

Welcome!

You are invited to introduce yourself in the chat with your name, position, and organization affiliation.

Make sure you change the setting so you're sending the message **To: All panelists and attendees**

To: All panelists and attendees ▼



Type message here...

If you have a specific question or topic that you would like covered in this webinar, feel free to add it to the Q&A section.



ENGAGING YOUTH

in violence prevention and education



Women's Advocates
Breaking the cycle of domestic violence

What About Youth? Engaging Young People in Violence Prevention Work

BRENISEN WHEELER, EDUCATION AND
OUTREACH COORDINATOR

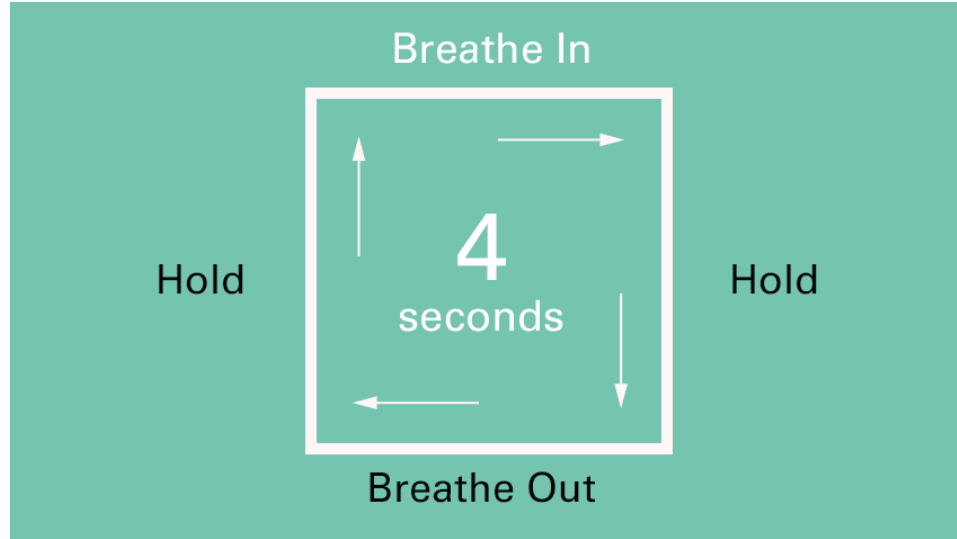
ALEXIS M. MURILLO, IN-SCHOOL
VIOLENCE PREVENTION EDUCATOR

Poll: What interests you in youth violence prevention work?

Thank you for being here!

Let's take a collective breath together.

[Resources to support BLM here](#)



TAKE CARE



OF YOURSELF

[More about box breathing](#)

Overview of the next 90 minutes

- ▶ Youth Stats
- ▶ Models of Prevention
- ▶ Youth Prevention Themes
- ▶ Common Prevention Efforts
- ▶ Importance of Youth Engagement
- ▶ Learning from Youth Engagement
- ▶ Youth Led Violence Prevention Initiatives in Minnesota
- ▶ Common Questions for Youth
- ▶ Effective Activities
- ▶ Youth Specific Resources
- ▶ More on Women's Advocates In-School Prevention

Feel free to use the **chat box** to add any comments or responses to our questions. Use the **Q&A feature** to ask any questions anytime during the presentation! A PDF of the slides + webinar recording will be emailed to you after the presentation is complete.

A legacy of advocacy since 1972

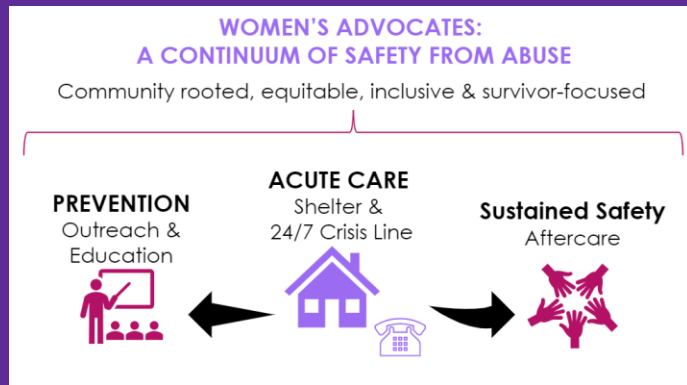
Women's Advocates is the first shelter in the nation for women and children fleeing domestic abuse.

- **1972**- Crisis line for women experiencing domestic violence was created by 11 women in St. Paul
- **1974**- Official shelter began operating out of a Victorian home on Grand Avenue

[Learn more about our history here](#)



Mission:
Women's Advocates walks with victim survivors and our community to break the cycle of domestic violence.





A Few Youth Stats

- ▶ Nearly **1.5 million** high school students nationwide experience **physical abuse** from a dating partner in a single year.
- ▶ **One in three** adolescents in the U.S. is a victim of **physical, sexual, emotional or verbal abuse** from a dating partner, a figure that far exceeds rates of other types of youth violence.
- ▶ **Half of youth** who have been victims of both dating violence and rape **attempt suicide**, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.
- ▶ Only **33%** of teens who were in a violent relationship **ever told anyone** about the abuse.
- ▶ **Eighty-one (81) percent** of parents believe teen dating violence is **not an issue** or admit they don't know if it's an issue.
- ▶ Though **82%** of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, a majority of parents **(58%) could not correctly identify all the warning signs of abuse.**



What are youth experiencing? What are we trying to prevent?

► **Violence in the home**

- Physical, emotional, verbal, mental, financial, digital, reproductive, sexual, spiritual/cultural abuse
 - Caused by parents, caregivers, grandparents, uncles, aunts, cousins, siblings

► **Violence at school**

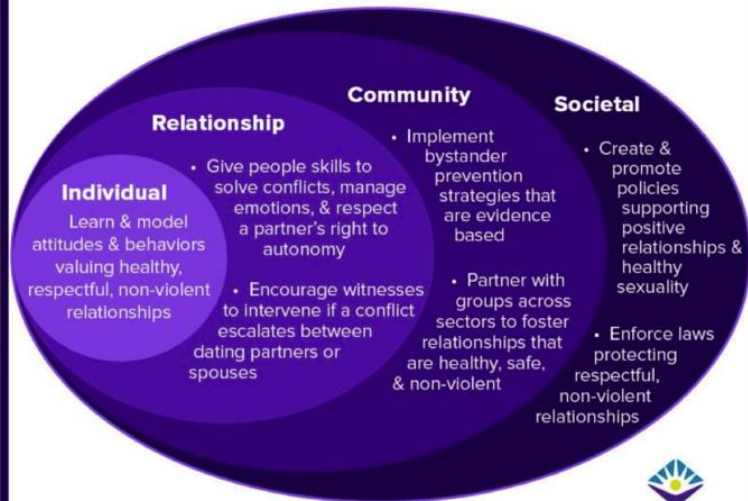
- (Cyber)bullying, sexual assault
- Caused by teachers, friends, classmates, dating partners

► **Violence in the community**

- Same forms as above
- Caused by members of a faith community, recreational individuals (e.g. sport coaches)

Preventing Intimate Partner Violence Requires Change at All Levels

Strategies may include:



Learn more about intimate partner violence prevention from CDC:
<http://www.cdc.gov/violenceprevention/intimatepartnerviolence/prevention.html>

The Public Health Model



Models of prevention



Youth Violence Prevention Themes

FOSTERING INNATE STRENGTHS AND HOPE

- Seeing potential in themselves.
- Using strength based approaches.
- Willing to take on the future.
- Having a sense of hope things will get better.
- Viewing youth's innate strengths & resilience.
- Having the Ability to bend in the face of adversity.



NURTURING POSITIVE QUALITIES IN SELF & OTHERS

- Believing in themselves.
- Having a sense of self-efficacy.
- Having opportunities to provide services to others.
- Possessing positive qualities like empathy forgiveness, etc.



MENTORING FOR ACCESS AND SELF-DETERMINATION

- Providing opportunities to practice, share and make room for talents.
- Teaching self-care.
- Providing experiences to manage several situations at once.
- Networking resources to make appropriate life advancements.



FINDING STRENGTH AND VALUE IN MY JOURNEY

- Valuing humanity, culture, and family.
- Finding value in youth.
- Discovering value in decisions, success, and failures.
- Valuing youth while listening to their stories.
- Honoring hopes and dreams of youth.
- Providing space where youth voice will be heard.

CREATING A SENSE OF BELONGING & CONNECTION THROUGH RELATIONSHIPS & SUPPORT

- Having intentional, caring relationships.
- Connecting through stronger relationships with self and others.
- Supporting youth's family to build resilience.
- Looking within communities to support connection.
- Having more than a one-time contact.





Why is it important to engage youth?

- ▶ Girls and young women between the ages of **16 and 24** experience the **highest rate of intimate partner violence** — almost triple the national average.
- ▶ Among female victims of intimate partner violence, **94%** of those age 16-19 and **70%** of those age 20-24 were victimized by a **current or former boyfriend or girlfriend**.
- ▶ Violent behavior typically **begins** between the ages of **12 and 18**.
- ▶ The severity of intimate partner violence is often greater in cases where the pattern of abuse was established in adolescence.



Things We Know (Based on Experience)

- ▶ Teachers bring in Women's Advocates and other organizations because they do not feel prepared enough to facilitate discussions on domestic violence and related topics
- ▶ There are limited resources, specifically for men
- ▶ Students, of all ages, find our presentations engaging and they would recommend to a friend
- ▶ A significant amount of youth experience domestic violence and much of it is normalized
 - ▶ Often, responses do not address racial discrimination or allow for cultural differences



Engaging Youth in Violence Prevention: What is Effective?

- ▶ Meeting youth where they are at in their level of understanding
 - ▶ "What is the first thought that comes to mind when you hear the term domestic violence?"
- ▶ Providing real life examples, showing videos and asking questions
 - ▶ "How can you support your peers? What can you do to stop this type of violence from happening around you?"
- ▶ Education and engagement should be done through the basis of connection
- ▶ Providing support and giving students the space to engage in leadership
 - ▶ Healing Through Knowledge & Action 2020 Youth Conference (collaboration between Violence Free Minnesota and Casa de Esperanza)



Source: Casa de Esperanza Facebook

Youth Led & Youth Centered Violence Prevention Initiatives in Minnesota



VFM Youth
Advisory Board

Real Love is Campaign
WA's Video with YAB



Casa de
Esperanza

Te Invito



Tubman

Voices in Prevention



Alexandra House

Youth Leadership
Institute



Cornerstone MN

Support Groups for
Youth



Common Questions from Youth

- ▶ What can I do if I am experiencing this abuse from my parents or family member?
 - ▶ Digital Violence: Life 360, Find my Friends, etc.
 - ▶ Verbal/Emotional Abuse: "You are so dumb." Ignoring child and dedicating all time to their significant other
 - ▶ Physical Abuse: Slapping, punching, pushing, etc.
- ▶ "What resources are available?"
- ▶ "I don't trust the counselors at my school because I know they will tell my parents. What can I do?"
- ▶ "I want to make sure my girlfriend is not texting her ex, how is demanding her phone so she doesn't cheat on me considered abuse?"

Effective Activities

- ▶ Act Like A Man Box
- ▶ Cool Not Cool Quiz
- ▶ Love is Respect Quizzes
- ▶ Walking on Sunshine Video
- ▶ Think, Pair & Share
- ▶ Write, Crumple, Read



Am I a Good Partner? Quiz

ARE YOU A GOOD PARTNER? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

DO I

1. Forget to thank my partner when they do something nice for me?
2. Ignore my partner's calls if I don't feel like talking?
3. Get jealous when my partner makes a new friend?
4. Have trouble making time to listen to my partner when something is bothering them?
5. Discourage my partner from trying something new like joining a club?
6. Call, text or drive by my partner's house a lot?
7. Get upset when my partner wants to hang out with their friends or family?
8. Make fun of my partner or call them names?
9. Criticize my partner for their taste in music or clothing?
10. Make fun of my partner's appearance?
11. Accuse my partner of flirting or cheating even if I'm not sure that's what happened?
12. Take out my frustrations on my partner, like snapping at them or giving them attitude?
13. Throw things if I'm mad at my partner or do things like hit walls or drive dangerously?
14. Read my partner's texts or go through their personal things, like their wallet or purse?
15. Tell my partner they are the reason for my bad mood even if they aren't?
16. Try to make my partner feel guilty about things they have no control over?
17. Sometimes say things to my partner knowing that they are hurtful?
18. Talk down to or embarrass my partner in front of others?
19. Make/encourage my partner to do things sexually that I know they don't want to do?

WE ARE HERE TO

CHAT: 24/7/365 • CALL: 1.866.331.9474 • TEXT: LOVEIS TO 225

FOR MORE INFORMATION, VISIT WWW.LOVEISRESPECT.ORG



So Are You a Good Partner?



SCORING

GIVE YOURSELF ONE POINT FOR EVERY "YES" YOU ANSWERED TO QUESTIONS ONE THROUGH FOUR AND FIVE POINTS FOR ALL "YES" ANSWERS TO NUMBERS 5-20. DON'T GIVE YOURSELF ANY POINTS FOR ANY "NO" ANSWERS.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0pts

If you got zero points, congratulations! You make a good Partner! It sounds like you're very mindful of your actions and respectful of your partner's feelings – these are the building blocks of a healthy relationship. Keeping things on a good track takes work, so stay with it as long as you and your partner continue like this, your relationship should grow in a healthy direction.

1-2pts

If you scored one or two points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect, but it is important to be mindful of your actions and try to avoid hurting your partner. Remember, communication is key to building a healthy relationship!

3-4pts

If you scored three or four points, it's possible that some of your actions may hurt your partner and relationship. While the behaviours may not be abusive, they can worsen over time if you don't change.

5pts

If you scored five or more points, some of your actions may be abusive. You may not realize it, but these behaviours are damaging. The first step to improving your relationship is becoming aware of your unhealthy actions and admitting they are wrong. It's important to take responsibility for the problem and get help to end it. An unhealthy pattern is hard to change, so chat with a peer advocate at loveisrespect.org for more information on how to get help.



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x ● ● ● ● ● ● ● ● ● ●

Alex is really excited to be dating Shelby.
She is easily the cutest girl in their grade.
Today after class, he asks if it's ok if he
kisses her.

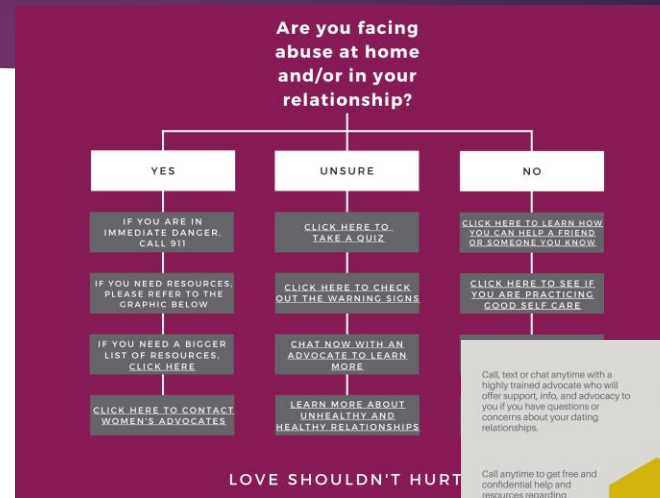
NOT
COOL

COOL



Youth Specific Resources

- ▶ [Women's Advocates Online Mini Series](#)
- ▶ [Women's Advocates Virtual Presentations](#)
- ▶ [Youth Trifold: Are you or someone you know experiencing domestic violence?](#)
- ▶ [Youth PDF: Are you facing abuse at home and/or in your relationship?](#)
- ▶ [Love Is Respect, Youth Services Network MN, My Definition](#)




Are you facing abuse at home and/or in your relationship?


Everyone deserves people that in their life that are healthy, safe, and supportive. If you are experiencing a relationship that is hurting you, it is important for you to know that the abuse is not your fault.

Abuse can occur in any type of relationship, such as with an intimate partner like a boyfriend, girlfriend or partner, a family member such as a parent, aunt/uncle, grandparents, sibling or even a friendship.

A Note on Safety + Self-Care Planning

 **Self Care Plan**

Having a strategy or plan can help you deal with everyday stressors and other big issues in your life. Self care is unique to everyone, but you can always take steps towards developing an action plan.



Mind	School	Supportive People in My Life
Body	Spirit	What Might Get In the Way of Self Care?

[Download the Self Care Plan PDF here](#)



Self Care Tips

Having a strategy or plan can help you deal with everyday stressors and other big issues in your life. Self care is unique to everyone, but you can always take steps towards developing an action plan.



1. **Nurture your social support system.** Most of us would agree that it is important to have people in our lives who care about us and are there through the good times and the bad. These are the folks who make up our social support system – friends, family, and peers – that we can turn to when we need help. Think about how you can maintain your current relationships, build new ones, and perhaps even prune out damaging relationships.
2. **Honor your emotional needs.** Self-care activities are simple: Be good to yourself. Do things you like that keep you happy. Know when you need to take time out or be near other people. Get in the habit of staying in tune with your emotions.
3. **Manage stress.** Know your key stressors and how best to cope with or neutralize them.
4. **Love yourself.** Work on cultivating a positive self-image and high self-esteem.
5. **Come up with a self-care plan.** Research "self-care plans/ideas" or use templates below.
6. **Get counseling.** If you're uncertain how to proceed and feel constantly overwhelmed, try talking to a school counselor or social worker about your problems.

Source: GSAFE

MY SAFETY PLAN

Staying Safe at School:

The safest way for me to get to and from school is:

If I need to leave school in an emergency, I can get home safely by:

I can make sure that a friend can walk with me between classes. I will ask: _____ and/or _____

I will eat lunch and spend free periods in an area where there are school staff or faculty nearby. These are some areas on campus where I feel safe: _____, _____, and _____

Staying Safe at Home:

I can tell this family member about what is going on in my relationship: _____

There may be times when no one else is home. During those times, I can have people stay with me. I will ask: _____

The safest way for me to leave my house in an emergency is: _____

If I have to leave in an emergency, I should try to go to a place that is public, safe and unknown by my abusive partner. I could go here: _____

and/or here: _____

I will use a code word so I can alert my family, friends, and neighbors to call for help without my abusive partner knowing about it. My code word is: _____

FOR MORE INFORMATION, VISIT WWW.LOVEISRESPECT.ORG

I could talk to the following people at school if I need to rearrange my schedule in order to avoid my abusive partner, or if I need help staying safe at school:

☐ School Counselor
☐ Coach
☐ Teachers: _____

☐ Principal Assistant/Vice principal
☐ School security
☐ Other: _____

If I live with my abusive partner, I will have a bag ready with these important items in case I need to leave quickly (check what applies)

☐ CELL PHONE & CHARGER SPARE MONEY
☐ KEYS
☐ DRIVER'S LICENSE OR OTHER FORM OF ID
☐ COPY OF RESTRAINING ORDER
☐ BIRTH CERTIFICATE, SOCIAL SECURITY CARD, IMMIGRATION PAPERS AND OTHER IMPORTANT DOCUMENTS
☐ CHANGE OF CLOTHES MEDICATIONS
☐ SPECIAL PHOTOS OR OTHER VALUABLE ITEMS
☐ IF I HAVE CHILDREN—ANYTHING THEY MAY NEED IMPORTANT PA-PUSA, FORMULA, DIAPERS

love is respect.org

WE ARE HERE TO HELP

CHAT: 24/7/365
CALL: 1.866.331.9474
TEXT: LOVEIS 22522



Women's Advocates Experience in the Classroom

- ▶ Students of all ages find this information NEEDED and HELPFUL
- ▶ Remain high-energy, ask questions, engage students in activities
- ▶ Students have been vulnerable; sharing stories and providing resources
- ▶ Quizzes are effective
- ▶ Providing a safe space is critical
- ▶ "Hybrid" presentations seem to be the most requested and beneficial

"Hybrid" Presentations

Topics:

- ▶ Dating violence
- ▶ Digital violence
- ▶ Healthy relationships 101
- ▶ Next steps (finding resources)

Description:

- ▶ Learn the definitions of dating and digital violence, who it affects and different ways it is displayed
- ▶ Understand the eight different warning signs of a potentially unhealthy or abusive relationship/partner
- ▶ Gain an understanding of what makes up a healthy or abusive relationship (includes a conversation about consent)
- ▶ Discuss bystander intervention, social norms, safety planning, and how to utilize resources
- ▶ Walk-away with resources that can help oneself or someone else who may need help





[Read our blog about our in-school prevention work!](#)

I think this prevention was very useful & helpful, and should be presented to other schools

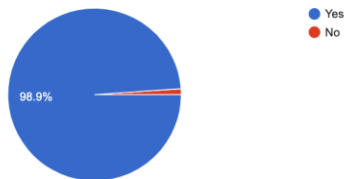
I really appreciate this because I have friends that are pressured to do things in relationships.

My dad hit my mom while she was pregnant with me. My dad is also a rapist. I miss him, but what he did was unforgivable.



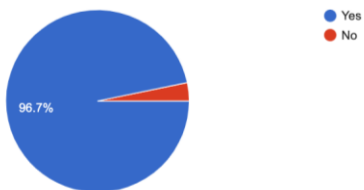
The presentation helped me understand what dating violence is and the six different types of abuse

184 responses



The presentation helped me understand what digital violence is and how it can happen

184 responses

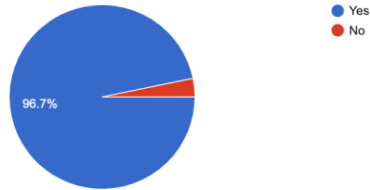


Middle Schoolers: Dating and Digital Violence & Healthy Relationships



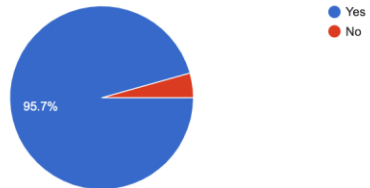
The presentation helped me learn what makes up a healthy relationship

184 responses



The presentation helped me better understand how to engage in healthy dating behaviors

184 responses

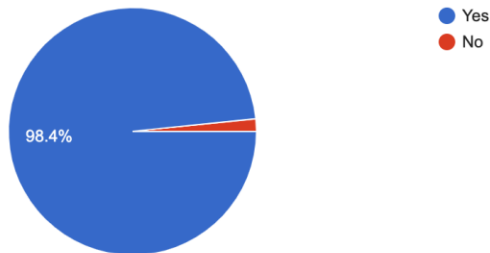


Middle Schoolers: Dating and Digital Violence & Healthy Relationships



Is knowing this information helpful for you and others?

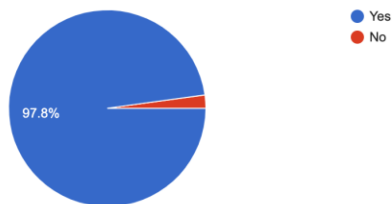
184 responses



Middle Schoolers: Dating and Digital Violence & Healthy Relationships

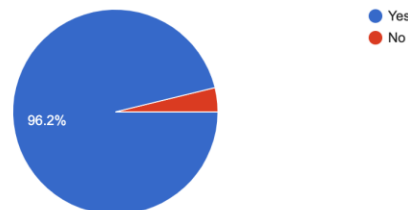
Do you know how to find resources for you or someone you know?

184 responses



Would you recommend this presentation to others?

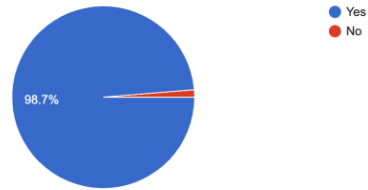
184 responses





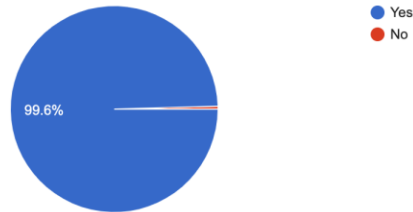
Learn about the eight difference warning signs of someone who might cause harm to me and/or others

229 responses



Understand the six different forms of dating abuse and the cycle of abuse

229 responses



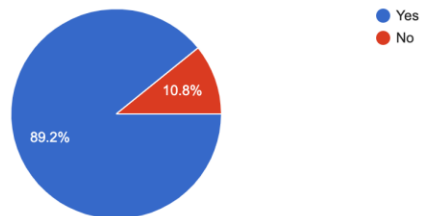
High School & College: Dating Violence



High School & College: Dating Violence

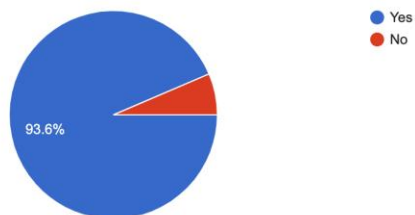
Are the resources provided helpful for you or someone you know?

342 responses



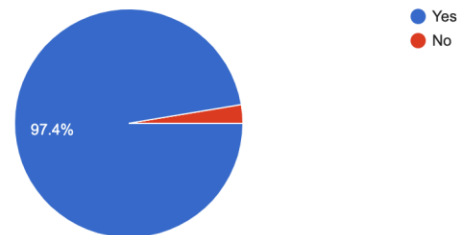
Do you understand the cycle of power and control and the facts and figures on how this issue affects our community?

342 responses



Would you recommend this presentation to others?

342 responses



Addressing barriers

Challenges with youth prevention

- ▶ Lack of funding
- ▶ Lack of resources
- ▶ Lack of advocates
- ▶ High demand
- ▶ Difficulties with incorporating prevention in schools
- ▶ Youth buy-in
- ▶ Spreading the word about efforts
- ▶ Getting youth to show up & participate

Potential ways to mitigate challenges

- ▶ Offer services for free for schools
- ▶ Collaborate with other organizations with similar initiatives
- ▶ Host fun engaging events
- ▶ Have youth lead the planning of events
- ▶ Launch outreach programs for students to raise awareness
- ▶ TDVM + DVAM + SAAM Events
- ▶ Use technology to elevate platform
- ▶ Go where the students already are
- ▶ Find ways to engage teachers + other school staff students are already connected with

Major Takeaways:

- ▶ Youth experience and engaging in unhealthy/abusive relationships and behaviors
- ▶ Students want to learn how to prevent violence and break the cycle (both in school and at home)
- ▶ Education in schools across all grade levels is critical; connect with resources to learn how you can teach students
- ▶ There are many organizations doing this work- connect with them to launch your own initiatives
- ▶ This work is NOT easy, there are barriers in the way. Let's work to overcome these "roadblocks"



**Are you unsafe at home
and unable to make a call
for help or support?**



**Live chat with a trained safety crisis and
resource advocate TODAY at:**



Contact Live Chat Now Donate Emergency Exit Search Site

www.wadvocates.org



Chat with an advocate if:

- Someone you are living with or in a relationship with is causing you harm
- If you are scared for your safety and need somewhere to go
- If you need resources (legal, financial, housing, safety)
- You do not need to be in immediate danger to reach out to help. We want to help in any way that we can.

What we provide:

- Safety planning / response
- Emotional support
- Connection to helpful relevant resources
- Access to available shelter/housing programs



Women's
Advocates
has a LIVE
CHAT
feature on
our website

<https://www.wadvocates.org/>

Write in the chat: any additional questions that you may have. An email will be sent out with a link to the webinar recording, post-webinar evaluation form, a PDF of the PowerPoint slides, form to request certificate of attendance

Q&A Time!
**+ please fill out our
evaluation!**

**Women's
Advocates is
here to help!**

24-hour crisis line: 651-227-8284

*add this number to your contacts list

Thank you so much for being here!

Check out our website

(www.wadvocates.org) for LIVE

CHAT, volunteer opportunities, resources,
and continued education.

Follow us at **@womensadvocates** on
Instagram and Twitter & **@wadvocates** on
Facebook

Subscribe to our YouTube Channel "Women's Advocates"

- Brenisen Wheeler, Education and Outreach
Coordinator (bwheeler@wadvocates.org)
