anxiety
- Disordered eating
- Suicidality
- Substance abuse



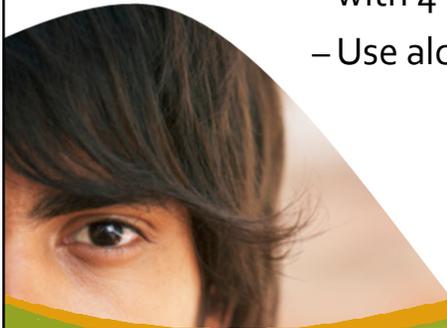
(Ackard et al., 2007, and Silverman et al., 2001)



Boys and girls who experience sexual dating violence are more likely to:

- Initiate sex before age 15
- Have sexual intercourse with 4 or more people
- Use alcohol or other drugs before sex

Kim-Goodwin et al., 2009



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DATING VIOLENCE AND TEEN PREGNANCY



Adolescent girls in physically abusive relationships were **3.5 times more likely** to become pregnant than non-abused girls

Roberts et al., 2005

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Definition: Reproductive Coercion

Reproductive Coercion involves behaviors that a partner uses to maintain power and control in a relationship that are related to reproductive health:

- Explicit attempts to impregnate a partner against her wishes
- Controlling outcomes of a pregnancy
- Coercing a partner to have unprotected sex
- Interfering with birth control methods



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DATING VIOLENCE AND CONDOM USE

Girls who experienced physical dating violence were 2.8 times more likely to fear the perceived consequences of negotiating condom use than non-abused girls

Wingood et al., 2001



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BIRTH CONTROL SABOTAGE

Tactics used by IPV perpetrators include:

- Destroying or disposing of contraceptives
- Impeding condom use (threatening to leave her, poking holes in condoms)
- Not allowing her to obtain or preventing her from using birth control
- Threatening physical harm if she uses contraceptives

Campbell et al., 1995; Coggins et al., 2003; Fanslow et al., 2008;
Lang et al., 2007; Miller et al., 2007; Wingood et al., 1997

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TEEN BIRTH CONTROL SABOTAGE

Among teen mothers on public assistance who experienced recent IPV:

- **66%** experienced birth control sabotage by a dating partner
- **34%** reported work or school-related sabotage by their boyfriend



Raphael, 2005

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MALE PARTNER PREGNANCY INTENTION AND CONDOM MANIPULATION

“

Like the first couple of times, the condom seems to break every time. You know what I mean, and it was just kind of funny, like, the first 6 times the condom broke. Six condoms, that's kind of rare. I could understand 1 but 6 times, and then after that when I got on the birth control, he was just like always saying, like you should have my baby, you should have my daughter, you should have my kid.

”

– 17-yr-old female who started Depo-Provera without partner's knowledge

Miller et al., 2007

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PREGNANCY-PROMOTING BEHAVIORS

One-quarter (26.4%) of adolescent females with IPV history reported that their abusive male partners were



**TRYING TO
GET THEM
PREGNANT**

Miller et al., 2007

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ADOLESCENT RAPID REPEAT PREGNANCY



Adolescent mothers who experienced physical abuse within three months after delivery were **nearly twice** as likely to have a repeat pregnancy within 24 months

Raneri & Wiemann, 2007

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The risk of being a victim of IPV in the past year was nearly

3X HIGHER

for women seeking an abortion compared to women who were continuing their pregnancies.

Bourassa & Berube, 2007

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SEXUALLY TRANSMITTED INFECTIONS AND INTIMATE PARTNER VIOLENCE



More than one-third (38.8%) of adolescent girls tested for STI/HIV have experienced dating violence.

Decker et al., 2005

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Partner Violence and STI/HIV

- Teen girls who are abused by male partners are **3x** as likely to become infected with STI/HIV
- Women and girls who are victims of IPV are **4x** as likely to be infected with HIV
- Men and boys who are abusive to female partners are **3x** as likely to have an STI

(Decker, 2005; Silverman, 2007)

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Healthy Relationships: Defining and Discussing

Linda Chamberlain, PhD MPH



Healthy Relationship Curriculum

- Define what a healthy relationship is and what an unhealthy relationship is, and how such behavior intersect
- Role of "culture" in defining



Tips for Identifying Unhealthy Relationships

And on a Bad Day?

How often does the person you are seeing:

- ✓ Shame you or make you feel stupid?
- ✓ Pressure you to go to the next step when you're not ready?
- ✓ Control where you go, or make you afraid?
- ✓ Grab your arm, yell at you, or push you when they are angry or frustrated?

Nobody deserves to be treated this way. If these things ever happen in your relationship, talk to someone about it. For more info, go to www.loveisrespect.org.

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Healthy Relationship Curriculum:

- Explore gender norms and how gender norms can affect a romantic or dating relationship.

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Healthy Relationships Curriculum

- Communications skills, including active listening skills and negotiation and assertiveness skills to deal with peer or sexual pressure



Healthy Relationship Curriculum

- Conflict resolution skills, including ways to help oneself and others in a conflict.



We have a problem, Houston

Many evidence-based curricula do not adequately cover healthy relationships

3/4 of the OAH Tier 1 grantees are using curriculum that:

Do not explicitly discuss healthy relationships.

Do not explicitly address teen dating violence.

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“Proven Programs” exist and should be mined

- 4th R
- Safe Dates
 - Already considered “evidence-based”
 - Being further evaluated through RWJF “Start Strong” initiative

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Why is this important?

- Three-fourths of teens age 16-18 report having had a relationship, dated, or “hooked up” with someone, and half of these youth have had a serious boyfriend or girlfriend.
- 57% of college students say it is difficult to identify dating abuse.

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Good news. . .But. . .

- *All of curricula reviewed provide opportunities to build skills necessary for the development of healthy relationships, such as communication skills, managing peer pressure, and negotiation or refusal skills.*

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There's room for improvement

- *Few curricula provide concrete examples or scenarios of subtle forms of relationship abuse.*
- Students need information about where to go for help

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What Can We Do?

- *Add scenarios or vignettes that provide more context for abusive versus healthy relationships (i.e., digital abuse, sexting, reproductive coercion),*
- *Add "debriefing" or processing questions after role plays and vignettes to enhance participants' understanding of healthy versus unhealthy relationships, and*
- Add information about where youth can get help (National Dating Abuse Hotline (loveisrespect.org)).

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Universal Education & Prevention with Adolescent Patients

Linda Chamberlain, PhD MPH



Implications for Practice

Every adolescent encounter is an opportunity to:

- convey prevention education messages about healthy relationships
- identify and support youth who may be experiencing controlling and abusive behaviors in their relationships



Universal Education About Respectful & Equitable Relationships

Remember – the goal is not to get the patient to disclose abuse.

Goal is to provide education about ARA and reproductive coercion so that the adolescent knows where to go to get help and support.

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HARM REDUCTION STRATEGIES

Specific to sexual and reproductive health

– Birth control that your partner doesn't have to know about (IUD, Implanon)

- Emergency contraception
- Safety planning regarding partner notification related to STI/HIV
- Supported referral to violence prevention agencies



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INTERVENTION RESULTS

Among patients in the intervention who experienced recent partner violence:

- 71% reduction in odds for pregnancy coercion compared to control
- Women receiving the intervention were 60% more likely to end a relationship because it felt unhealthy or unsafe

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Intervention Education Tool

Are you in an UNHEALTHY relationship?

Ask yourself:

- ✓ Does my partner mess with my birth control or try to get me pregnant when I don't want to be?
- ✓ Does my partner refuse to use condoms when I ask?
- ✓ Does my partner make me have sex when I don't want to?
- ✓ Does my partner tell me who I can talk to or where I can go?

If you answered YES to any of these questions, your health and safety may be in danger.



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“I’m giving this card to all the teens I see, it’s like a magazine quiz...”



What are elements of a healthy relationship?

How is it Going?

Does the person you are seeing (like a boyfriend or a girlfriend):

- ✓ Treat you well?
- ✓ Respect you (including what you feel comfortable doing sexually)?
- ✓ Give you space to hang out with your friends?
- ✓ Let you wear what you want to wear?

If you answered YES—it sounds like they care about you.

And on a Bad Day?

How often does the person you are seeing:

- ✓ Shame you or make you feel stupid?
- ✓ Pressure you to go to the next step when you're not ready?
- ✓ Control where you go, or make you afraid?
- ✓ Grab your arm, yell at you, or push you when they are angry or frustrated?

Nobody deserves to be treated this way. If these things ever happen in your relationship, talk to someone about it. For more info, go to www.loveisrespect.org.



Do you Text or Sext?

Texts or Sexts?

Hangin' out or Hookin' up?

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Everybody Texts

Getting a lot of texts can feel good—"Wow, this person really likes me."

What happens when the texts start making you uncomfortable, nervous, or they keep coming nonstop?

Figuring out what to say can be hard, especially if you like the person.

Be honest. "You know I really like you, but I really don't like it when you, text me about where I am all the time or pressure me for naked pics." For more tips on what to say go to: www.thatsnotcool.com.



Do you Text or Sext?

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How to Help a Friend

Do you have a friend who you think is in an unhealthy relationship?

Try these steps to help them:

- Tell your friend what you have seen in their relationship concerns you.
- Talk in a private place, and don't tell other friends what was said.
- Show them www.loveisrespect.org and give them a copy of this card.
- If you or someone you know is feeling so sad that they plan to hurt themselves and/or wish they could die—get help.
Suicide Hotline: 1-800-273-8255



Hangin' out or Hookin' up?



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Have you ever called the hotline?

It's difficult to give a strong referral if you don't know what will happen when teens makes the call.



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If you or someone you know ever just wants to talk, you can call these numbers. All of these hotlines are free, confidential, and you can talk to someone without giving your name.

National Teen Dating Abuse Helpline
1-866-331-9474 or online chat
www.loveisrespect.org

Suicide Prevention Hotline
1-800-273-8255

Teen Runaway Hotline
1-800-621-4000

Rape, Abuse, Incest, National Network (RAINN)
1-800-656-HOPE (1-800-656-4673)



Hangin' out or Hookin' up?



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Technical Assistance

For questions about how Futures might be able to help your program and for other free technical assistance and tools, including:

- Posters
- Safety cards
- Guidelines on Reproductive Coercion

Contact The National Health Resource Center on Domestic Violence, a project of Futures Without Violence:

- Visit: www.FuturesWithoutViolence.org/health
- Call Toll-free: **888-Rx-ABUSE (792-2873)**

800-595-4889 TTY

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Thank you for your time and commitment to
the this issue; it will make a difference for
teens' health and safety.

