

Teen Relationship Violence: A Resource Guide for Increasing Safety



The comprehensive resource on domestic violence



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About the Ohio Domestic Violence Network

The Ohio Domestic Violence Network (ODVN) is a statewide coalition of domestic violence programs, supportive agencies and concerned individuals whose mission is to eliminate domestic violence by providing technical assistance, resources, information and training to all who address or are affected by domestic violence; and to promote social and systems change through public policy, public awareness and education initiatives.

For additional information about ODVN and its work to end domestic violence in Ohio, visit: www.odvn.org and visit ODVN on Facebook.

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Acknowledgements

The Ohio Domestic Violence Network recognized that when House Bills 10 and 19 were implemented, there would likely be an upsurge in recognition of teen relationship violence cases. We convened a series of meetings and calls with many different practitioners to help develop some best practice response strategies. We also wanted to offer some guidance about the complex ethical dilemmas presented by the lack of confidentiality that is possible in these cases due to Ohio laws. We thank the following individuals and organizations for their help:

- **Mike Brigner**, Sinclair Community College, Dayton, Ohio
- **Danielle Cisterino**, Toledo Children’s Hospital, Toledo, Ohio
- **Rebecca Cline**, ODVN, Columbus, Ohio
- **Jim and Elsa Croucher**, Citizens Against Domestic Violence, Middletown, Ohio
- **Lisa Distelzweig**, Franklin County Children’s Services , Columbus, Ohio
- **Chuck Duerre**, Lebanon Police Department, Lebanon, Ohio
- **Lisa Eschelmann**, Ohio Environmental Review Appeals Commission, Columbus, Ohio
- **Sonia Ferencik**, Domestic Violence Center, Cleveland, Ohio
- **Jasmine Finnie**, ODVN, Columbus, Ohio
- **Sally Fitch**, Institute for Human Services, Columbus, Ohio
- **Lisa Fry**, Ohio Department of Health, Columbus, Ohio
- **Nancy Grigsby**, ODVN, Columbus, Ohio
- **Rebecca Gudeman**, National Center for Youth Law, Oakland, California
- **Lisa James**, Family Violence Prevention Fund, San Francisco, California
- **Chris Kane**, Ohio Department of Education, Columbus, Ohio
- **Corrina Klies**, Helpline of Delaware and Morrow Counties, Ohio
- **Barbara Marsh**, South Community Mental Health, Dayton, Ohio
- **Becky Mason**, ODVN, Columbus, Ohio
- **Tonia Moultry**, ODVN, Columbus, Ohio
- **Nancy Neylon**, ODVN, Columbus, Ohio
- **Rachel Ramirez**, ODVN, Columbus, Ohio
- **Laura Schumm**, ODVN, Columbus, Ohio
- **Deb Seltzer**, Ohio Department of Health, Columbus, Ohio
- **Jo Simonsen**, ODVN, Columbus, Ohio
- **Kyra Taylor**, Citizens Against Domestic Violence, Middletown, Ohio
- **Jennifer Thompson**, Capitol Law National Center on Adoption and Law Policy, Columbus, Ohio
- **Sue Wismar**, Sexual Assault Response Network of Central Ohio, Columbus, Ohio
- **Teen Focus Group Participants** from Asian American Community Services, Columbus, Ohio and Prevent Assault and Violence Education, Newark, Ohio and the more than 100 teens who participated in ODVN’s online survey

Teen Relationship Violence – An Overview

Teen relationship violence has only received attention in recent years and our knowledge about it is still evolving. As of this writing, Ohio is among just a handful of states where teen relationship violence prevention is mandated in the schools and where teens can petition for protection orders in Juvenile Court. This Guide represents our best understanding of teen relationship violence and how to respond to it at this time, but many lessons still lie ahead.

Teen Relationship Violence is a pattern of actual or threatened acts of physical, sexual, financial, verbal/emotional abuse, sexual or reproductive coercion¹, social sabotage, and/or sexual harassment perpetrated by an adolescent against a current or former partner or a person with whom the teen has some kind of intimate relationship. The goal of these behaviors is to achieve and maintain power and control over the victim. Teen relationship violence can affect any teen, male or female, straight or gay, in a serious or casual, past or present relationship. Any teen can be a victim of relationship violence, but the risk, incidence, severity, lethality and effects of victimization are more significant for females. Relationship violence among teens is pervasive and the consequences can be life-changing.

Incidence Rates

- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.²
- 1 in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their partner.³
- Teen girls, significantly more often than boys, reported that they experience severe violence. Girls were much more likely to be punched, choked, burned, beaten and/or forced to engage in sexual activity against their will. Boys were more likely to be pinched, slapped, scratched and kicked.⁴
- 1 in 3 teens reports knowing a friend or peer who has been hit, punched, kicked, slapped or physically hurt by a partner, and 45% of girls know a friend or peer who has been pressured into having either intercourse or oral sex.⁵

¹ Sexual and reproductive coercion includes acts such as knowingly exposing the partner to sexually transmitted illnesses/diseases, messing with birth control (such as putting holes in condoms), coercing the partner to participate in unwanted sexual contact, and controlling decisions about pregnancy.

² From www.loveisrespect.org

³ From www.loveisrespect.org

⁴ Molidor, C. & Tolman, R. (1998). Gender and contextual factors in adolescent dating violence. *Violence Against Women*, 4 (2), 180-194.] and [Voshee, V.A. (1998). Gender differences in adolescent dating abuse prevalence, types and injuries; *Health Education Research*, 11, 275-286.]

⁵ Liz Claiborne Inc. 2005. Omnibuzz® Topline Findings-Teen Relationship Abuse Research. Teenage Research unlimited. Available at <http://www.loveisnotabuse.com/surveyresults.htm>.

- In a study of gay, lesbian, and bisexual teens, youths in same-sex relationships are just as likely to experience dating violence as youths involved in opposite sex dating.⁶

Pregnancy, Health Outcomes and Teen Relationship Violence

- Adolescent girls in physically abusive relationships were 3.5 times more likely to become pregnant than non-abused girls.⁷
- Among teen mothers on public assistance who experienced recent intimate partner violence, 66% experienced birth control sabotage by a dating partner.⁸

Teen relationship violence is pervasive and can have a lifelong impact.

- Adolescent mothers who experienced physical abuse within three months after delivery were nearly 2 times more likely to have a repeat pregnancy within 24 months.⁹
- Teenage girls who are abused by male partners are three times more likely to become infected with a sexually-transmitted infection/HIV.¹⁰
- Physical and sexual dating violence against adolescent girls is associated with increased risk of substance use, unhealthy weight control behaviors, sexual risk behaviors, pregnancy and suicidality.¹¹

Dynamics

The dynamics of power and control found in adult domestic violence are also present in teen relationship abuse. These usually include a combination of physical abuse and emotional abuse, economic abuse, monitoring and controlling, and stalking, often combined with sexual assault or coercion and threats to harm or kill the victim/survivor or those close to her. Domestic violence, among both adults and teens, involves a pattern of behaviors aimed at establishing and maintaining power and control over one partner by the other. Power and control may involve controlling who the victim sees, how money is spent, and it often involves isolation. When the victim/survivor resists or begins to plan for or attempt to separate, danger typically escalates. Over time, abusive relationships tend to escalate in frequency and severity.

⁶ Halpern CT, Young ML, Waller MW, Martin SL, Kupper LL (August 2004). Prevalence of Partner Violence in Same-Sex Romantic and Sexual Relationships in a National Sample of Adolescents." *Journal of Adolescent Health*, 35 (2), 124-131.

⁷ Roberts et al, 2005

⁸ Family Violence Prevention Fund

⁹ Raneri & Wiemann, 2007

¹⁰ Decker, 2005; Silverman, 2007

¹¹ Silverman, J., Raj, A., Mucci, L. & Hathaway, J. (2001). Dating violence against adolescent girls and associated substance use, unhealthy weight control, sexual risk behavior, pregnancy, and suicidality; *Journal of the American Medical Association*, 286 (5), Aug 1, 572-579.

All domestic violence is potentially dangerous and can become lethal. Emerging research suggests that several factors often precede domestic violence homicide. People responding to teen relationship violence should listen to the survivor as well as their own intuition. These are some of the factors that are often recognized as indicating a higher level of danger:

- Victim is ending the relationship, or *starting to plan to do so*;
- Abuser is depressed; higher risk if the abuser has talked about or attempted suicide;
- Abuser has history of threats to seriously harm or kill;
- Stalking;
- Access to weapons, especially guns;
- History of serious injury, strangulation/choking, prior use of weapons;
- Mental impairment of abuser due to alcohol, drugs, or mental illness;
- History of failed community controls on abuser (multiple contact with police, courts, protection orders, etc. with no corresponding reduction in violent behavior).

Teen Relationship Violence can be dangerous and risk for serious injury and death increases around the time of breaking up, or starting to break up.

Possible Signs a Teen is Being Abused

It is important to remember that signs may be subtle and that when in doubt, ask in a non-judgmental way about whether abuse may be happening. (See helpful things to ask and say, page 20.) The teen may:

- Make changes in daily rituals;
- Retreat from school or activities and experience isolation or withdraw from friends;
- Make changes in clothing or wear clothing inappropriate for the weather to hide marks;
- Have visible marks or bruises;
- Spend excessive amounts of time with the person they're dating;¹²
- Exhibit anxiety, withdrawal or depression or engage in substance abuse;
- Receive excessive or unwanted texting, calls or emails.

Signs a Teen is Being Abusive

The teen may:

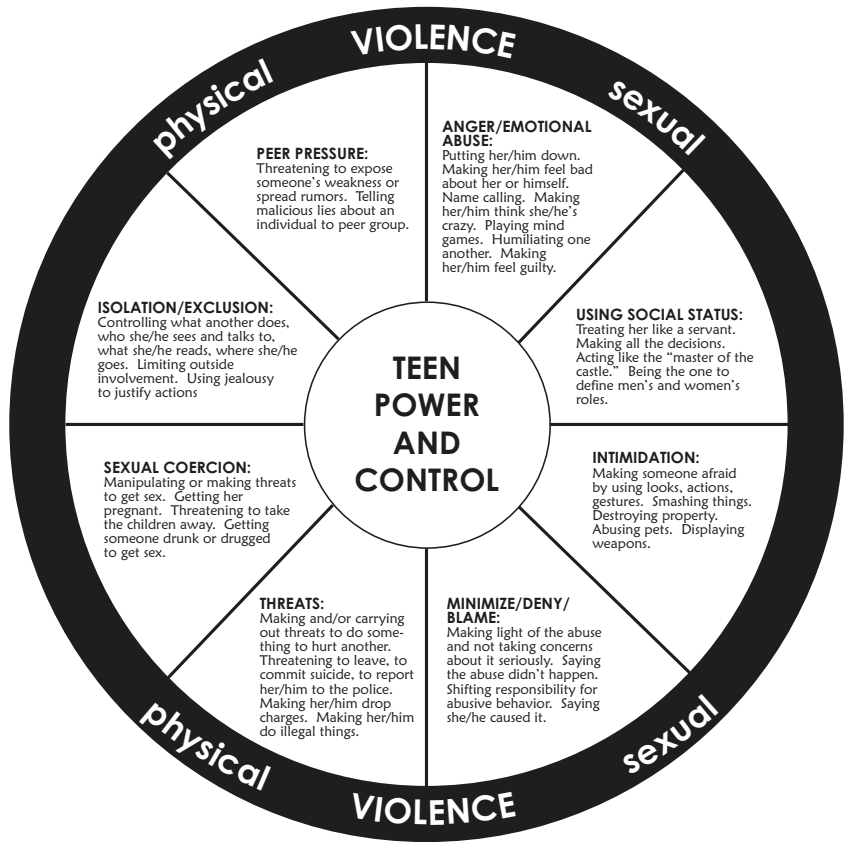
- Exhibit dependence on or obsession about girlfriend/boyfriend;
- Be overly concerned with where their girlfriend/boyfriend is and with whom they are talking or spending time, may follow them or track their contacts with others;
- Make excessive and/or unwanted texts, calls or emails to the same person;
- Use technology to stalk the person with whom they are involved;
- Exhibit a controlling attitude toward others, or the person with whom they are involved;
- Rationalize their monitoring, controlling, manipulative, violent or abusive behavior.

¹² Love is Respect, at www.loveisrespect.org

In some cases of teen relationship abuse, the relationships are shorter and the establishment of power and control may look different. Teen relationship abuse, like adult domestic violence, is not mutual, is not brought on by the survivor, and is not “just teens being teens.” Teens may be less likely than adults to identify distinct roles of victim and abuser when describing their experiences. In addition, technology can be a key component of teen relationship abuse, with perpetrators enforcing their power, control and stalking through texting, cell phones, and social networking on the internet.

This wheel describes many dynamics involved; a full size copy of the wheel is in the attachments.

TEEN POWER AND CONTROL WHEEL



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A note about language: Teens use many different words to describe their relationships. They may say they are “talking to”, “going out with”, “seeing”, or “dating” the person. Some teens engage in sexual relationships in exchange for a place to stay, for drugs, or for protection from abusive parents, gang members or others. Since we can never anticipate the many ways teens describe their relationships, it’s best to just ask teens and then use their language.

Ohio Laws

Numerous statutes may come into play when responding to teen relationship violence. This guide is not meant to guide practitioners on the meaning of those statutes for their practice. Confidentiality is required in certain professional relationships (such as counseling relationships with licensed professionals) and in situations where services are provided in family planning clinics funded under Title X or where services are funded by the Violence Against Women Act or the Family Violence Prevention & Services Act. However, Ohio statutes may require mandatory reporting of certain acts of teen relationship violence which rise to the level of certain felonies or meet the state's definition of child abuse and neglect. Upon request, ODVN can provide an analysis of Ohio statutes related to confidentiality and mandatory reporting which was developed by the National Center for Youth Law, Teen Health Rights Initiative. In addition, the Ohio Department of Jobs and Family Services encourages local communities to develop local referral protocols with local child protective services offices to determine which teen relationship violence cases rise to the level of those in need of child protection services.

Juvenile Protection Orders

On June 17, 2010, Ohio law began allowing juveniles to obtain Civil Protection Orders (CPO) in Juvenile Court when they experience violence in their relationships by other teens (Oh. Rev. Code § 2151.34.)

What acts create the basis for seeking relief under 2151.34? The petition must include an allegation that an abuser under the age of 18 committed certain behaviors such as assault, stalking, a sexually oriented offense, threats to harm, or aggravated trespass.

Who can file? The petition can be filed by the teen survivor, a parent or adult family or household member. The court may approve other parties who may file, at its discretion.

Where are cases filed? Cases against offenders younger than 18 are filed and heard in Juvenile Courts, which retain jurisdiction throughout the case. Cases against offenders over age 18 are filed in Common Pleas Court for a Stalking CPO if the parties are not family or household members (Oh. Rev. Code § 2903.214), or in Domestic Relations Court, if the parties are family or household members (Oh. Rev. Code §3113.31.)

What is the Process? There is no fee to file a petition seeking this relief. The victim can request an ex-parte hearing (a hearing without the abuser) which must be held no later than the next day the court is in session. If a protection order is issued at the ex-parte hearing, the court must schedule a full hearing to be held within 10 court days. The Respondent is served with notice of the full hearing and is given a right to be heard at that hearing. It is best to have an attorney assist in filing these cases, and to talk to a legal advocate from a domestic violence or sexual assault program.

How long do orders last? CPOs granted against teen abusers are in effect until the offender reaches the age of 19. When the offender turns 19, the record is automatically sealed unless the CPO has been violated. However, even if the CPO has been violated, the record may still be sealed. Under specific conditions, certain parties may be able to access sealed records.

What if the order is violated? If a juvenile violates a CPO, the juvenile may be charged as a delinquent child, prosecuted for Violation of a Protection Order (Oh. Rev. Code § 2919.27), or found in contempt of

court. Juvenile Court retains jurisdiction over the case and any protection order enforcement issues until the offender turns 19.

Because this is a new law, how juvenile protection orders will be enforced in schools, community or school activities and/or work is yet to be seen. Some Ohio judges are considering making automatic referrals to child welfare and county prosecutors at the time a juvenile files a petition for a CPO. It is important to determine how your Juvenile Court plans to handle these cases in your community.

The filing of a CPO can increase danger, at least in the short term. The fact that others can file for a protection order for a teen can increase the teen victim/survivor's risk. While the process of safety planning with teens and adult survivors might look very similar, teens have different life situations, different stressors, different concerns, and different realities than adult survivors. **Safety planning is crucial and should be the very first step in intervention (for more information on safety planning, see page 14 and the attachments to this Guide.)**

Prevention Programs in Schools Mandated by Ohio Law

House Bill 19 passed in December 2009 and became effective March 29, 2010. The bill mandates:

- education about violence in dating relationships in grades seven through twelve, age-appropriate instruction in dating violence prevention education, which shall include instruction in recognizing dating violence warning signs and characteristics of healthy relationships;
- updating of the harassment, intimidation, and bullying policy to include violence in dating relationships;
- specified staff members are required to be trained about violence in dating relationships by October 2011 and every five years after the initial in-service training takes place;
- School Boards are also directed to incorporate training in the prevention of dating violence into the in-service training required by current law for nurses, teachers, counselors, school psychologists, or administrators.

Serving Teens and Parental Consent Issues

Whether or not service providers must receive parental consent in order to assist a teen relies in part on the service to be provided and the setting in which the assistance occurs. For more detailed information, the documents developed by the National Center on Youth Law may provide additional guidance (available through ODVN).

Domestic violence and sexual assault organizations can assist teen survivors in seeking Civil Protection Orders, and in some communities they are asked to do this by the Juvenile Court Judge. Some courts may also have victim advocates and/or court personnel that will assist teen survivors in filing the order.

Shelters should develop their own internal policies, based on legal advice, about sheltering youth, to guide staff in determining when parental notification and consent must occur. Regarding the provision of counseling, Ohio law provides that youth age 14 or older can receive outpatient mental health services, excluding the use of medication, without the consent or knowledge of the minor's parent or guardian, for not more than six sessions or thirty days of services whichever occurs sooner. (See Oh. Rev. Code § 5122.04.)

Guiding Principles for Helpful Responses to Teen Relationship Violence

Relationship violence among teens presents complex dilemmas. The principles which guide response to adult domestic violence are relevant; however, they require some adaptation when using them to respond to teens.

Guiding Principles

Survivor autonomy, confidentiality, and abuser accountability are core principles which guide response to intimate partner violence. In addition, safety planning (detailed in the next section), developing culturally relevant responses, empowering peers and support systems, and advancing systems change are key strategies to build survivor safety. Each of these strategies has value when applied to situations of teen relationship violence.

Supporting Survivor Autonomy and Confidentiality

The autonomy of survivors is key because survivors are the experts in their own lives, and they have the most to gain or lose from decisions that are made about the violence they are experiencing. Usually, survivors know their abusers better than anyone, they know what they have tried in the past and the results, and they know their support system. For all these reasons, survivor autonomy is a core principle upon which all responses should be built.

Confidentiality is inextricably linked to autonomy. For safety reasons, all information provided by survivors should be held as confidential as possible. Survivors need to be able to control who knows about their situation and what information they have. Confidentiality affects safety because if abusers know where survivors are seeking help, they can use this information to track or further abuse. And breeches in confidentiality can impact employment, cause problems with parents or peers, and can result in other unintended or dangerous consequences.

Unique challenges with teens: In the case of teen survivors, adults may have difficulty supporting a teen's autonomy because they may believe they know what's best, or they may feel that the teen's age limits their ability to make sound decisions. In addition, teens often do not have the autonomy to make many decisions about their daily lives (such as their class schedule, how they get to and from school, etc.) In addition, Ohio law mandates certain responders to report violence against teens. Both because of our views about the age-specific capacity of teens and the requirements to report in some instances, protecting survivor autonomy and confidentiality is significantly more difficult with teen survivors.

Key strategies: These strategies can help support survivor autonomy and confidentiality.

1. **Creating Transparency:** Be as transparent as possible. Inform teen survivors of the limits of confidentiality. If you are a mandated reporter, let survivors know this at the beginning of your contact with them. Make only the reports required by law. If you have a choice between reporting to law enforcement or child protective services, involve the teen in evaluating which will have the most benefit, or the least negative impact. Help survivors understand as much as possible about what could happen as a result of the reporting you have to do and help create a safety plan with survivors that will assist in minimizing any potential negative impact.
2. **Providing universal education instead of universal screening:** With adults, universal screening is often used to ensure that every person (for example, every emergency room patient) is asked if they are safe and are given the opportunity to disclose abuse. Because disclosures by teens will often require violating survivor teen confidentiality, and because of the preventative benefits, universal education is preferable to universal screening. So, rather than ask teens for information that you may have to report, provide universal education with teens about relationship violence and resources for safety. You can introduce this information by saying “some teens experience controlling and abusive behaviors from their boyfriends/girlfriends, and if they don’t have this experience, most teens know someone who does. I’d like to give you some information you can use with a friend, or for yourself.”

Breaking confidentiality can increase danger for the victim and for other teens in his/her school or community. Be up front about whether you have to report the abuse, and help teens get support anonymously, if possible.

3. **Allowing Anonymity:** Allow teens to call hotlines anonymously. Don’t collect identifying information such as age and name unless necessary. By allowing teens to seek support and information on hotlines without identifying themselves, we offer an effective strategy to build safety while preserving their autonomy and confidentiality. It may also be helpful to connect teens to the National Dating Abuse Helpline (866-331-9474 /866-331-8453 - TTY) which teens or parents can call anonymously or access via the internet at www.loveisrespect.org.

Creating Abuser Accountability

Creating accountability for abusers is a fundamental concept widely used to help abusers decide to stop using violence. Built on the belief that the vast majority of partner violence is learned and repeatedly chosen behavior, creating consequences and accountability is a key strategy to helping abusive individuals change.

In domestic violence situations involving adults, abusers have often been using violence, without experiencing consequences, for many years, sometimes decades. As a result, when intervening in long-term and often very dangerous situations, responders often look for tough sanctions. Remedies such as Civil Protection Orders, criminal complaints, jail and imprisonment, mandated batterer’s intervention and supervised probation are often sought. In dangerous situations, survivors may determine they need to prosecute and seek long-term imprisonment of the abuser, leave the state, permanently terminate

the legal relationship, divorce, etc. Adapting these tools to teen situations is very difficult because they often don't fit the type or level of violence used. Additionally, the consequences to teen offenders can be life-changing, both positive and negative.

Unique challenges: We are still learning what accountability looks like for teen abusers, and there is no doubt that a percentage of teen abusers are indeed already dangerous and may require more heavy-handed approaches such as detention stays or incarceration. Batterer intervention programs for adults are not appropriate for teen abusers; however, some programs are developing teen-specific groups which may hold great promise.

Key strategies: For less dangerous teens, and those who are just beginning to use power and control in their relationships, some of the following strategies may be effective.

1. ***Supporting Effective Peer Responses:*** In the context of a school environment – a socially closed community – peer pressure may be built to hold the abuser accountable (see Empowering Peers and Support Systems on page 13.)
2. ***Utilizing School/Adult Authority:*** School officials (teachers, counselors, coaches and others) and parents have authority in the lives of teens which can assist in holding teen abusers accountable. Monitoring whereabouts, taking away sports or other desired extracurricular activities, taking away access to cars, phones, computers and other technology, and imposing school or home-based sanctions are just a few of the ways school personnel and parents can hold teen abusers accountable.
3. ***Building a Coordinated Response:*** Coordinated community response is a key approach with adult perpetrators which involves information exchange between systems involved with the perpetrator and coordination of responses. The goal is to ensure that a consistent message is delivered and that sanctions are coordinated. This approach can also be beneficial in holding teen abusers accountable. Do an inventory of the teen abuser's life: who are his/her friends, which adults does he/she trust or look up to, who does he/she interact with daily or weekly? Often these individuals are known to one another and can coordinate how they hold the teen abuser accountable and support changes in his/her thinking and behaviors. If formal systems such as the school, mental health professionals, child welfare workers, courts, probation or parole are involved with the teen, they should be included in a coordinated response as well.
4. ***Using Caution with Systems Designed for Adult Perpetrators:*** As noted earlier, civil and criminal court remedies are designed for adult perpetrators who usually have no other authority over their lives, and who may be engaging in long-term and extremely dangerous violence. Violence perpetrated by teens can be equally dangerous. The pros and cons of utilizing systems that can impose such heavy sanctions must be weighed carefully. As important, we need to evaluate the message received by teen perpetrators if these systems are involved and then do little, or intervene in ways that pose further risk to the victim.

Much has been written about race and economic class bias in the courts.¹³ Because of the long-standing and extensive nature of these biases in courts, responders must think critically about whether involving systems designed for adult perpetrators holds value for low-income perpetrators and those from communities of color. To the extent that young people of color already feel targeted and profiled by police and courts, the value of these systems to meaningfully intervene in violence is diminished. Instead, such intervention is often experienced as more profiling, targeting and oppression, and rarely delivers help for survivors in such cases.

In addition, gender bias in the courts has been well-documented. While many courts have made great gains in understanding the plight of survivors of domestic violence, much work remains to be done in this area. Unfortunately, many survivors leave the legal process feeling invalidated and unprotected.

Developing Culturally Relevant Responses

When responding to teen violence, we have to know teen culture as well as the “cultures within the culture.” As adults, we must begin by learning what it is like to be an adolescent in this society at this moment in history. In the big picture, how do the presence of guns, new and more dangerous drugs, a faltering economy, war, and other global concerns impact how teens understand their futures? How does constantly changing technology and social networking affect communication and relationships? How does the epidemic of bullying intersect with teen relationship violence? And what are the more timeless aspects of the adolescent developmental phase which are at play, such as peer pressure, the desire to belong and be accepted and the need to assert independence from adults? The more knowledgeable adults can be about teen culture, the more effectively we can respond to teen relationship abuse.

As we consider teen culture, we need to evaluate how each aspect of it affects teen relationship abuse. For example, how do specific aspects of teen life provide justification, support or tools for battering? And how do these also potentially offer tools for stopping violence and building safety?

Understanding teen culture overall is the beginning. Then, we need to understand the cultures within the culture. How does gender impact the teen survivor and abuser? What ethnic cultural norms are involved? How do economic class identity and resources affect the teens to which we are responding? What about their religion or faith, gender identity and sexual orientation? Are

Adults have to understand a teen’s world and culture in order to be effective.

disabilities a factor? As with adult domestic violence, understanding the whole person is key to crafting a response that is helpful to both survivors and abusers. When we understand this we can identify factors which may increase risk, but we are also likely to find tools which help us promote safety.

¹³ Kearney, G. *Literature Review: Structural Racism, the Criminal Justice System and Violence Against Women*, prepared for the Battered Women’s Justice Project. www.bwjp.org/resources or (<http://data.ipharos.com/bwjp/website/index.html>)

Empowering Peers and Support Systems

There are compelling reasons to make sure that people in the lives of teens, especially their peers, are informed and empowered to respond. First, it appears that teens are very unlikely to go to adults or formal systems of response such as the police or courts. One study found that most young people experiencing an abusive relationship never seek help from adults. Only 6% told a family member, 61% told a friend, and over 30% told no one at all.¹⁴

Peers can be one of the most important forces for creating safety for other teens.

Second, people, not legal and social service systems, seem to be in the best position to help, at least initially. Emerging data from domestic violence fatality review projects around the country indicates that family, co-workers and friends hold great potential to improve safety in cases of domestic violence. These individuals were found to know more about the violence as it was escalating, but in many cases, they did not know what to do. The importance of friends and support systems is especially high in teen relationship violence, where peers have a huge influence. Other individuals such as parents, coaches, teachers, and school counselors can take important steps to increase survivor safety and abuser accountability.

To empower peers and support systems to respond effectively, peers need to understand domestic violence dynamics, indicators of danger, how to find resources, and basic safety planning. And we want to specifically empower these individuals to have basic information about helpful things to say to survivors and perpetrators (see What You Can Do, page 20 for some suggestions.) It would be difficult to overstate the potential positive impact of informed and empowered peers and support systems.

Making Systems Change

Systems change efforts have been a key strategy in responding to adult domestic violence, where efforts have focused on formal systems such as courts (judges, prosecutors, probation), law enforcement, health care, mental health, and faith communities. It is important to evaluate how these systems are also responding to teen relationship violence. In the instance of teen relationship violence, a key system to engage and possibly work to transform is also the school system. Schools hold great promise as powerful partners in crafting interventions that help. They are obviously in a key position to prevent relationship violence. While young people are surrounded by messages in mass media that support interpersonal violence of all types, schools can help youth build skills to think critically about what social and ethical codes they want to adopt in their own lives. Through prevention and education, and empowering youth, schools can create a climate where violence is not seen as desirable. (A number of prevention and social messaging campaigns are available for these efforts and are listed in the resources sections in the “What You Can Do” section of this guide.) Finally, because the implementation of House Bill 10 is new in 2010, it will be important to watch how the courts implement the availability of Civil Protection Orders and to advocate for those practices which best increase both survivor safety and abuser accountability.

¹⁴ Molitor, C. & Tolman, R. (1998). Gender and contextual factors in adolescent dating violence. *Violence Against Women*, 4 (2), 180-194.]

A Note About Unintended Consequences

Even when acting with our best intentions, we can create negative unintended consequences. We can over-respond, making it less likely the victim will tell us about future violence. We can take away the survivor's autonomy and involve adult systems that are not helpful. Even if these systems are helpful, other teens may learn that if they tell anyone about being abused, the police or child welfare will be called – making it less likely they will seek help. If the perpetrator experiences significant sanctions, the victim may be isolated, ostracized, or bullied by other students for telling adults about the abuse – especially if the perpetrator has high social ranking (i.e. excels at sports, is popular or valued in the student body.) The survivor can be targeted emotionally, physically or through technology, and/or by friends of the abuser, an especially dangerous possibility if the youth are involved in gangs. We can involve systems with a long history of class and race bias, and lead low-income teens or teens of color to feel further targeted, rather than held accountable.

In contrast, we can also under-respond, leaving survivors to feel helpless or hopeless that no one can help, and leaving abusers feeling more supported and unstoppable than before. There are so many possible pitfalls that we may feel that there is no clear path for action. The key to effective response is to remember the principles and strategies articulated in the box and honor and utilize them as best we can in each situation. And if we stay engaged with teens and keep listening to them, we can continue to learn about strategies that can help increase safety and reduce teen relationship violence.

Use these guiding principles to enhance decision-making and reduce unintended outcomes:

- *Survivor Autonomy & Confidentiality*
 - *Abuser Accountability*
 - *Effective Peer Response*
 - *Culturally Relevant Responses*
 - *Empowered Peers and Support Systems*
-

Safety Planning: A Key Strategy for All Teen Relationship Violence

Safety planning is a process between a survivor and someone else who is trained in teen relationship violence and can effectively respond to the survivor's needs (preferably a domestic violence advocate) which consists of:

- ❖ listening to a survivor's concerns;
- ❖ helping her/him evaluate danger and risk;
- ❖ helping her/him consider various courses of action;
- ❖ helping her/him make a plan;
- ❖ supporting her/him to adapt that plan to new risks and new protective factors that emerge over time.

The process must be survivor-led and relevant to her/his life to be effective.

Assisting survivors of teen relationship violence to create plans for safety is a necessary and crucial step. Teens should be an intricate part of the safety planning process and they should also be part of deciding who has any written materials related to their safety plan. Teens may not be in long term relationships, but the violence and threats are just as real. Adults - whether parents, teachers or community providers - should not down-play concerns that teens have about their relationships. Teen relationship violence is a serious issue that requires attention, discretion and planning to help the survivor be safe from further and ongoing acts of violence. Violence can happen in many different ways and locations, so safety planning should be inclusive of all aspects of teens' lives. These include school, work, home, places of worship, sporting and extra-curricular activities, cell phones, internet and social networking sites. Safety planning consists of talking with the survivor about what tactics of control the abuser has used in the past, what threats have been made, and what has been tried in the past to stop or reduce the violence. It also involves ensuring that the survivor knows all of her/his options and how they are likely to work. Safety planning should be open to changes, fluid and flexible. It's important to note that survivors often pacify, agree, laugh with or take the responsibility for abusive behaviors to stop or reduce the violence. Understanding that these are safety strategies will help the person working with the teen to be supportive.

The following are suggestions for persons assisting survivors with safety planning.

- **Listen to the survivor and what she/he needs.**
- **Remember that the safety plan has to be based on the survivor's concerns, and relevant to her/his resources and what she/he is willing to do.**
- Always consult with the teen before involving others. If you are a mandated reporter be sure to make this clear at the beginning of any conversation with teens where disclosures are likely to happen.
- Be realistic about what the response from outside agencies could be. Courts may not issue civil protection orders. The police may not arrest or enforce civil protection orders. Child protective services may not be able to open a case or offer assistance, or they may open a case and engage in behaviors the teen will not see as helpful.
- Involving outside agencies can increase the danger for the survivor if the response is not appropriate or in line with what the survivor needs. The involvement of outside agencies – especially when they are not responsive - can embolden the perpetrator and other perpetrators to believe that nothing will happen to them and their abuse is justified. An inappropriate response can result in stopping other teen survivors from coming forward.
- Interview the survivor in a safe location where they feel safe and comfortable.

TIPS FOR SURVIVORS: The following are some tips that may be helpful for some survivors (and those assisting them), but each situation is unique. This is *not* a safety plan. Please call a domestic violence hotline or the National Dating Abuse Helpline **866-331-9474/866-331-8453 TTY**, to develop a personalized safety plan based on the details of the abuse, and all the aspects of your life.

School:

- ❖ Take an alternative route to and from school if you can. If you can't get to and from school safely, see if it's possible for someone to take you until it feels safe.
- ❖ See if it's possible to change your class schedule to avoid your abuser, if needed.
- ❖ If you have a protection order (similar to a restraining order), consider providing a copy of it to school administrators.
- ❖ Walk to and from classes with others, even if your abuser walks with you. There is safety in numbers.
- ❖ Share your safety plan with those you trust.
- ❖ Try to find a trusted teacher, coach, guidance counselor, nurse or school administrator with whom you can talk.

Home:

- ❖ Identify a safe person in your household to tell what is happening. It's best for as many people in your household as possible to know, so that they don't let the abuser in.
- ❖ Try to not be home alone.
- ❖ Don't tell others if your parents/guardians are going to be gone. They may inform your abuser.
- ❖ Keep your cell phone on you in case you need to call for help.
- ❖ If you have to be home alone, make sure all the doors and windows are locked.
- ❖ Identify at least two places you can go if home becomes unsafe.

Work:

- ❖ Talk to a supervisor, if it is safe, about what is going on and find out if the abuser can be kept off of the premises. If you can, find out if your employer has a policy about domestic violence, and if they are likely to be sympathetic if you ask for help.
- ❖ Work a different shift, if possible. Talk to a supervisor about not scheduling you to close.
- ❖ If possible, change the store, restaurant or work location so you are working, if only temporarily, in a different location. If you cannot change locations, if it's safe, talk to your supervisor about changing job duties so you are not as visible.
- ❖ If you have a civil protection order, consider providing a copy to your employer.
- ❖ Change the route that you travel to and from work.

Safe People:

- ❖ Identify safe people you can tell about your situation; keep their contact information with you.
- ❖ Develop a code word with your safe person(s) to use if you are unsafe and your abuser is present, and decide in advance what you want your safe person to do if you use that word.
- ❖ Keep the number of the National Dating Abuse Helpline with you:

**866-331-9474 /
866-331-8453 TTY.**

Cell phones:

- ❖ Remember, it is always okay to turn off your phone. (Just be sure your parent or guardian knows how to contact you in an emergency.)
- ❖ If you think your abuser can use GPS to track where you are, you can turn off GPS in your cell phone. (If there is GPS on the car you use, you can also turn that off.)
- ❖ Do not answer calls from unknown numbers. Your abuser can easily call you from another line if he/she suspects you are avoiding him/her.
- ❖ Do not respond to hostile, harassing, abusive or inappropriate texts or messages. Responding can encourage the person who sent the message. You won't get the person to stop – and your messages might get you in trouble and make it harder to get a protection order or file a criminal report.
- ❖ Consider saving harassing voice mails in case you want to take legal action in the future.
- ❖ Many phone companies can block up to ten numbers from texting or calling you. Contact your phone company or check their website to see if you can do this on your phone.
- ❖ Remember that pictures on cell phones can be easily shared and distributed (sexting) There is no safe way to ensure that a picture taken of you won't be shared electronically.
- ❖ If you are in or coming out of a dangerous relationship, it is probably not a good idea to use any form of technology to contact your abuser. It can be dangerous and could have a negative impact on future legal actions you may want to take.
- ❖ Some victims decide to change their cell phone numbers to get the abuse and harassment to stop. Others want to know what the abuser is saying and thinking, to gauge their risks. Decide what works best for you.
- ❖ If you change your number, only give to people you trust and make sure they know not to pass it out to other people. Someone could give your number to your abuser, or a friend of your abuser.
- ❖ If you do keep the same cell phone number, consider changing the message to a standard greeting. Abusive partners sometimes call over and over just to hear the victim's voice.
- ❖ If you are getting harassing messages and you want to monitor the calls for safety reasons, consider having someone you trust listen to your messages so that you don't have to hear all of the harassing messages. Ask that person to tell you about any threats they hear in the messages.

Social Networking and Online sites:

- ❖ Set privacy settings as high as possible on all of your online profiles.
- ❖ Do not answer instant messages from unknown persons.
- ❖ Do not accept a friend of a friend on Facebook, MySpace or other networking sites. You should be friends with only those that you know personally as your abuser could obtain information about you through third party sources.
- ❖ Don't post your phone number on social networking sites.
- ❖ Consider disabling your social networking sites if you feel this will help increase your safety.
- ❖ Make sure your cell phone is not set to auto answer.
- ❖ If your abuser can access your computer, be careful which websites you visit. If you are seeking information to get help about the abuse, use a public computer, at the library or other safe place.
- ❖ Save or keep a record of all harassing or abusive messages, posts, and emails in case you decide later to tell the police or get a protection order.
- ❖ Never give your passwords to anyone other than your parent or guardian. It's a good idea to choose passwords that aren't easy to guess, to not use the same password for all your accounts, and to change passwords regularly.
- ❖ It may seem extreme, but if the abuse and harassment will not stop, changing your usernames and email addresses may be your best option.
- ❖ Always report inappropriate behavior to the site administrators.

As you develop an individualized plan, you'll want to consider your risk and your resources at various places you go. The following chart is to help victims think through other options of where to go, who to talk to, and - in advance - how to react when faced with a dangerous situation.¹⁵ If victims choose to write out a plan, it's important that they keep it someplace safe where the abuser cannot find it.

*Survivors need to participate in developing their own individual safety plans. Call the **National Dating Abuse Helpline** to get help with developing an Individualized Safety Plan (866-331-9474, TTY 866-331-8453.)*

¹⁵ Adapted from the Georgia Coalition Against Domestic Violence

Safety Planning Worksheet

<i>Location</i>	Home	Work	School	Activities: Dance, Drill Team, Sports, Clubs, Place of Worship	Cell Phone	Technology – Cell Phone, Computer
<i>What is my risk at this location?</i>						
<i>Who is a safe person at this place?</i>						
<i>What could go wrong (barriers/risk)?</i>						
<i>What's my back-up plan?</i>						

Example

Location: Cell phone

Risk: Constant harassing calls, text messages. Messages that I don't want to see or hear because it upsets me.

Safe person: Parents – I can tell them about the constant calls, text messages.

Barrier/Risk: Boyfriend/girlfriend has my number, I have had this number for 3 years and everyone knows it, and changing it does not guarantee that my boyfriend/girlfriend will not get the new number.

Back-Up Plan: Save the messages for evidence. Have my parents check the phone. Get a new number that will be given out to a limited number of people who I know will not give it out. I won't use my cell phone to call people if I'm not sure they won't give out my number to my abuser or his/her friends.

See the full size chart for [Safety Planning for Physical](#) on page 34 of this guide, with additional information about how to use this tool for safety planning.

Call the [National Dating Abuse Helpline](#) to get help with developing an Individualized Safety Plan (866-331-9474, TTY 866-331-8453.)

What You Can Do

Everyone can play a positive role in responding to teen relationship violence. Below we've suggested some strategies and provided resources to explore further. Information is provided for **Parents, School Personnel (Teachers, Counselors, Nurses, Safety Officers, and Principals), Health Care Providers, Advocates, Teens Experiencing Violence/Abuse, Teens Using Violence/Abuse, and Friends of Teens.**

It's important to note that disclosing abuse doesn't always make things better. It can require reporting to police or child protective services. If the teen is living in an abusive home where his/her parent(s) didn't approve of the relationship, notifying parents can increase his/her risk of being abused by them. Employers in Ohio can legally terminate someone because they are a victim of abuse, so telling an employer could backfire. It's important to temper these recommendations with acceptance that teens need to decide who they can trust to tell.

Everyone can play a role to increase safety in teen relationship abuse situations.

TIPS FOR TALKING WITH VICTIM/SURVIVORS: No matter who you are, these are some **helpful things you can ask and say to a person who may be a victim of teen relationship abuse.**

- ❖ Do you feel safe in your relationship? Do you feel comfortable disagreeing with him/her? Do you feel you can spend as much time as you want to with friends?
- ❖ Here is who I might have to tell if you share details about abuse (then detail that).
- ❖ I believe you.
- ❖ People care about you. Telling someone you have experienced abuse and need help doesn't make you weak.
- ❖ Being the target of someone else's bad behavior is nothing to feel ashamed, judged or embarrassed about.
- ❖ I am concerned for your safety.
- ❖ You may be afraid the abuse will get worse if you tell someone. But it is actually likely to get worse over time on its own; being alone in this increases danger for you.
- ❖ I can help you find resources and develop your own personal safety plan. Here are some phone numbers and websites where you can get more information and support *anonymously* (provide the National Teen Dating Abuse Helpline). There *is* a way out.
- ❖ You have a right to be safe and free from harassment.
- ❖ The abuse is not your fault. No one can cause someone else to be abusive.
- ❖ What can I do to be helpful right now?
- ❖ You can always come to talk to me about this, no matter what.

Parents

What You Can Do

- ❖ Know the signs of abuse and how technology can be used to stalk and abuse.
- ❖ Provide non-judgmental support to your teen to make decisions.
- ❖ Consult with the National Teen Dating Abuse Helpline at 1-866-331-9474 (1-866-331-8453 TTY) and explore local resources through your local domestic violence hotline.
- ❖ Provide resources to your teen that s/he can check out on their own.
- ❖ Don't be afraid to ask if abuse is happening. Keep lines of communication open with your teen.
- ❖ Advocate for prevention programming at your child's school.

Resources

Resource	Organization	How to Find It
Hotline	National Dating Abuse Helpline	866-331-9474 (1-866-331-8453 TTY) and at: www.loveisrespect.org
Tips on How To Talk to Your Teen	Break the Cycle	http://www.breakthecycle.org/blog/tips-and-tools-for-parents
Tools for Understanding Teen Relationship Violence	Choose Respect/Centers for Disease Control	www.cdc.gov/violenceprevention/intimatepartnerviolence/teen-dating_violence.html
Parent Organization	MADE – Moms and Dads for Education to Stop Teen Dating Abuse	http://www.loveisnotabuse.com/made/;jsessionid=0C92855FD941A349130DDEBE4C942499
Information for Teens	Futures Without Violence	www.thatsnotcool.com
Downloadable Handbooks on Teen Dating Violence	Love is Not Abuse	www.loveisnotabuse.com/web
Information for Teens on Digital Safety/Abuse	MTV	www.athinline.org

School Personnel: Teachers, Counselors, Nurses, Safety Officers, Principals

What You Can Do

- ❖ Talk openly about teen relationship abuse.
- ❖ Create clear policies around abuse at school; communicate and enforce them.
- ❖ Ensure that teachers, counselors, coaches, nurses, safety officers, principals and all school personnel know warning signs and are knowledgeable and empowered to enforce your policy.
- ❖ Develop prevention programming in partnership with local domestic violence programs.
- ❖ Model respectful relationships and non-abusive, non-coercive behaviors.
- ❖ Empower and lead students to create awareness campaigns in school.
- ❖ Weave information about teen relationship abuse in lessons among broad academic topics, sporting programs, theatre and art projects, etc.

Resources

Resource	Organization	How to Find It
Information on How Schools Can Respond	Break the Cycle	http://www.breakthecycle.org/blog/whats-your-schools-teen-dating-abuse-policy
	DC Safe Schools Model Policy	http://www.breakthecycle.org/content/safe-dc-schools
	Texas: Expect Respect: A School-Based Program for Preventing Teen Dating Violence and Promoting Safe and Healthy Relationships	http://www.safeplace.org/Document.Doc?id=27
	A Guide to Preventing Bullying, Teen Dating Violence and Sexual Violence in Rhode Island Schools	http://www.ride.ri.gov/commissioner/ed/policy/documents/20080401_guidebullyintdv_v1-kr.pdf
Various School Resources	Ohio Department of Education	http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=1302
School Awareness Campaign materials and strategies	See It and Stop It	www.thatsnotcool.com

Resource	Organization	How to Find It
Teacher Program to include prevention messages in English courses	Lessons From Literature	http://www.lessonsfromliterature.org/
Resource Guide: <i>Building Safe Schools: A Guide to Addressing Teen Dating Violence (includes strategies for lessons on relationship violence in many academic subjects)</i>	Break the Cycle	http://www.breakthecycle.org/content/resource-manuals
<i>Teachers Guide: Interesting, Fun, and Effective Classroom Activities To Influence Teen Dating Violence Awareness and Prevention</i>	American Bar Association	http://www.americanbar.org/content/dam/aba/migrated/unmet/teendating/teachersguide.authcheck.dam.pdf
<i>Teen Action Toolkit: Building A Youth-Led Response to Teen Victimization</i>	Community Oriented Policing office at Department of Justice & National Center for Victims of Crime	http://www.cops.usdoj.gov/RIC/resource/detail.aspx?RID=420
Coaching Boys Into Men Materials (Coaches Kit, Media Materials, etc.)	Futures Without Violence	http://www.futureswithoutviolence.org/section/our_work/men_and_boys_coaching_leadership
Analysis of Various Prevention Curricula	Ohio Domestic Violence Network	www.odvn.org
<i>Teen Action Tool Kit: Building a Youth-Led Response to Teen Victimization</i>	National Center for Victims of Crime/COPS	http://www.cops.usdoj.gov/Publications/teen_action_toolkit.txt

Health Care Providers

What You Can Do

- ❖ Provide universal education and anticipatory guidance (instead of screening); i.e. “many of our patients experience relationship abuse, so I’d like to provide you some information in case it can help you or someone you know.”
- ❖ Screen for sexual and reproductive coercion. When providing information about birth control, inform patients about options that can be used without partner’s participation or knowledge (IUD, Implanon, Emergency Contraception, others). Talk with patients about the potential health care consequences of sexual and reproductive coercion.
- ❖ Make the clinic or office a safe place patients know they can come to for support regarding relationship violence.
- ❖ Distribute free patient education materials available through ODVN or Family Violence Prevention Fund.
- ❖ Partner with local domestic violence programs.

Resources

Resource	Organization	How to Find It
Multiple Health Care Training Powerpoints on Partner Abuse and Health Care	Futures Without Violence	http://www.futureswithoutviolence.org/section/our_work/health/making_connection
Materials for Health Care Settings	Futures Without Violence	http://futureswithoutviolence.org/section/our_work/health_care/health_material

Advocates

What You Can Do

- ❖ Be familiar with how technology is used in teen relationship violence and ways to incorporate these issues into safety planning with teens.
- ❖ Be upfront with callers who may be adolescents about your mandatory reporting responsibilities.
- ❖ Don't collect unnecessary information from callers on hotline such as age, name, etc.
- ❖ Familiarize yourself with teen culture(s) and teen-specific resources.
- ❖ Familiarize yourself with Juvenile Court procedures and protocols related to CPO filings. Be sure to pair any Civil Protection Order assistance with safety planning.
- ❖ Put information about your services at Juvenile Court.
- ❖ Inform teens where they are and are not likely to have confidentiality so that they can make informed choices.
- ❖ Clarify with local child protection officials which cases require mandatory reporting, and utilize the ODJFS letter attached at the end of this guide to share guidance from the state office.

Resources

Resource	Organization	How to Find It
Collection of Articles/Materials: <i>Preventing And Responding To Teen Dating Violence</i>	National Resource Center– VAWNET	http://vawnet.org/summary.php?doc_id=2566&find_type=web_desc-SC
<i>Chart a Course: Policies That Affect Victim Services for Teens</i>	National Center for Victims of Crime	http://www.victimsofcrime.org/our-programs/youth-initiative
<i>Teen Action Tool Kit: Building a Youth-Led Response to Teen Victimization</i>	National Center for Victims of Crime/COPS	http://www.cops.usdoj.gov/Publications/teen_action_toolkit.txt
<i>Reaching and Serving Teens: A Practical Handbook</i>	National Center for Victims of Crime/National Crime Prevention Council	http://www.victimsofcrime.org/our-programs/youth-initiative/underserved-teen-victims-initiatives/publications

Teens Experiencing Abuse/Violence

What You Can Do

- ❖ Read the SAFTEY PLANNING section of this guide starting on page 14.
- ❖ Listen to yourself, trust yourself.
- ❖ Choose at least one person to tell what is happening. Try to let at least one adult in your life know what is going on.
- ❖ Keep reaching out; don't let the abuse isolate you. You can call the National Teen Dating Abuse Helpline anonymously.
- ❖ Know that nothing is more important than your safety. Nothing.
- ❖ Remember that if you decide to break up or stop contact with the person who is abusing you, things may get more dangerous at first – make a safety plan.
- ❖ Plan for technology safety, too – see the guide below.
- ❖ There is safety in numbers – keep friends around as part of your safety plan.

Resources

Resource	Organization	How to Find It
Online Teen forum, Text Call Out Cards, Other info	Futures Without Violence	www.thatsnotcool.com
Information for Teens	Love is Not Abuse – Liz Claiborne	http://www.loveisrespect.org/healthy-relationships/
Hotline	National Dating Abuse Helpline	866-331-9474 (1-866-331-8453 TTY) and at: www.loveisrespect.org
Information About Safety Planning	Break the Cycle	http://www.breakthecycle.org/content/safety-planning
Information about Technology and Abuse	MTV	www.athinline.org
Lots of info, including on Tech safety	Break the Cycle	https://www.breakthecycle.org/
To find a local Ohio hotline	Ohio Domestic Violence Network	www.odvn.org ; under the Resource tab enter in your county and find the number. Or call 800-934-9840.

Teens Using Violence/Abuse Against Others

This section is intended for teens who are using violence from a position of power and control. If you are using violence to protect yourself from violence from another teen, go to the prior section.

What You Can Do

- ❖ Own your behaviors. Accept that no one can make you behave in a violent, manipulative or controlling way, no matter how much their behavior upsets you. The choice is still yours.
- ❖ Find someone you can talk to (a friend, teacher, coach, faith leader, other adult).
- ❖ Avoid people who support your negative behaviors; seek out people who will support the changes you want to make.
- ❖ Seek support through a class or a counselor. Call the National Teen Dating Abuse Helpline, where you can talk with a peer advocate about what's going on.
- ❖ Accept this reality: nothing can change if you deny or minimize your behavior. If you do nothing, over time, your behavior will probably get worse. And the more you engage in abuse, the more likely you will have life-changing consequences, including legal actions against you.

Resources

Resource	Organization	How to Find It
Hotline	National Dating Abuse Helpline	866-331-9474 (1-866-331-8453 TTY) and at: www.loveisrespect.org

Friends of Teens

What You Can Do

Friends of teens can play one of the most influential roles in helping create safety and reduce violence. Whether you are the friend of the person being abused or the person who is being abusive, you are incredibly important. If you are silent, you communicate to the victim that s/he is alone in this. And you let the abuser know that their behavior is alright with you, and that they can count on you to say and do nothing.

If Your Friend is Being Abused

- ❖ Get familiar with the dynamics of abuse and the indicators that things are getting dangerous (see page 5 of this Guide.)

- ❖ If there are weapons, talk of suicide, serious injuries or threats to kill, try to find a safe adult to tell.
- ❖ Talk with your friend, and let her/him know you are concerned about her/his safety.
- ❖ Offer support and information.
- ❖ Affirm that your friend deserves to be safe and loved; and that no one deserves abuse.
- ❖ Don't judge your friend if they decide to keep seeing the person who is being abusive. One of the most powerful things you can do is promise to be there for them, no matter what.
- ❖ Call the National Teen Dating Abuse Helpline.
- ❖ Check out resources below to create an awareness campaign at your school.
- ❖ Respect your friend's privacy and don't gossip about the situation.

If Your Friend is Being Abusive

- ❖ Let your friend know that the abuse is not cool or acceptable.
- ❖ Tell your friend what behaviors you see him/her doing that are abusive and don't buy into your friend's attempts to excuse the abuse.
- ❖ Don't buy it if your friend tries to blame the victim.
- ❖ Tell your friend that if he/she keeps being abusive, he/she is likely to lose friends, respect, the relationship with the person being abused, and he/she could even get into legal trouble.
- ❖ Help your friend connect to someone who can help work on stopping the abusive behavior.

Resources

Resource	Organization	How to Find It
Hotline	National Dating Abuse Helpline	866-331-9474 (1-866-331-8453 TTY) and at: www.loveisrespect.org
On-line information	Break the Cycle	https://www.breakthecycle.org/
Resources for Awareness Campaigns – Developed By Teens	See it and Stop it	www.thatsnotcool.com

Call the [National Dating Abuse Helpline](tel:866-331-9474) to get help about teen relationship violence (866-331-9474, TTY 866-331-8453.)

Ohio and National Resource List

General Resources

National Dating Abuse Helpline (866-331-9474 /866-331-8453 - TTY)

www.loveisrespect.org

Ohio Domestic Violence Network (800-934-9840 to find a local hotline)

www.odvn.org

Break the Cycle

www.breakthecycle.org and www.loveisrespect.org

Futures Without Violence

<http://futureswithoutviolence.org/section/programs/teens>

Digital Dating Abuse Resources at Futures Without Violence

www.thatsnotcool.com

National Youth Violence Prevention Resource Center

www.safeyouth.org

Love is Not Abuse

www.loveisnotabuse.com

A Thin Line – digital abuse

www.athinline.org

Veto Violence – Online violence prevention training

www.vetoviolence.org

Start Strong Teens Program – Futures Without Violence and Robert Wood Johnson Foundation – National Prevention Initiative

www.startstrongteens.org

National Resource Center – VAWNET, Preventing and Responding to Teen Dating Violence

<https://vawnet.org/sc/preventing-and-responding-teen-dating-violence>

Know More Say More – Reproductive Coercion

www.knowmoresaymore.org

HOTLINES

National Dating Abuse Helpline (866-331-9474 / 866-331-8453 - TTY)

www.loveisrespect.org

National Hopeline Network: (800-SUICIDE (784-2433)). The National Hopeline Network provides 24 hour suicide crisis and domestic violence service referrals for teens at 1-800-SUICIDE (784-2433). Callers are automatically routed to the closest certified crisis center.

National Runaway Hotline: (800-621-4000 / 800-621-0394 (TDD)). The National Runaway Switchboard operates this 24 hour confidential hotline for runaway youth, teens in crisis and concerned friends and family members.

GLBT National Youth Talkline: (800-246-PRIDE (1-800-246-7743)). This hotline offers telephone peer counseling from Monday to Friday from 5-9pm Pacific Time. Peer counseling service is also offered through email at youth@GLBTNationalHelpCenter.org

Rape Abuse Incest National Network (RAINN): (800-656-HOPE) The Rape, Abuse, Incest National Network provides 24 hours services. RAINN will automatically transfer the caller to the nearest rape crisis center, anywhere in the nation. RAINN also runs the National Sexual Assault Online Hotline, a free, confidential, secure service that provides live help over the RAINN website.

The Trevor Project (866-4-U-TREVOR (866-488-7386) This hotline offers suicide and crisis counseling to teens. The Trevor Project also has an online chat forum that offers support to teens, but is not intended for teens who are at risk for suicide. Online chat is available on Friday from 4 pm eastern-12 am eastern.

Attachments

Teen Power & Control Wheel

Lesbian/Gay Power and Control Wheel

Equality Wheel for Teens

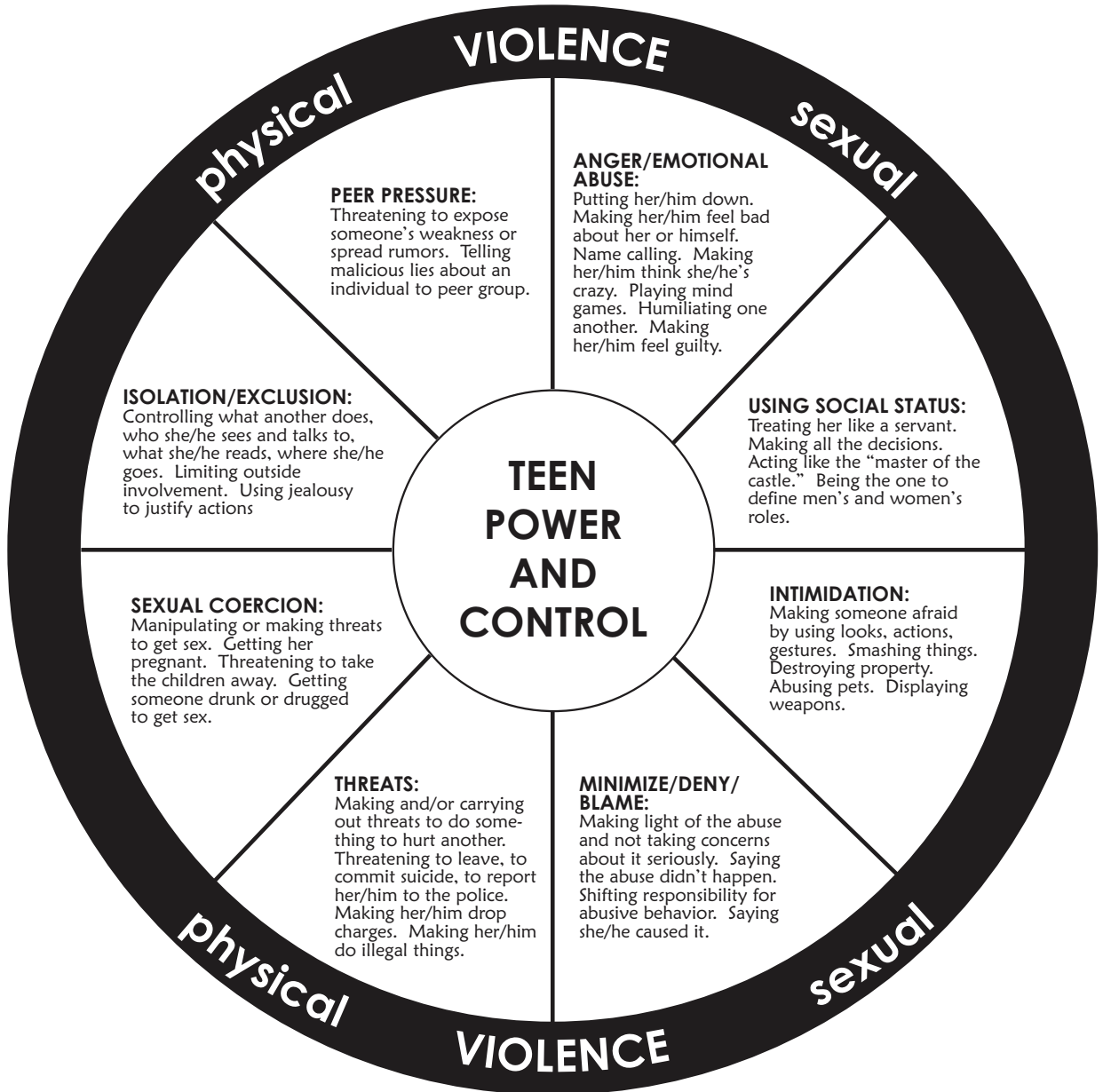
Safety Planning Worksheets

❖ **Planning for Physical Safety**

❖ **Planning for Emotional Safety**

Ohio Department of Jobs & Family Services Letter

TEEN POWER AND CONTROL WHEEL

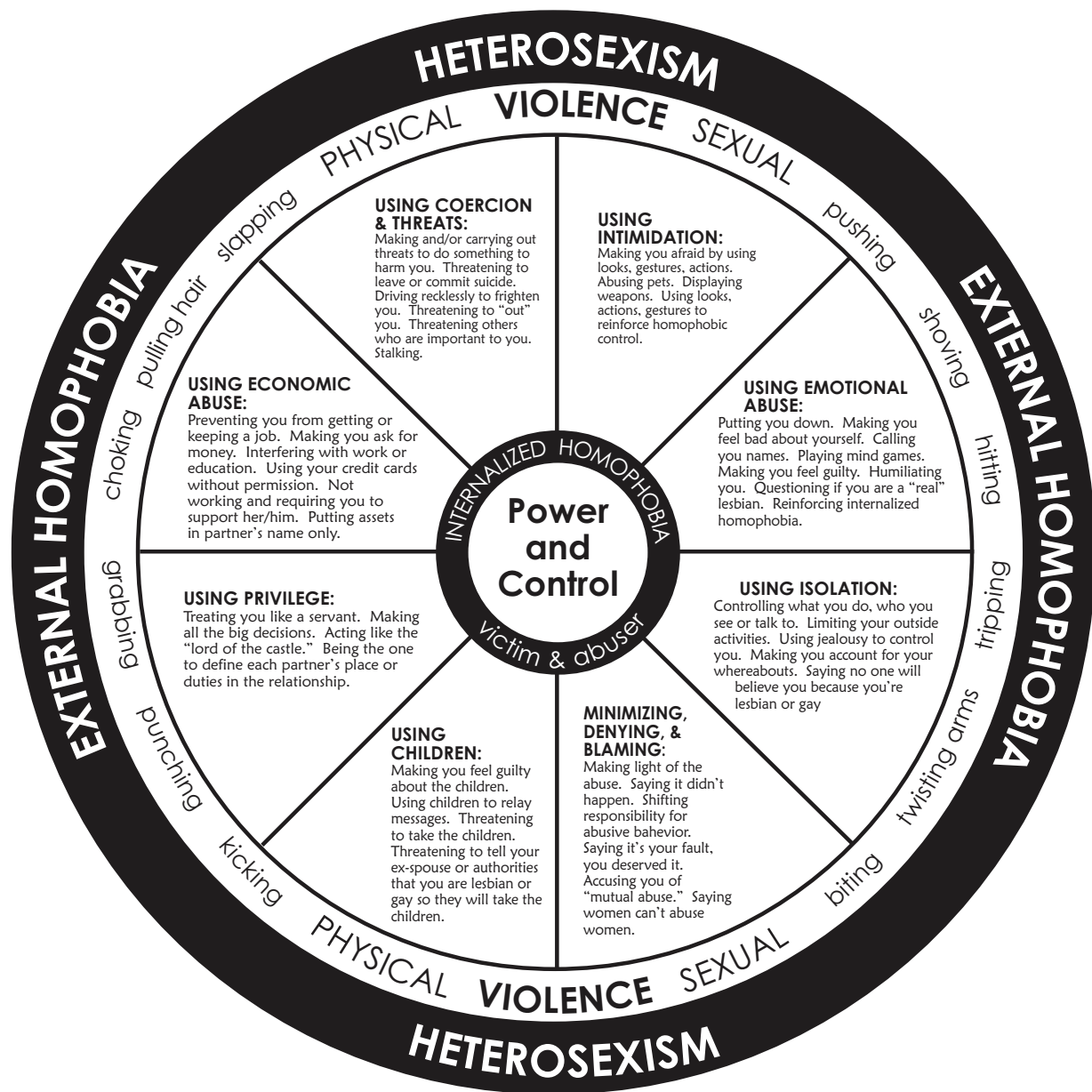


Produced and distributed by:

Developed from:
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LESBIAN/GAY POWER AND CONTROL WHEEL



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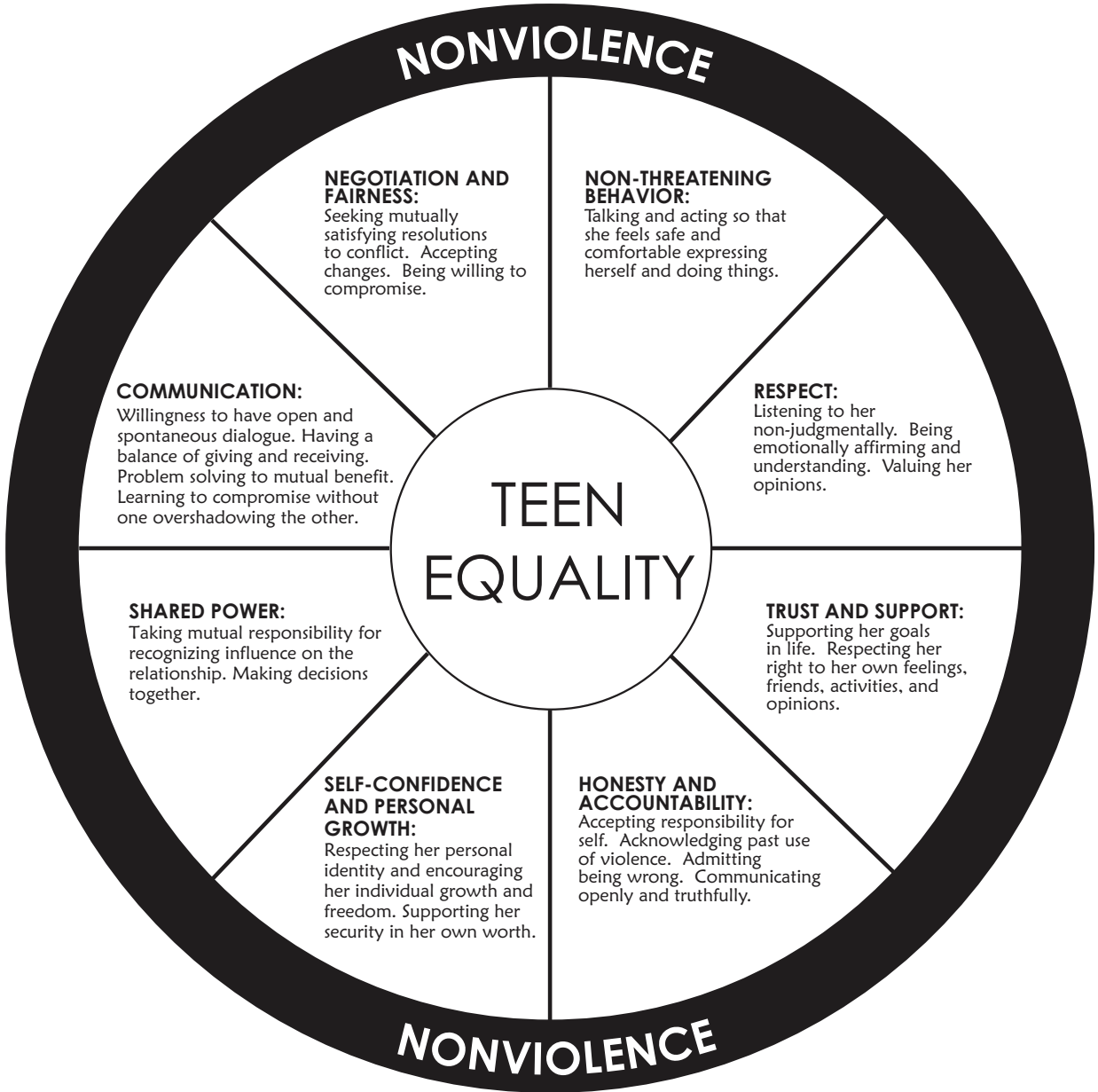
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Other wheels available at <http://www.theduluthmodel.org/wheelgallery.php> and <http://www.ncdsv.org/publications/wheel.html>.

EQUALITY WHEEL FOR TEENS



Adapted from: Domestic Abuse Intervention Project
 Produced and distributed by:
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Safety Planning Worksheet – Planning for Physical Safety¹⁶

<i>Location</i>	<i>What is my risk or danger at this place?</i>	<i>Who is a safe person at this place?</i>	<i>What action can I take to increase my safety for this location?</i>	<i>What can go wrong and what is my back-up plan?</i>
Technology – Computer, Social Networking, etc.				
Cell Phone				
Activities: Dance, Drill Team, Sports, Clubs, Place of Worship				
School				
Work				
Home				

¹⁶See HOW TO USE THIS CHART, page 35 of this Guide.

How to Use this Chart

Follow each section and think about how it applies to your situation. If it helps, write out your plan in each section. If you do write out your plan, keep it in a place where the person who is hurting you cannot find it.

LOCATION

- ❖ What are the risks in this location?
- ❖ Are there different risks at different times? For example, at school, are risks different going to and from school, in classes, in the hallway, etc.?
- ❖ What access does the abuser have to you in this location?
- ❖ How easy or difficult is it for you to be able to quickly leave this location?
- ❖ Would you ever be alone at this location? If yes, is it the same time each day? For how long? Does the abuser have this information?
- ❖ What has the abuser done in this location before?
- ❖ What threats have been made? For example: (home) I will hurt you/your family/ pet; (work) calling constantly or showing up at the work place; (school) following around, not allowed to talk to certain people; (technology) leaving harassing messages, texting, sending private photos, spreading lies on Facebook, MySpace or other social networking sites.

SAFE PERSON

- ❖ Who can help create safety in this space? (for example: coach, principle, teacher, other students, friends, family member, supervisor)
- ❖ Who can you share your safety plan with?
- ❖ Would it help to have a code word with your safe person(s) so that you can tell them you are concerned for your safety even if the abuser might hear you?

WHAT IS MY PLAN?

- ❖ List what action steps you will take at that location to increase your safety.

WHAT COULD GO WRONG (BARRIERS/RISKS)?

- ❖ What could go wrong with your plan for this location?
- ❖ Will the safe person always be there? Can you count on that person?
- ❖ Will the things that you need to put your plan in motion always be available to you?
- ❖ Could the plan backfire (for example, if you change your cell phone number, is your abuser more likely to follow you to work?)

BACK-UP PLAN

- ❖ What can you do if your initial plan doesn't work?
- ❖ What action can you take to address the ways your plan might backfire?
- ❖ Are there back-up safe persons you should identify who you will go to if your first choice isn't available?

Keep in mind that not all actions are going to work all of the time, so the safety plan should be kept fluid, flexible and open. It will change based upon what the abuser is doing. Review the Safety Planning section of this guide for ideas you can include in your safety plan (page 14).

Example

Location: Cell phone
Risk: Constant harassing calls, text messages. Messages that I don't want to see or hear because it upsets me.
Safe person: Parents – I can tell them about the constant calls, text messages.
Barrier/Risk: Boyfriend/girlfriend has my number, I have had this number for 3 years and everyone knows it, and changing it does not guarantee that my boyfriend/girlfriend will not get the new number.
Back-Up Plan: Save the messages for evidence. Have my parents check the phone. Get a new number that will be given out to limited number of people who I know will not give it out. I won't use my cell phone to call people if I'm not sure they won't give out my number to my abuser or his/her friends.

Safety Planning Worksheet – Planning for *Emotional Safety*

Most people who hurt the people they are in relationships with will use emotional abuse. This can take lots of forms like name-calling, putting you down, constantly questioning your ideas, criticizing how you think, eat, or look, criticizing your friends and family, yelling, threatening to break-up or to hurt themselves if you break-up with them, or making you feel crazy. Do some thinking ahead of time about how you will respond if any of these things happen. The following material is adapted from another safety planning tool you may want to look at on <http://www.thesafespace.org/pdf/handout-safety-plan-workbook-teens.pdf>.

My abuser tries to make me feel bad about myself, question myself, or feel crazy by saying and doing these things:

When my abuser is being mean/verbally abusive/emotionally abusive I can remember that no one deserves to be emotionally abused, and I can think about things that I like about myself such as:

Being in an abusive relationship takes a toll on you physically and emotionally. It is important to find activities that help you feel good and feel good about yourself. I will try to be sure to do some of the following activities that help me to feel good emotionally and physically:

If I get sad, anxious, or start doubting myself, these are people I can call for support. List below who you can call, along with their phone number (in addition to the National Dating Abuse Helpline (866-331-9474 /866-331-8453-TTY):

Ohio | Department of
Job and Family Services

Ted Strickland, Governor
Douglas E. Lumpkin, Director

July 19, 2010

TO: Directors, Public Children Services Agencies

FROM: Sandra T. Holt, Deputy Director
Office of Families and Children
Child/Adult Protection

Nancy Neylon, Executive Director
Ohio Domestic Violence Network

SUBJECT: TEEN DATING VIOLENCE

Ohio has recently passed legislation which may increase the number of child protective services referrals regarding adolescents who are victims of teen relationship violence. This letter is to provide guidance on response strategies.

House Bill 10 created the ability for adolescents or others on their behalf, to seek Civil Protection Orders in Juvenile Court against persons under the age of 18 who create an immediate and present danger. Immediate and present danger is defined as: threats of bodily harm; any sexually oriented offense; or the respondent having plead guilty, been convicted of or adjudicated as a juvenile delinquent for felonious assault, aggravated assault, assault, aggravated menacing, menacing by stalking, menacing, or aggravated trespassing.

House Bill 19 requires schools' health education curriculum to include "in grades seven through twelve, age-appropriate instruction in dating violence prevention education, which shall include instruction in recognizing dating violence warning signs and characteristics of healthy relationships."

There may be an increase in identification of teen dating violence cases as these bills are implemented. Some communities have indicated a plan to refer all such cases to child protection services. This approach may not achieve the best outcome for the victim. We suggest you consider implementing both of the following recommendations in preparation:

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- a) Initiate discussions and/or meetings with key collaborators including domestic violence programs, rape crisis programs, and juvenile court personnel to develop an understanding of which cases should be referred to child protective services.
- b) Adopt a clear policy identifying when a teen dating violence situation merits assessment/investigation or is in need of protective services, such as when:
 - a. The teen is living with the perpetrator;
 - b. The teen is being encouraged by parents to continue the relationship with the perpetrator;
 - c. The teen is in need of services related to trauma and the parents are not attempting to secure assistance.

While both of these pieces of legislation offer positive responses to violence against teens, they also create a potential for increases in referrals to child protective agencies for situations that could be more appropriately served by other community agencies. Should your office need assistance, both the ODJFS Bureau of Protective Services Child/Adult and the Ohio Domestic Violence Network stand ready and willing to provide technical assistance.

cc: Michael McCreight Betsy Johnson
Crystal Allen Kim Newsome Bridges
Ronald Browder Penny Wyman
Joel Potts Beth Tsvetkoff
Peg Burns Darlene Skinner

NOTES

