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Ask First:

Talking to Teens about Healthy
Relationships

Overview

- Define healthy verses unhealthy relationships and/or friendships
- Discuss warning signs of an unhealthy child or teen relationship and/or friendship
- Offer tips for talking with your child or teen about building healthy relationships and safety
- Provide a list of contacts for parent and teen support

YOU ARE AN EXPERT

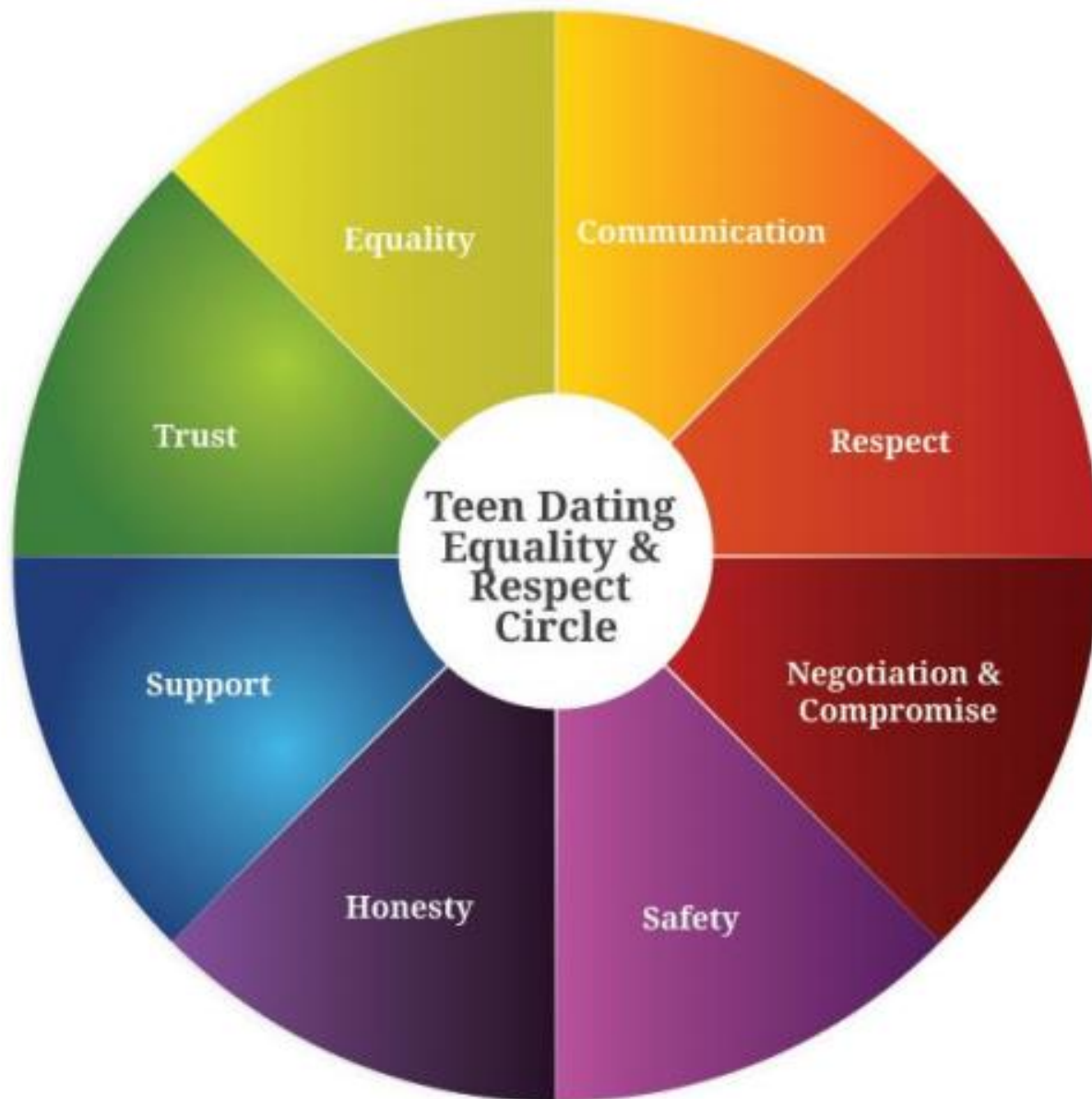


“Listen to us. We’re the experts.” Doctors, therapists, social workers, educators – with their degrees and expertise, they may make you feel like your role in any discussion is merely to nod your head and sign off on their suggestions. ◆ ◆ ◆ But you’re an expert, too. They may know everything about most children or the average child, but you know everything about the child in question. You have an advanced degree in raising your child, a textbook’s worth of knowledge about his or her specific and individual needs and habits and progress and struggles. ◆ ◆ ◆ Because every child is different and differences determine treatment, yours is the most important voice in any discussion. There’s no specialist more special than you. ◆ ◆ ◆

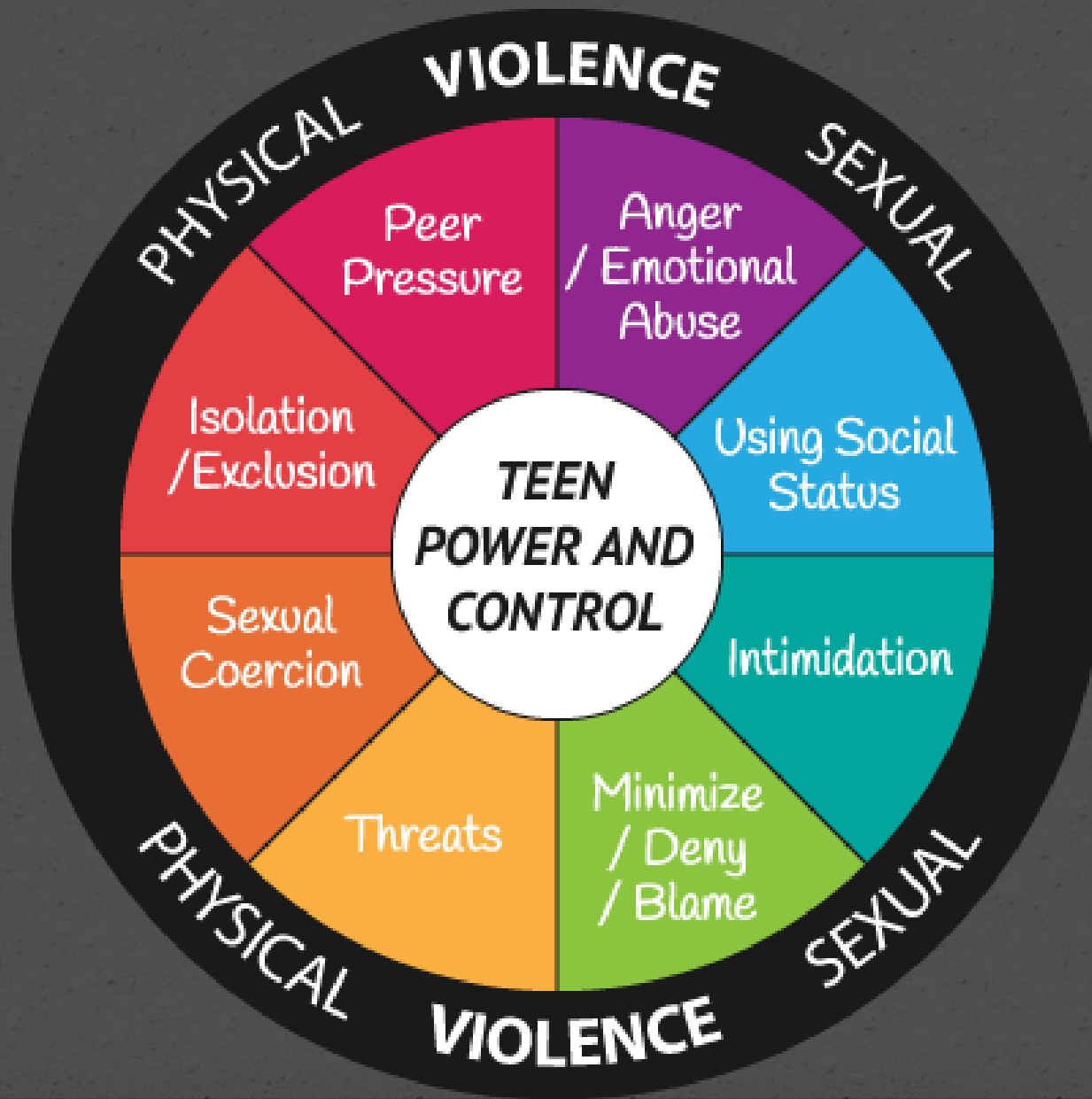
Activity

- o Please get into groups of 4 with those parents or guardians around you.
- o In your groups please elect one spokesperson who will represent and present the group's ideas.
- o Please make a list of questions your group has for the presentation.
- o PRACTICE ACTIVE LISTENING.
- o You will have 5-10 minutes

Healthy Relationships- Equality and Respect



Abusive Relationships- Power and Control



ALL Relationships Exist on a Spectrum

Relationship Spectrum		
Healthy: Respect Good Communication Trust Honesty Equality	Unhealthy: Breaks in Communication Pressure Dishonesty Struggles for Control Inconsiderate Behavior	Abusive: Accusations Blame Shifting Isolation Pressure Manipulation

Activity: Quiz

- <https://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/>
- This is an invitation to take the Healthy Relationships Quiz through LoveIsRespect.org. You do not have to take this quiz, it is your choice!
- Think about a friendship or relationship you had in the past or currently.
- Take the quiz.
- Once completed talk with your groups of 4 or in groups of 2 about what you noticed.
- Please take care of yourself.

Video: Created By Students for Students

Unhealthy Teenage Relationships PSA

- LoveisRespect.org Statistics:
- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
- Violence typically begins between the ages of 12 and 18.
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.
- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.
- Only 33% of teens who have been in a violent relationship have told someone about the abuse.

Teen Dating

According to Pew Study in 2015:

- Overall, 35% of American teens ages 13 to 17 have ever dated, hooked up with, or been otherwise romantically involved with another person
- One-quarter (24%) of teen “daters” or roughly 8% of all teens have dated or hooked up with someone they first met online; Meanwhile 57% of teens have begun friendships in a digital space

<http://www.pewinternet.org/2015/10/01/teens-technology-and-romantic-relationships/#fn-14598-2>

Teen Dating Research

- 31% of teens with dating experience report that a current or former partner has **checked up on them multiple times per day** on the internet or cellphone, asking where they were, who they were with or what they were doing.
- 21% of teen daters report that a current or former boyfriend, girlfriend or partner has **read their text messages without permission**.
- 15% of teen daters (or 5% of all teens) say a current or former partner used the internet or text messaging to **pressure them to engage in sexual activity** they did not want to have.

Statistics

- LGBTQ youth are more likely to experience physical and psychological dating abuse, sexual coercion, and cyber dating abuse than their heterosexual peers ¹
- Among high school students who have experienced sexual and physical abuse by a dating partner, approximately 1 in 4 of males and females have suicide ideation or have attempted suicide ²

¹ Dank, M., Lachman, P., Zweig, J. M., & Yahner, J. (2014). Dating violence experiences of lesbian, gay, bisexual, and transgender youth. *Journal of Youth and Adolescence*, 43 (5), 846-857.

² Vagi, K. J., Olsen, E. O. M., Basile, K. C., & Vivolo-Kantor, A. M. (2015). Teen dating violence (physical and sexual) among US high school students: findings from the 2013 National Youth Risk Behavior Survey. *JAMA Pediatrics*, 169 (5), 474-482.

FORMS OF ABUSE

SEXUAL ABUSE



Sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault, rape, or tampering with contraceptives.

PHYSICAL ABUSE

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



EMOTIONAL/VERBAL ABUSE



Non-physical damaging behaviors like threats, insults, screaming, constant monitoring, or isolation.

FINANCIAL ABUSE

Exerting power and control over a partner through their finances, such as taking or hiding money, or preventing a partner from earning money.



STALKING



Being repeatedly watched, followed, monitored, or harassed. Can occur online or in-person, & include giving unwanted gifts.

DIGITAL ABUSE

Using technology to bully, stalk, threaten, or intimidate a partner using texting, social media, apps, tracking, etc.



Warning Signs For Parents

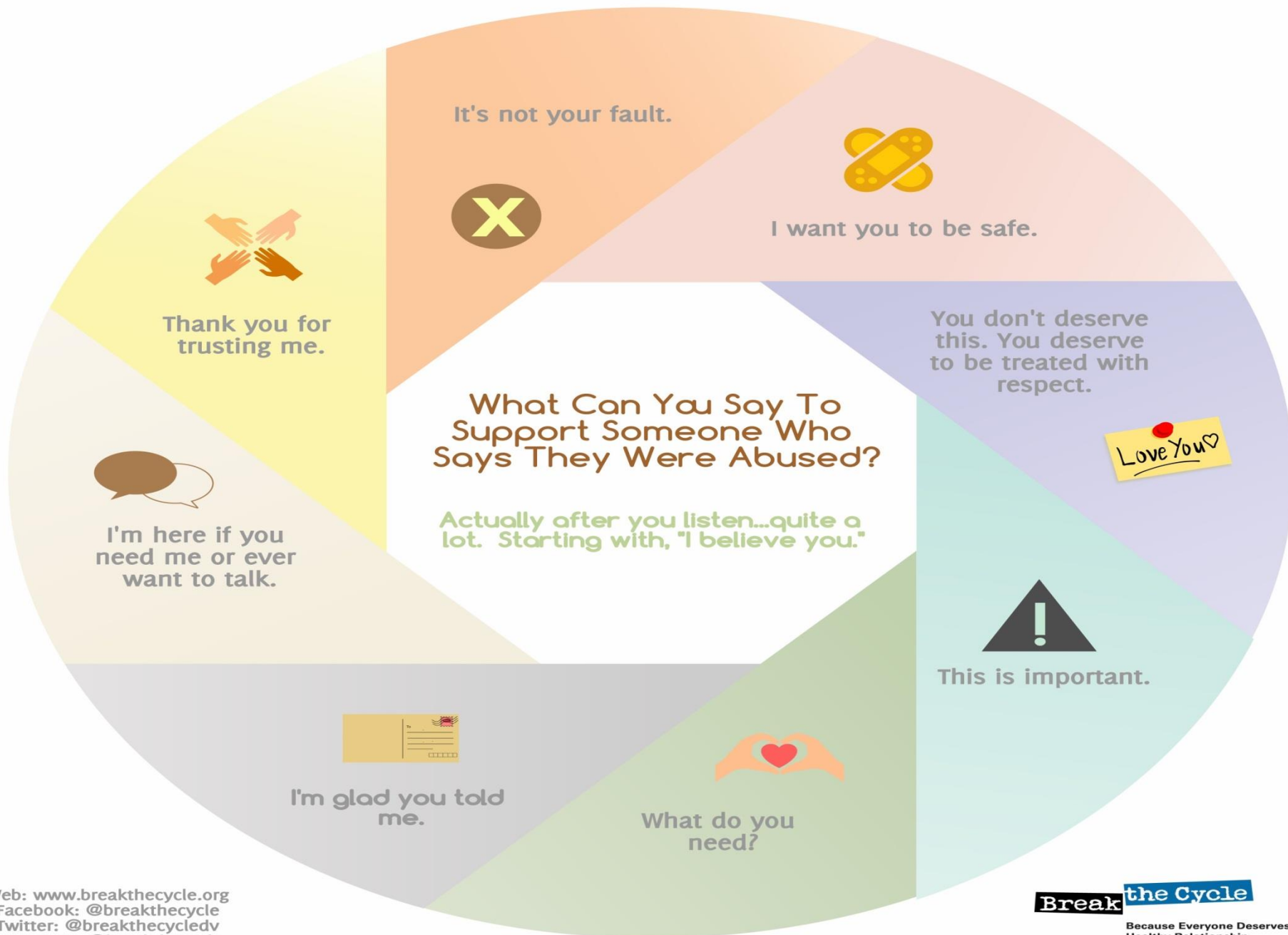
- ◊ Unexplained or suspicious injuries
- ◊ Failing grades
- ◊ Dropping out of activities
- ◊ Avoiding friends or social events
- ◊ Indecision
- ◊ Changes in clothes, appearance, or make up
- ◊ Changes in eating or sleeping habits
- ◊ Secrecy
- ◊ Constant thoughts about the dating partner
- ◊ Alcohol or drug use
- ◊ Sudden changes in mood or personality
- ◊ Fearfulness around the dating partner or when his or her name is mentioned

Starting Conversations with Teens

- Make the most of “teachable moments”
- Define a healthy relationship and consent- starting from a young age and moving progressively
- Should be a series of discussions rather than a presentation. Be sure to get your teen’s point of view. Discuss the pros and cons of sex honestly.
- Talk about questions of ethics, values, and responsibilities associated with personal or religious beliefs.

Talking about Consent





Activity: Practice and Reflections

- Find a parent partner
- Pick a subject you would like to discuss with your child or teen:
 - Healthy relationships
 - Unhealthy relationships
 - Consent
 - Sexual health

Then role play ways to talk with your teen about that subject. Try to think of ways to incorporate the conversation into a teaching moment.

Or talk about the presentation. What did you like, what would you like to know more about, etc.

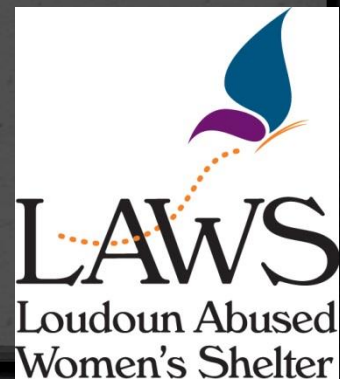
Prevention and Intervention Resources in Working with Youth

- Darkness to Light- practical tips for preventing child sexual abuse (free currently online with code FLIPTHESWITCH)
- LoveisRespect.org- excellent quizzes, free anonymous text chat, and other resources for teens
- joinonelove.org- great video and discussion guide resources
- LAWS/Loudoun CAC

LAWS

LAWS provides Free and confidential services to any survivor of domestic violence, sexual assault or stalking

- Emergency shelter
- 24 hour crisis hotline
- Advocacy
- Adult and children's counseling
- Legal services
- Bilingual services
- Support groups
- Court and hospital accompaniment
- Parenting classes
- Resourceful Woman Thrift Shop
- Loudoun's Child Advocacy Center (CAC)



What to expect from LAWS Youth Counseling

- Free and Confidential
- Voluntary Services- even for children and teens
- Transparency and open communication
- Psycho-education
- Safety planning
- Coping skills and support processing emotions

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Questions?

Evaluations

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