Intimate Partner Violence: Myths and Facts

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Outline

- Define IPV
- Look at Myths vs Facts
- Effects
- Unique Barriers of Former Foster Care Youth
- Discuss Safety Planning
- The Breaking Silence Textline and other resources
- Applying this information
What is Intimate Partner Violence?

- The Georgia Coalition Against Domestic Violence:
  - Any behavior used by an individual to gain control, manipulate, intimidate, frighten or gain power over an individual with whom they have an emotional interest in, intimate interaction with, or ongoing intimate dating relationship with.
What is Intimate Partner Violence?

❖ ....control, manipulate, intimidate, frighten or gain power....

❖ What might this look like in a teenage/college dating relationship?
What is Intimate Partner Violence?

❖ ....control, manipulate, intimidate, frighten or gain power....

Control in Teen/Young Adult Relationships can develop through:

❖ Age Difference and Inexperience
❖ Lack of knowledge of help resources
❖ Lack of boundaries, setting rules
What is Intimate Partner Violence?

❖ ....control, manipulate, intimidate, frighten or gain power....

Control can develop *online* through:

❖ Stalking
❖ Controlling Content Posted
❖ Constant or excessive contact – “W?s”
❖ Demands to check in
❖ Pressure to sext
❖ Threaten to share sexts once they have been sent
What is Intimate Partner Violence?

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What is Intimate Partner Violence?

❖ ... with whom they have an emotional interest in, intimate interaction with, or ongoing intimate dating relationship with.
Myth #1: It’s not that common

❖ Facts:
  ❖ 1.5 million teens experience dating violence annually
  ❖ 1 in 3 teens in the U.S. will experience teen dating violence
  ❖ Nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors
  ❖ Women between the ages of 16-24 experience the highest rate of intimate partner violence, almost triple the national average
Myth 2: It’s not that serious

❖ Facts:
❖ Experience many of the same types of abuse in relationships as adults – physical abuse, sexual abuse, psychological abuse, emotional/verbal abuse, financial abuse and digital abuse.
❖ In most cases, the abuse escalates over time, becoming more frequent and severe.
Myth 2: It’s not that serious

❖ Facts:

❖ In Georgia, nearly 50% of the victims of domestic violence related murders began the relationship with the perpetrator between the ages of 13-24.

Myth 3: It’s easy to recognize
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❖ Facts:
❖ Only 33% of teens who experienced abuse ever told anyone about it
❖ College students are not equipped to deal with dating abuse – 57% say it is difficult to identify and 58% say they don’t know how to help someone who’s experiencing it.
❖ College students often have less support than in high school
❖ [https://www.loveisrespect.org/resources/dating-violence-statistics/](https://www.loveisrespect.org/resources/dating-violence-statistics/)
Myth 3: It’s easy to recognize

- Warning Signs a Teen is Experiencing TDV
  - Believe that jealousy & possessiveness are signs of love
  - Suspicious bruises
  - Failing grades
  - Losing interest on activities or hobbies they once enjoyed
  - Excusing their dating partner’s behavior
  - Needing to respond immediately to call or texts from partner
  - Losing self-esteem
  - Depression

- Warning Signs of Abusive Partners
  - Loses temper easily
  - Checks cellphones/social media
  - Constant put-downs
  - Isolates partner from friends and family
  - Becomes jealous easily
  - Controlling what partner wears, who they hang out with
  - Threats
  - Possessive
  - History of violence
Myth 4: It’s easy end an abusive relationship

❖ Facts:

❖ A teen/young adult survivor may not recognize controlling and abusive behaviors as abuse

❖ Leaving an abusive relationship is the most dangerous time, often violence escalates

❖ May have a lack of control over their personal safety at home, school, work, after-school activities, and social outings.

❖ May attend the same school and classes as the abuser, providing many opportunities for abuse.

❖ Use social networking websites, emails, texting, and cell phones, which provide unlimited opportunities for abuse and monitoring behaviors.
Effects of Dating Violence

- Unhealthy, abusive, or violent relationships can have severe consequences and short- and long-term negative effects.
- Youth who experience dating violence are more likely to:
  - Experience symptoms of depression and anxiety
  - Use alcohol and drugs
  - Develop eating disorders
  - Engage in risky sexual behavior
  - Experience further domestic violence
Unique Barriers for Former Foster Care Youth

- Young adults with a history of maltreatment and foster care placement are at significant risk for dating violence perpetration and victimization.
- Witnessing domestic violence as a child is the single biggest indicator that someone will grow up to perpetrate or become the victim of a violent relationship.
- Former foster care youth may not have protective factor of other supportive relationships.

Unique Barriers for Former Foster Care Youth

- After reaching the age of 18, 20% of the children who were in foster care will become instantly homeless.
- Only 1 out of every 2 foster kids who age out of the system will have some form of gainful employment by the age of 24.
- 7 out of 10 girls who age out of the foster care system will become pregnant before the age of 21.

https://www.nfyi.org/
Safety Planning

- A personalized, practical plan to keep a survivor thinking about their safety.

- https://www.loveisrespect.org/for-yourself/safety-planning/
Project Safe began the Breaking Silence Teen Textline in 2012 as a way to reach teens and young adults who are experiencing intimate partner violence.
Through a grant provided by the CJCC, Project Safe contracted with Georgia Tech to create the SafeLine messaging system.

This system allows multiple operators to be clocked in at the same time, allowing us to be able to answer a higher volume of calls.

Since 2017, the textline has been available statewide!
In 2018, 238 text conversations took place on the Breaking Silence Textline.

Through the Textline, texters receive support, information about resources available, and help with safety planning.
The textline doesn’t just provide crisis response, nearly 60% of text conversations were individuals seeking information/advice or referrals.
Breaking Silence Text Line

- Topics Discussed (Multiple Selected)
  - Relationship Issues: 105
  - Communication: 70
  - Safety: 46
  - Emotional/Mental Abuse: 46
  - Non-romantic Relationships: 32
  - Physical Abuse: 30
  - Anxiety: 18
  - Depression / Self-Harm: 16
  - Sexual Abuse: 12
  - Suicide: 10
  - Bullying: 4
  - Sexual Health: 3
Most texts conversations conclude within 24 hours
Applying this information

How early should we be talking to children about healthy relationships?

REMEmber your Rights!

Dating Bill of Rights

- Not be physically, emotionally, or sexually harmed
- Be respected
- Ask for a date
- Refuse a date
- End a relationship
- Change my mind
- Express my feelings/thoughts
Applying this Information

How can I talk to a child who may be in an unhealthy relationship or is exhibiting unhealthy behavior?
Applying the Information

❖ How can I talk to a child who may be in an unhealthy relationship or is exhibiting unhealthy behavior?
  ❖ Believe what they are telling and know they may not tell you everything right away
  ❖ Problemimize the abusive behavior instead of the person
  ❖ Know that breakups may be dangerous
  ❖ Seek professional help
Applying this information

Healthy relationships are based on equality and respect.
- Respect
- Good communication
- Trust
- Honesty
- Equality

You make decisions together and can openly discuss whatever you’re dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

Unhealthy relationships are based on attempts to control the other person.
- Breaks in communication
- Pressure
- Dishonesty
- Struggles for control
- Inconsiderate behavior

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

Abusive relationships are based on an imbalance of power and control.
- Accusations
- Blame shifting
- Isolation
- Pressure
- Manipulation

One person is making all of the decisions — about sexual choices, friend groups, boundaries, even what’s true and what’s not. You spend all of your time together and feel like you can’t talk to other people, especially about what’s really happening in your relationship.

- Educate about healthy relationships, the importance of setting boundaries in relationships
Resources

NCADV Announces New Project to Address Teen Dating Violence

love is respect.org

THATS NOT COOL.COM

one love FOUNDATION
In honor of Yeardley Reynolds Love

COACHING BOYS INTO MEN.
INTEGRITY. NON-VIOLENCE. RESPECT.
find out how YOUR team can build safer & stronger communities through athletics

safe dates

Break the Cycle
Because Everyone Deserves a Healthy Relationship
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