

Adolescent



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ResilienceInYouth @ ResilienceInYou

Learning Objectives



- 1. To define adolescent dating violence and current tools for assessment.
- 2. To understand the dynamics of and associated issues in adolescent dating violence and adolescent healthy relationships.
- 3. To overview current practical strategies in adolescent dating violence, especially Ontario initiatives, The Youth Relationships Project (YRP; Wolfe, Wekerle, and colleagues)



Check in quiz

By age 15, teens can use advanced reasoning skills?
True or False

The part of the brain that controls emotions does not fully develop until the 20s?

True or False

The adolescent brain is more sensitive to rewards?
True or False

US population surveys place dating violence at 1 in 3 youths in the 14 to 20 years old range?

True or False



Principles of Prevention Course

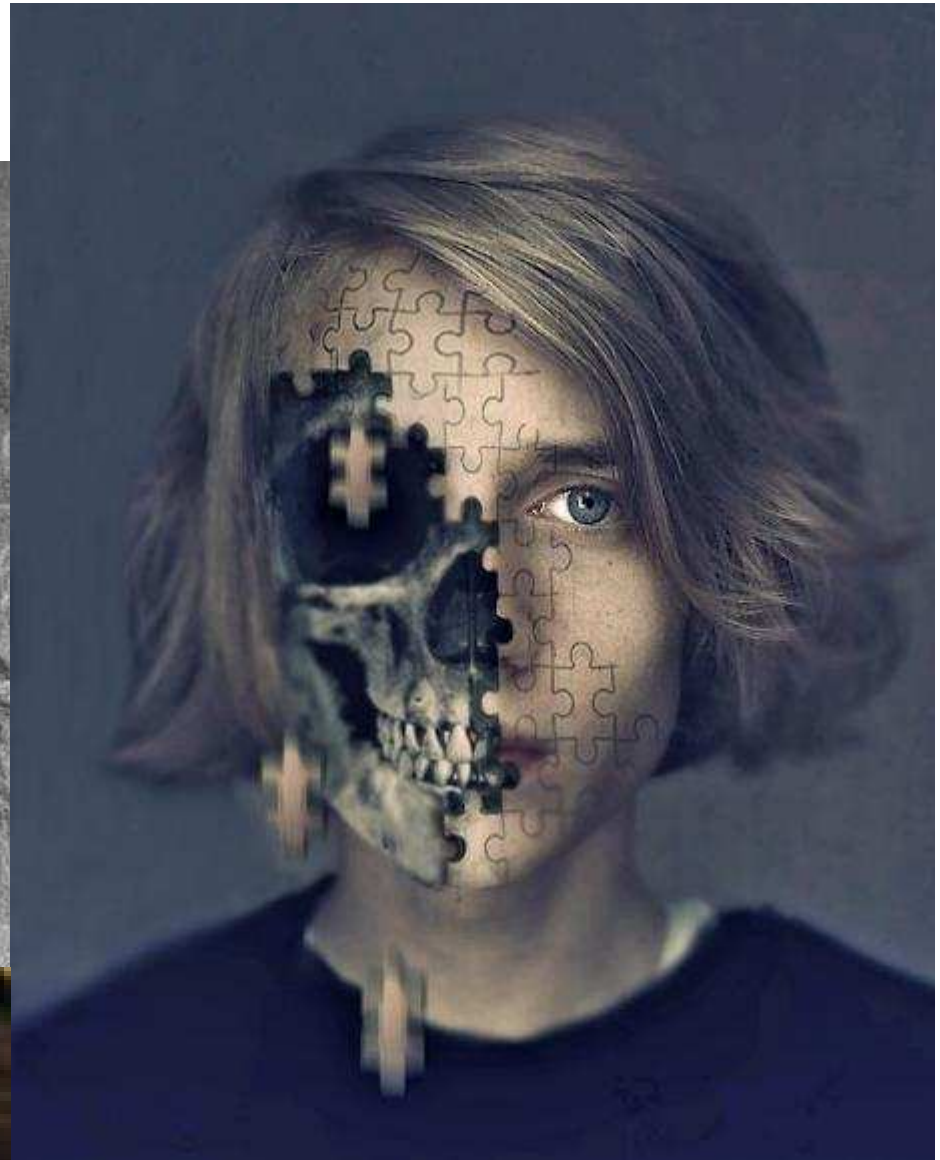
- <http://vetoviolence.cdc.gov/pop/prevention-intro.html>
- To understand levels of prevention in the ecological model
- To understand the features of violence prevention programs
- Dating is developmentally appropriate for teens, new learning – personal power part of autonomy
- Key Messages: Teen dating violence is a preventable problem. It is a matter of education, practicing the positive behaviours, and dealing with personal issues (aggression, trauma symptoms, substance abuse).



Dating Matters Initiative – US Centers for Disease Control and Prevention

- <http://www.cdc.gov/ViolencePrevention/DatingMatters/>
 - Who is targeted? 11-14 yrs. – urban youth
 - What is available? Gr. 6, Gr. 7, Gr. 8 “Safe Dates” Program (Foshee & colleagues)
- **On-line training (about 1 hr.) available at:
<http://www.vetoviolence.cdc.gov/datingmatters/>
- Also programs on suicide prevention; sexual violence; child maltreatment; youth violence; intimate partner violence (also known as VAW, DA, DV)
- Free Resources: CDs, article/report pdfs, factsheets

Relationships



& Attitudes



Definitions:

- “Any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.” (United Nations, *Violence Against Women*)
- “A pattern of violent behavior that one person uses against their partner to cause pain. It can include emotional, physical and sexual violence.” (US CDC)



Types of Violence

- **Physical abuse:** Slapping, choking, or punching her. Using hands or objects as weapons. Threatening her with a knife or gun. Committing murder.
- **Sexual abuse:** Using threats, intimidation, or physical force to force her into unwanted sexual acts (e.g., sexting manipulation).
- **Emotional or verbal abuse:** Controlling & Isolating Behaviours - Threatening to kill her (or to kill the children, other family members or pets), threatening to commit suicide, making humiliating or degrading comments about her body or behaviour, forcing her to commit degrading acts, isolating her from friends or family, confining her to the house, destroying her possessions, and other actions designed to demean her or to restrict her freedom and independence.



Types of Abuse Cont'd

- **Financial abuse:** Stealing or controlling her money or valuables (of particular concern to older women). Forcing her to work. Denying her the right to work.
- **Spiritual abuse:** Using her religious or spiritual beliefs to manipulate, dominate, and control her.
- **Criminal harassment/stalking:** Following her or watching her in a persistent, malicious, and unwanted manner. Invading her privacy in a way that threatens her personal safety.

Verbal Abuse: 1 in 5 teens

Physical Abuse:

- 1 in 10 teens; population-based study (US CDC)
- 34% reported at least one physical violence incident (Josephson, & Proulx, 2008; small survey)
- About 50% CAS-involved youth (Wekerle et al., 2009; 2011)





Dating Violence Discussion Clips

Defining Dating Violence (UK; YouTube)

- <http://www.youtube.com/watch?v=bmM-n4GhVaE>
- <http://www.youtube.com/watch?v=FV9YiYS9pg8>

Problem-solving Dating Violence

<http://www.youtube.com/watch?v=ieYm0sKoqkY>

Problem-solving Sexting

<http://www.youtube.com/watch?v=NQtaoTNdeUY>

Other website resources:

- <http://www.loveisrespect.org/>
- <http://www.cdc.gov/chooserespect/>
- <http://www.breakthecycle.org/>
- <http://www.thatsnotcool.com/>
- <http://www.thesafespace.org/>
- <http://www.findyouthinfo.gov/youth-topics/teen-dating-violence/federal-resources>



Screening/Assessment

- No recognized “gold standard”

Case-finding approach – at-risk contexts:

- Past TDV exposure
- Alcohol/drug use (driving w/ intoxicated person/partner)
- Depression, anxiety, suicidality - Psychiatry
- Irregular medical care histories/pregnancy
- High risk sexual behaviors
- Child maltreatment history, including exposure to adult partner violence
- Bullies at school



Are you seeing/dating anyone?

- “I don’t know if this is a concern for you, but many teens I see are dealing with violence, so I’ve started asking questions about violence routinely.”
- *Explain confidentiality “The answers are confidential unless your health is in immediate danger. I have a duty to report child abuse.”
- YRBSS (CDC) single-item: “In the past 12 months, has your boyfriend/girlfriend hit, slapped, or physically hurt you on purpose?”
- REDFLAGS (2009) @ http://www.cyfd.org/docs/red_flags.pdf
- CADRI-Short Form (10 items; 2013): Self-reported partner behaviour and personal behaviour



Other Screening Questions

- Are you dating or going out with anyone?
- Have you ever felt controlled by someone you were dating?
- Have you ever felt afraid or threatened by someone you were dating?
- Have you ever been physically hurt or injured by someone you were dating?
- Have you ever felt pressured to do something sexual when you didn't want to? Is anybody in your life hurting you or someone you know?
- Has your dating partner made unwanted phone calls, send unwanted text messages, emails, or gifts, or showed up in person and waited for you when you didn't want them to?



Responding – Options depend on age

If age 16 and under: Maybe child protection involvement

Childhood Sexual Abuse:

Over age 16: If youth a Crown Ward – child welfare involvement

Over age 16 Otherwise (Canadian Women's Foundation; www.canadianwomen.org)



Responding cont'd

- If someone is in immediate danger, call 911 or the emergency number in your community.
- Put her safety first. Never talk to anyone about abuse in front of their suspected abuser. Unless she specifically asks for it, never give her materials about domestic abuse or leave information through voice messages or emails that might be discovered by her abuser. However, abuse thrives in secrecy, so speak up if you can do so safely.
- If she wants to talk, listen. If she doesn't, simply tell her she does not deserve to be harmed and that you are concerned for her safety. Ask her if there is anything you can do to help, but don't offer to do anything that makes you uncomfortable or feels unsafe.
- If she decides to stay in the relationship, try not to judge her. Remember, leaving an abuser can be extremely dangerous. Sometimes, the most valuable thing you can offer a woman who is being abused is your respect.
- Learn about emergency services in your community, such as your local women's shelter or sexual assault centre. Search on-line, or consult the front pages of your telephone directory.
- **SAFETY PLAN** – important numbers, strategies for increasing safety at home, school, work, violence prevention apps “Circle of 6,” 24-hour helpline, community services etc.



TDV Linked to young adult health concerns

Females physical-sexual dating violence at increased risk for:

- Cigarette smoking
- Depressive symptoms/suicidality
- Disordered eating
- Sexual risk (5+ sex partners; anal sex)

Males non-physical dating violence:

- Cigarette smoking
- Disordered eating
- Marijuana use



School-based curricula & External programs

- B.C. Saltspring Islands' Respectful Relationship Program
<http://www.respectfulrelationships.swova.org/>
- The Fourth R (ON, National)
http://www.youthrelationships.org/about_fourth_r.html
- Making Waves/Vague par vague (based in New Brunswick)
<http://www.partnersforyouth.ca/projects.html>
- Healthy Relationships for Youth (Antigonish, Nova Scotia)
<http://www.antigonishwomenscentre.com/ryep/youth.html>
- Red Cross' RespectED <http://www.redcross.ca/what-we-do/violence-bullying-and-abuse-prevention/program-evaluations>
- Healthy Relationships 101 (Canadian Women's Foundation, 2012)
<http://canadianwomen.org/sites/canadianwomen.org/files/PDF%20-%20Healthy%20Relationships%20101.pdf>



Youth Relationship Project (YRP)

- Co-educational small group, 18 session x 4 mo.
- Mid-adolescent teens (ages 14-17)
- At-risk youth – mild-to-moderate intellectual disability; maltreatment backgrounds
- Male/Female Facilitator Pair
- Guest Speakers – former batterer/counsellor (“Changing Ways”); former victim (METRAC; shelter programs)
- Human rights approach
- Healthy Relationship concept development
- Skills practice – role-plays; scenario solving
- Mastery/Advocacy activity



YRP Impact

- Stronger methodology than most
 - Decreased self-reported dating violence
 - Increased self-reported interpersonal competence
 - Trend for decreased trauma symptoms
- Over a 2.5 year follow-up period

No long-term follow-up (police records)

No observation of dating partner behavior

No repeated RCTs in different sites



Summary

- Dating violence significant issue – high levels in known at-risk groups
- At-risk groups, smaller % persist over time
- Health and relationship impacts in young adulthood
- Prevention in schools (universal) weak effects
- Promising effects in secondary/targeted prevention
- Need to energize this area for further developments

Thank you for your attention!

