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Office for the
Prevention of
Domestic Violence

WE ARE YOUR DOL



Recognizing and Responding to Dating Abuse & Preventing Vicarious Trauma

March 11, 2020

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Please note: This webinar includes scenarios with coercive control tactics and intimate partner victimization.

About OPDV

The Office for the Prevention of Domestic Violence (OPDV), created in 1992, is the country's only executive level state agency dedicated to the issue of domestic violence. OPDV is located in Albany, New York.

OPDV has three primary areas of focus:

- advise the governor and legislature on policies and practices for the State;
- train NYS professionals from all areas about the intersection of domestic violence in their daily practice;
- serve as a resource regarding the issue of domestic violence by disseminating regular public awareness campaigns, publishing materials for use by non-profits and victims, and highlighting best practices.

Mission and Vision

Mission

- To improve New York State's response to and prevention of domestic violence with the goal of enhancing the safety of all New Yorkers in their intimate and family relationships.

Vision

- To create a State in which communities and systems are committed to supporting and promoting equality, dignity and respect so that individuals can feel safer in their intimate and family relationships.

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Long-Term Strategy

**Social and
Emotional
Well-Being**



**Career
Success**

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Teen Dating Abuse

A **pattern of coercive tactics** which can include physical, psychological, sexual, economic, and emotional abuse, **perpetrated by one person** against an intimate partner with the goal of establishing and maintaining **power and control** over the victim.

The Facts

1 in 3 adolescent girls is a victim of interpersonal violence, in the U.S.

www.ny.gov/datingabuse

https://ncadv.org/assets/2497/dating_abuse_and_teen_violence_ncadv.pdf

The Facts

- 80% of teens say they know someone who has been controlled by a partner.
- Nearly 20.9% of female high school students and 13.4% of male high school students report being physically or sexually abused by a dating partner.
- 26% of teens in relationships were victims of cyber dating abuse. Females were twice as likely to be victims as males.

www.ny.gov/datingabuse

https://ncadv.org/assets/2497/dating_abuse_and_teen_violence_ncadv.pdf

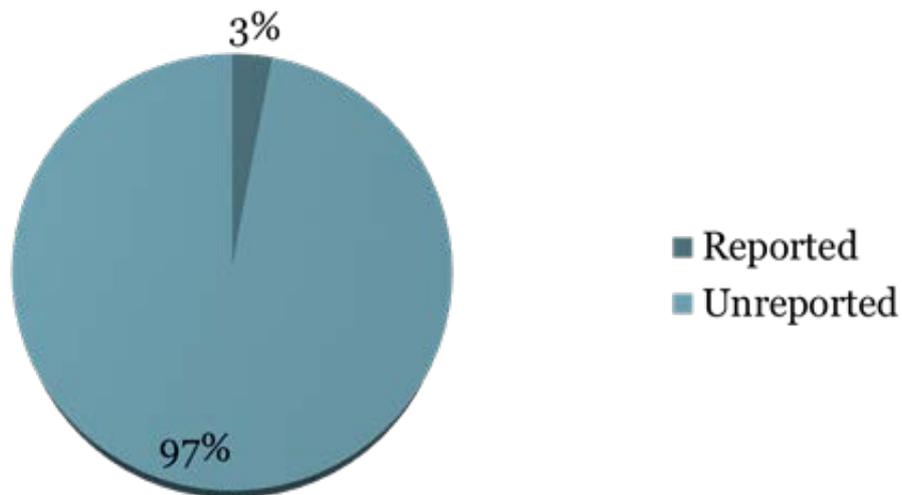
Polling Question

How many youth report dating abuse to an authority figure?

- 1) 3%
- 2) 10%
- 3) 13%
- 4) 29%

Dating Abuse by the Numbers:

Less than 3% of teens reported abuse to an authority figure.



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What is Dating Abuse?

Teen dating abuse can include multiple forms of abuse including unwanted physical contact, sexual abuse, and/or psychological manipulation.



Physical Abuse

Any unwanted physical contact, or any physical contact that causes injury or harm, including:

- Pinching
- Grabbing
- Shoving
- Punching
- Slapping
- Kicking
- Restraining
- Hitting
- Scratching
- Spitting

Sexual Abuse

- Pressuring or forcing a partner into unwanted sexual activity in person or via social media and texting.
- Making it difficult or impossible for a partner to say no to sexual activity or behavior.
- Preventing a partner from using birth control or other forms of contraception.
- Forcing a partner to have sex with other people in exchange for money or drugs.

Technological Abuse



- Impersonating a partner online.
- Publicly posting negative comments about a partner.
- Frequently emailing, texting, messaging, or calling about the location or activity of a partner.
- Using cell phones, the internet, and other technology to stalk or harass a partner.

Psychological Abuse

- Threatening to leave or hurt a partner, themselves, a partner's family, friends, or pets.
- Controlling whom a partner is allowed to see or telling a partner what they can or cannot do.
- Yelling, screaming, insulting, intimidating, embarrassing or spreading rumors about a partner.
- Minimizing, denying, or blaming a partner for any abuse.

Marginalized Populations

For teens within specific populations, their vulnerabilities and needs might be different.

Tactics of abuse may differ as well.



LGBTQ+ Youth



Dating abuse is even more prevalent

- Physical abuse (24%)
- Psychological abuse (59%)
- Cyber dating abuse (37%)
- Sexual coercion (23%)

Transgender youth report the highest rates

- Physical dating violence (88.9%)
- Psychological dating abuse (58.8%)
- Cyber dating abuse (56.3%)
- Sexual coercion (61.1%)

Youth with Disabilities

- They may already be more reliant on family, friends, partners and assistive devices that an abuser can use to control them.
- Having cognitive or intellectual disabilities may make it more difficult to recognize signs of abuse/get help.
- Abusers may use disability to break down self-esteem.
- People with some disabilities may be unable to legally consent to sexual activities.

Pregnant/Parenting Youth



Adolescent girls in physically abusive relationships were **3 times more likely** to become pregnant than non-abused girls.

Runaway and Homeless Youth

6 in 10 homeless or formerly homeless youth have been in a violent dating relationship.

www.nys.gov.opdv



Abuse as a Barrier to Employment, Education

- Frequent tardiness, absences
- Distracted, preoccupied, moody
- Anxious, fearful, edgy
- Productivity, reliability, availability affected

Strategies to Engage Youth



Don't wait until there is a crisis.

Ask about the pressures and risks they face.

Make the most of teachable moments.

Strategies You Can Use Today



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Conversation Starters

- Recognizing Abuse
- Personal Boundaries
- Digital Safety
- Bystander Interventions



Responding to Disclosures

- Affirm Language
- Actively Listen
- Acknowledge Strengths
- Offer Choices
- Be Present and Genuine



Responding to Disclosures

- Respond in a non-judgmental, supportive way.
- Acknowledge the seriousness of the situation and their feelings.
- Provide options and give control.
- Avoid “why” questions.
- Respect their wishes.
- Learn how to assess for danger.
- Know where to refer.

Polling Question

Youth who use power and control against their intimate partners:



- 1) Have likely learned the behavior
- 2) Have the potential to change
- 3) Can be male or female
- 4) None of the above
- 5) All of the above

How You Can Help

Be patient. Talking about the abuse may take time.

Remind the teen that the abuse is not their fault, that you support them, and that they are not alone.

Just listen. They may need to “vent” about what happened.

How You Can Help (cont.'d)

Respect their choices, even if you don't agree.

Ask youth for their ideas and thoughts.

Tell them that you are sorry the abuse happened and it is not their fault.

How You Can Help (cont.'d)

Mediating relationships where there is abuse can be very dangerous for the victim.

Unless there is an imminent safety issue requiring intervention, allow them to make their own choices.

Encourage them to reach out to others for help and support.

Safety Planning

A safety plan is a personalized, practical tool that helps a victim identify strategies for responding to escalating and dangerous situations.

**Safety plans must be flexible
and be revisited often.**

Local DV Service Providers



- Programs in every county
- Access to shelter
- Safety planning experts
- Knowledgeable of youth development
- 24/7 hotline
- Crisis intervention, counseling, support groups
- Systems advocacy
- Accompaniment

Build Partnerships with Local DV Service Providers

NYS Domestic and Sexual Violence Hotline
1 (800) 942-6906

OCFS approved DV programs by county:
<https://ocfs.ny.gov/main/dv/dvList.asp>

Collaboration

- Warm referrals
- Relationship building
- Consultations
- Staff in-services
- Psychoeducational groups



Prevention/Awareness

- Awareness Months: TDV, DV, Sexual Assault, Stalking, etc.
- Administer ACEs
- Start conversation during Objective Assessment
- Posters
- Contests
- Activities/Games
- Develop internships

Creating Trauma Informed Workplaces

Organizational culture
change process

Paradigm shift from “What is
wrong with you” to “What
happened to you?”

Shift from traditional
power hierarchy to
collaborative environment

Take universal precautions to
address trauma and its impacts

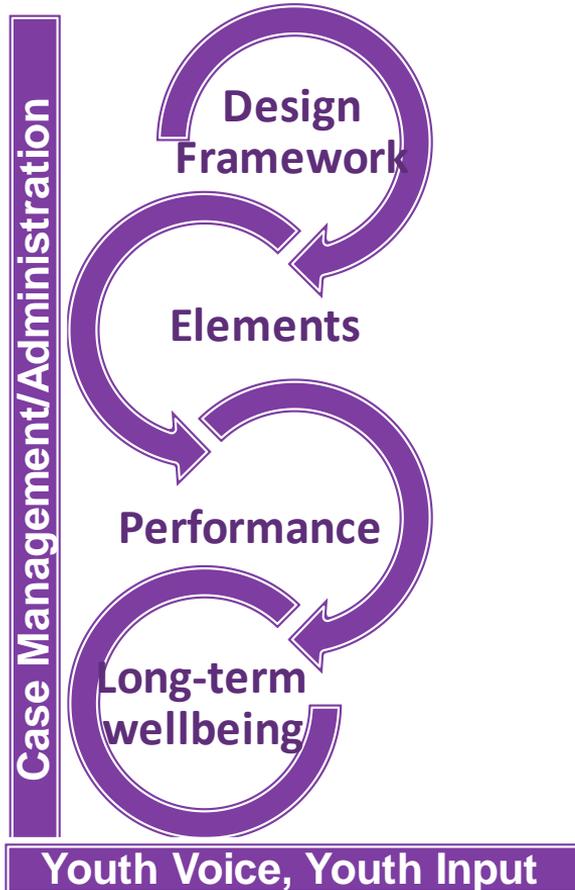
Must have buy in and ownership
at all levels of the organization

Trauma Informed Organizational Model

Key Development Areas

- Leading and communicating
- Hiring and orientation practices
- Training the workforce
- Addressing the impact of the work
- Establishing a safe environment
- Screening for trauma
- Collaboration/partnerships
- Policies and procedures

Take Credit for Your Efforts



Objective Assessment:

- ACEs
- Relationship questions

Elements:

- Leadership Development
- Supportive Services
- Comprehensive Guidance

Case Management:

- Ask, be mindful

**Long-term
Performance**

REQUIRES

**Long-term
Investments**



What does your program currently do or what can it do to understand and respond to dating abuse?

(Share ideas by responding in chat)

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Human Trafficking

Labor Trafficking

NYS Definition: Compelling or inducing another to engage in labor, or recruiting, enticing, harboring or transporting another by providing drugs, withholding or destroying government documents, debt servicing, force, or a plan or pattern of coercive conduct.

<http://ocfs.ny.gov/main/humantraffic/default.asp>

Sex Trafficking

NYS Definition: Profiting from prostitution by providing drugs, using false or misleading statements, withholding or destroying government documents, debt servicing, force, a plan or pattern of coercive conduct, or other acts.

<http://ocfs.ny.gov/main/humantrafficking/default.asp>

Force, Fraud, Coercion

63% of underage sex trafficking victims said they had been advertised or sold online.

325,000 children are at risk for becoming victims of sexual exploitation in North America.

The average age of entry into the sex trade in America is 14 – 16 years old.

Who are the Victims

Most victims US citizens: girls & cisgender aged 14-16.

Most found through care systems, runaway & homeless youth networks.

Children lured into trafficking in exchange for something of value (couch to sleep on, meals, etc.).

Invisible victims: boys and trans persons.

Indicators

- For male and trans youth → Big unknown
- Promises, favors, gifts in return for sexual abuse
- Images, social media posts, or videos of a sexual nature
- The parent/guardian has been a victim of trafficking
- History of multiple runaway/AWOLS episodes

Indicators

- Branding
- Controlling intimate partner
- Chronic STIs, pregnancies, terminations, multiple anonymous partners
- Untreated injuries or injured frequently
- Heightened sense of distrust and fear

Indicators

- Unwillingness to disclose whereabouts
- Inconsistences in their stories
- Spends increasing amounts of time on the Internet
- Displays signs associated with PTSD and trauma
- A passport/identity under someone else's control

Who are the Traffickers?

Surprisingly little is known about traffickers.

77% are family members, friends and others known to victims.

The perpetrators of this crime don't fit a single stereotype.



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Vicarious Trauma

Vicarious Trauma

The cumulative transformative effect on the helper of working with survivors of traumatic life events.

Also referred to as Secondary Trauma or Compassion Fatigue

Vicarious Trauma Risk Factors

- Personal trauma history
- High caseloads of trauma survivors
- Overworking
- Lack of healthy boundaries
- Excessive exposure to traumatic material
- An inability to leave “It” at the office
- Lack of support
- Lack of supervision

Vicarious Trauma May Change An Individual's:

Physical
Health

Mental
Health

Behavior

World
View

Biases That May Develop Due To Vicarious Trauma

All youth....

Youth never....

Youth always....

Poor parenting

Don't care

Not capable

Bad

Damaged

These parents....

Not worth my time,
energy, effort

Symptoms of Vicarious Trauma

- Feeling exhausted, isolated, irritable, worried, preoccupied, ineffective, negative, and/or cynical
- Feeling hopeless that things will change
- Feeling like you're not yourself anymore
- Being withdrawn, less flexible
- Unable to stop thinking about work
- Having difficulties with sleep
- Having difficulties relating to others
- Trying to cope in unhealthy ways
- Noticing changes about how you think and feel about people and the world
- Experiencing increased heart rate, shallow breathing, or numbness

Remember

- Don't take it personally; their behavior is not about you
- Their responses are most likely trauma responses
- You can help them heal
- They are always watching you and learning from you
- They want to trust you
- They want to feel safe
- They want to feel valued
- They want your approval

Connect With Others



Take Care of Your Health



Spend Time in Nature



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Nurture Your Spirituality



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Spend Time Alone



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Spend Time with Children and Pets



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Do What You Love



Questions



Resources

- National Teen Dating Abuse Hotline **1.866.331.9474**
TTD/TTY-1.866.331.8453
- New York State Domestic and Sexual Violence Hotline
1.800.942.6906
- Love is Respect Peer Advocates **1.866.331.9474** or
Text “loveis” to 22522 Online Chat: **loveisrespect.org**
- NYS Teen Dating Violence Website: **ny.gov/datingabuse**

Important Links and Numbers

OPDV website: www.opdv.ny.gov

Website for teen dating violence: www.ny.gov/datingabuse

NYS Domestic and Sexual Violence Hotline: 1-800-942-6906

Confidential • 24 HRS/7 DAYS

English & Español, multi-language accessibility

711: Deaf or Hard of Hearing

In NYC: 311 or 1-800-621-HOPE (4673)

TDD: 1-800-810-7444

OPDV phone number: (518) 457-5800



Social Media Platforms



Facebook page: www.facebook.com/NYSdomesticviolence



Twitter handle: @NYSOPDV



Instagram handle: @NYSOPDV



YouTube page: www.youtube.com/NYSdomesticviolence

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- The web address is <https://dews.webex.com>
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