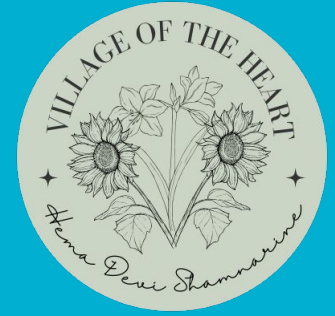
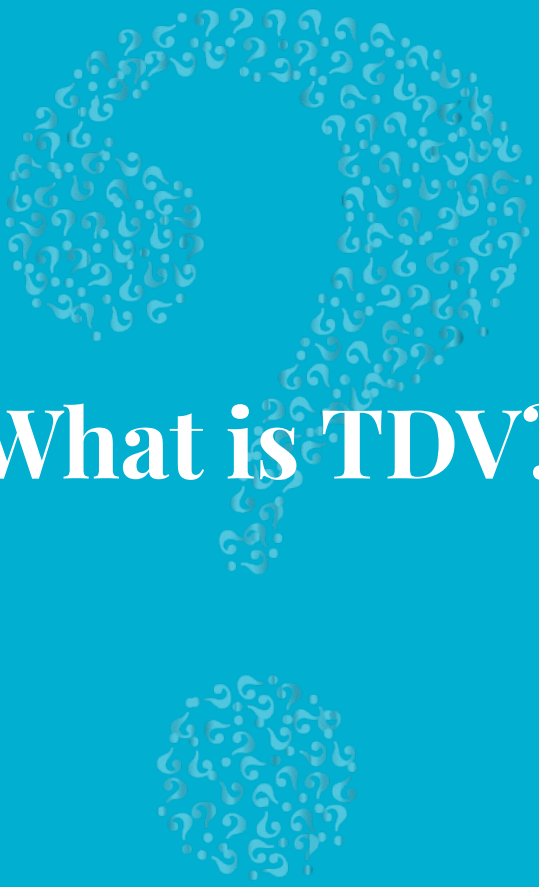


Adolescent Romantic Relationships: — TDV





What is TDV?

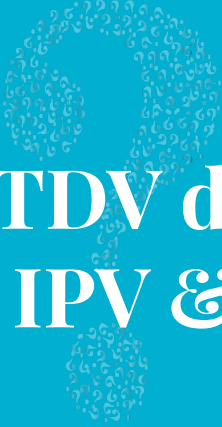


What is TDV?

TDV is any physical, sexual emotional, mental, cyber, or other violence or abuse from one adolescent romantic partner to another of any gender or sexual orientation

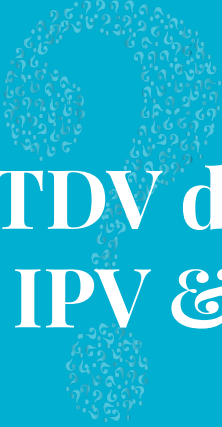


How is TDV different from IPV & DV?



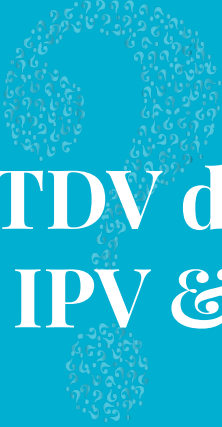
How is TDV different from IPV & DV?

Domestic violence (DV) is often the term used to refer to relationship violence. Most accurately, this term refers to violence among those in a domestic relationship such as married or cohabiting couples (or even families)



How is TDV different from IPV & DV?

Intimate Partner Violence (IPV) is an all-encompassing term to describe relationship violence and includes TDV. It has become a more accurate and widely used term than DV.



How is TDV different from IPV & DV?

Teen Dating Violence (TDV) is a term to specifically describe violence in adolescent romantic relationship. It recognizes the unique nature of adolescent relationships and the unique forms of violence and abuse that can occur (i.e. on social media). TDV is a form of IPV.

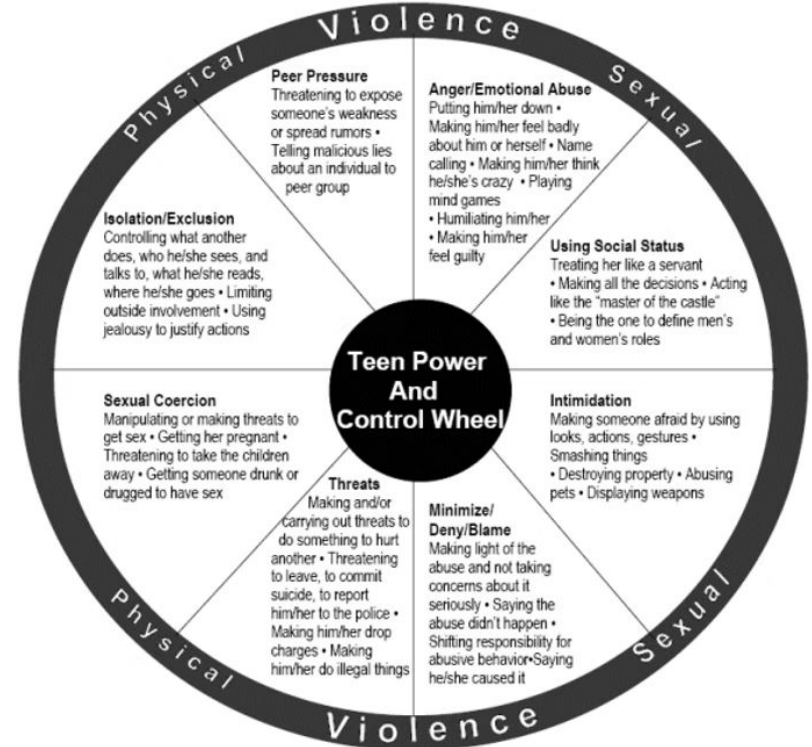


How might violence in a **teen relationship**
differ from an **adult relationship**?

The Original Power & Control Wheel

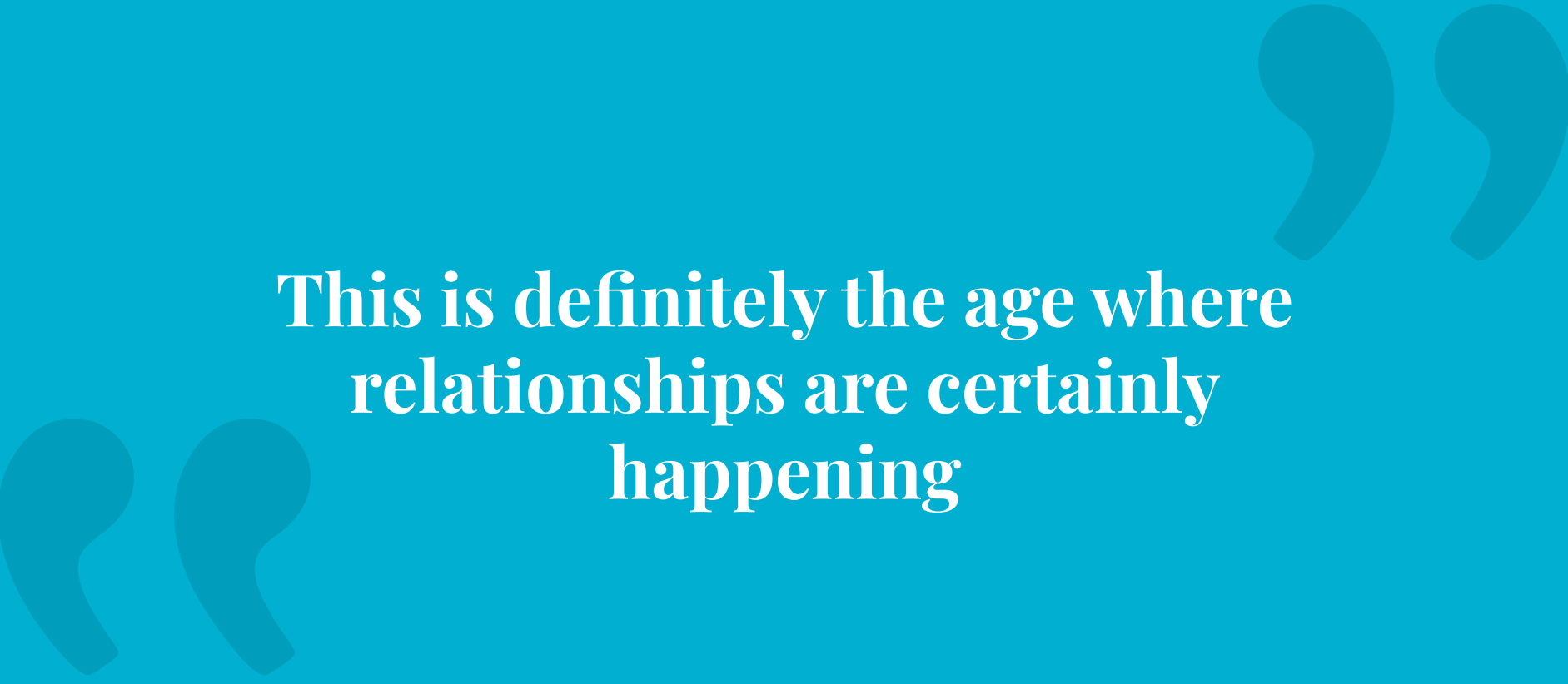


The Teen Power & Control Wheel





Why is TDV prevention important?

The background of the slide is a solid teal color. Large, faint, light-blue quotation marks are positioned on the left and right sides, framing the central text.

**This is definitely the age where
relationships are certainly
happening**

“
This is definitely the age
where relationships
are certainly happening
”

This quote is by a school social worker who was interviewed for a research study on adolescent romantic relationships

As this social worker voices, romantic relationships are a normal part of adolescent development

This leaves adolescents vulnerable to the pitfalls of romantic relationships, such as TDV

Risk of TDV

Violence, manipulation, and/or coercion can occur in different ways:

- Physical Abuse
- Sexual Abuse
- Psychological Abuse
- Stalking
- Digital/Cyber Abuse

About **1 in 12**
U.S. high school students
experienced physical dating violence.

About **1 in 12**
U.S. high school students
experienced sexual dating violence.



Risk of TDV



Marginalized youth
(girls, LGBTQ+ youth, racial minorities)
report experiencing TDV at higher rates

U.S. high school students commonly experience interpersonal violence

Dating violence, sexual violence, and bullying were reported more often by:

Girls

LGBQ+ youth

Some racial and ethnic minorities



Schools and communities can help by creating safer physical environments and connecting youth to caring adults



*Data from a 2021 nationally representative survey of U.S. high school students

bit.ly/su7201a8

APRIL 28, 2023

MMWR



What are the impacts?

Depression and Anxiety: Many teens who experience TDV can struggle with their mental health as a result

Risky or Unhealthy Behaviors: Teens may engage in alcohol, tobacco, or drug use or other risky behaviors to cope with TDV

Antisocial Behaviors: Teens may exhibit behaviors such as lying, theft, bullying, or hitting as a projection of the violence they are experiencing in their relationship

Suicidal Ideation: TDV can even leave teens feeling hopeless with thoughts of ending their life or engaging in self harming behaviors as a way of coping



What can we do?

CDC Guidance



Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



Engage Influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports



Support survivors to increase safety and lessen harms

- Victim-centered services
- First responder and civil legal protections
- Treatment and support for survivors of IPV, including teen dating violence
- Housing programs
- Patient-centered approaches

CDC Guidance

In schools we have the capacity to do a lot of this!



Helpful Resources



Helpful Resources



The Trevor Project provides support for LGBTQ+ teens, supporting them in their queer identity, having healthy relationships, and preventing suicidality among LGBTQ+ youth

One Love has information on healthy relationships and examples of people who have experienced unhealthy romantic relationships

Love is Respect has 24/7 support via phone, chat, and text and information on healthy and unhealthy romantic relationships

Day One has guidance that is targeted specifically to teens on how to have healthy relationships (and breakups)

Break the Cycle (as in breaking the cycle of abuse) has information on healthy and unhealthy relationship habits, preventing abuse, as well as research on TDV

Helpful Resources



Village of the Heart



This website expands on information found in this workshop and has guidance for school social workers and counselors on assessing for TDV, strategies for prevention, and resources for intervention.

Takeaways

This is important information...
...but none of it is groundbreaking

Adolescents have a high risk of IPV

Marginalized youth are at higher risk

The CDC provides guidance for prevention and intervention

Resources & structures exist to help implement this guidance

The Groundbreaking Part

We can plan for this

If we go into our work with the understanding that TDV can and will happen, **we can prepare** for supporting adolescents by **arming ourselves with knowledge** and implementing widespread prevention strategies, such as **psycho-education campaigns** to help teens understand what healthy, unhealthy, and abusive relationships look like. We can help teens recognize warning signs and **avoid experiencing TDV**.

References

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

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

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

<https://www.joinonelove.org/relationships/>

<https://www.cdc.gov/mmwr/volumes/72/su/su7201a8.htm>

https://www.cdc.gov/intimate-partner-violence/php/datingmatters/?CDC_AAref_Val=https://www.cdc.gov/violenceprevention/intimatepartnerviolence/datingmatters/index.html

<https://hshamnarine.wixsite.com/tdvprevention>