

IDENTIFYING AND SUPPORTING HEALTHY RELATIONSHIPS FOR TEENS

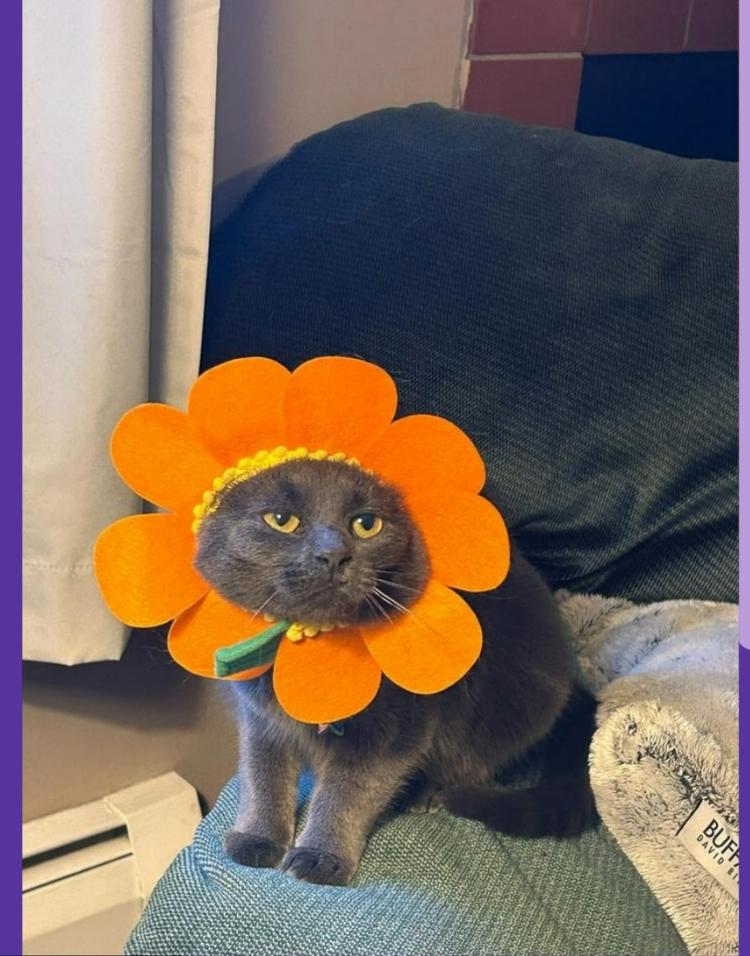
**PRUDENCE
CRANDALL
CENTER**

*50 Years Empowering
Healing & Hope*

WHO AM I?

- **From New Haven, CT**
- **Bachelor's in Criminal Justice from University of New Haven**
- **Work experience ranges from working with juveniles in MH settings, advocacy, and prevention**
- **Two cats!**
- **Play Rugby for Hartford Roses**
- **Favorite TV Show: Living Single**





WHO AM I?



WHO IS PCC?

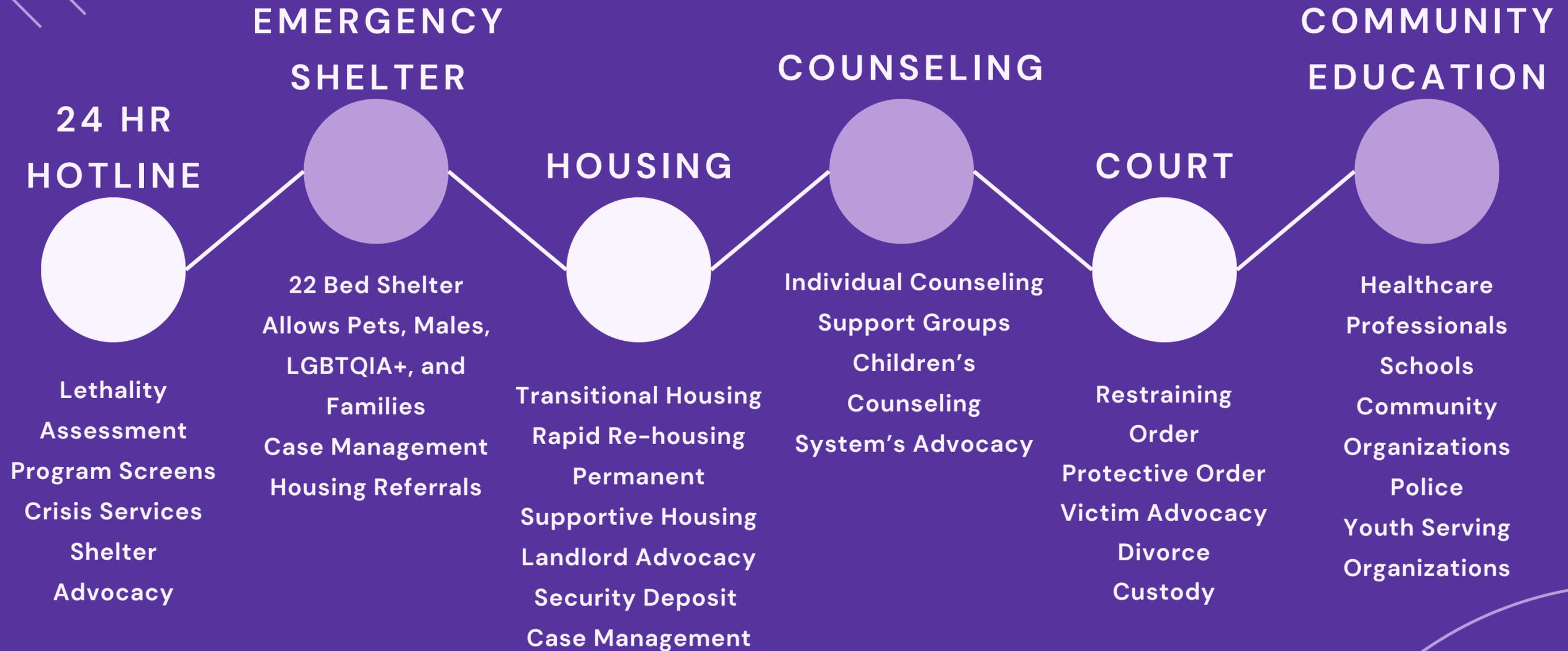
Since 1973, Prudence Crandall Center Inc. has addressed the needs of victims of domestic violence.

- The initial focus of the center was to identify the health, employment, and social service needs of area women and empower them to participate in all aspects of community life.
- We are the oldest domestic violence program in Connecticut and the second oldest in the country.

Serves 9 Towns:

- Berlin, Bristol, Burlington, New Britain, Kensington, Plymouth, Plainville, Southington, & Terryville

SERVICES WE OFFER



cca | DV MEMBER ORGANIZATIONS

Connecticut Coalition Against Domestic Violence

Susan B. Anthony Project
SAFETY • HEALING • GROWTH



PRUDENCE CRANDALL CENTER
Empowering Healing & Hope since 1973



PROJECT SAGE
to end relationship violence



SAFE HAVEN
OF GREATER WINDSOR COUNTY

The Center
for Empowerment
and Education

formerly The Women's Center of Greater Danbury



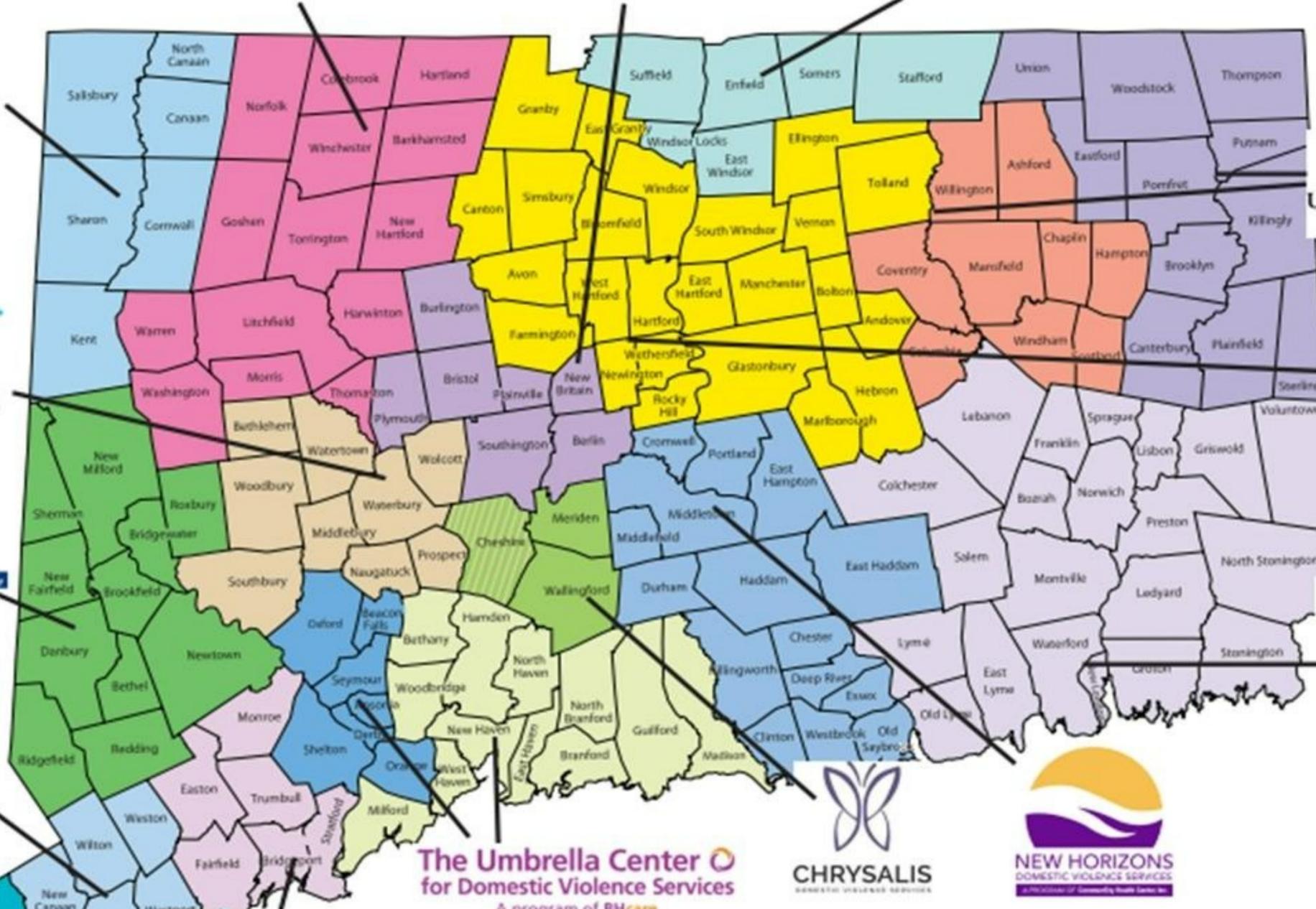
SERVICES & SUPPORT FOR
SAFE RELATIONSHIPS
DAILY 9:00 AM - 5:00 PM



The Umbrella Center
for Domestic Violence Services
A program of BHcare



CT's Domestic Violence Resource Hub
CTSafeConnect.org | 888.774.2900
Call • Text • Chat • Email • 24/7
Connect to Your Local Provider



United Services, Inc.
Creating healthy communities





Love Bomb - drama on coercive control & toxic relationships



Copy link



- I LOVE BOMB -

Watch on  YouTube

WHAT WOULD YOU DO?



KNOW YOURSELF TO HELP

Reflect on Your Values:

- **Where did you learn about relationships?**
- **How do your identities influence your approach?**

Boundaries vs. Rules:

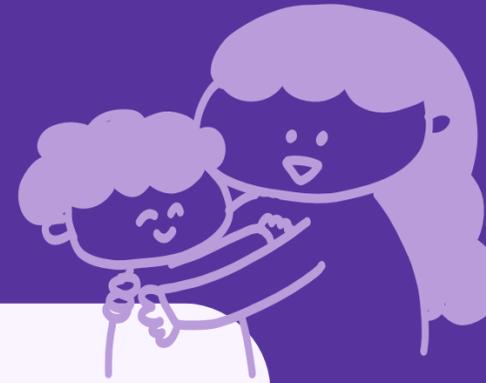
- **Boundaries = Personal limits (what you will/won't discuss)**
- **Rules = Managing behavior (the fine line)**
- **Both should be communicated clearly and respectfully**
- **Remember: Boundaries are a form of care, not rejection**



**WHAT BARRIERS MIGHT PREVENT A
PARENT/PROVIDERS FROM STEPPING IN
WHEN THEY RECOGNIZE RED FLAGS?**



Who is a Trusted Adult?



- **Chosen by the child/teen**
- **Makes them feel safe and have a strong bond with**
- **Has a positive influence on their life and inspires them**
- **Sparks positivity in their life, especially if they have no healthy adults in their life**
- **Helps provides emotional support**
- **Is aware of and offers prevention and intervention support**

Examples:

- **Parent, guardian, or caregiver**
- **Step parent**
- **Relative (cousin, aunt, uncle, grandparent)**
- **Teacher**
- **Coach**
- **Faith leader**
- **Counselor**
- **Peer support worker**



WHY DOES THIS MATTER?



Among high school students:

- **1 in 10** experience physical dating violence
- **1 in 3** experience a form of coercive control
- **Females** and **sexual minorities** (e.g., lesbian, gay, bisexual) are more likely to experience

2024: 147 Students responded **“yes”** to experiencing **physical abuse by an intimate partner** in NB

Among students aged 12-17:

- **28.1%** of teens who were in a relationship in the past year, reported experiencing digital dating abuse
 - More likely among males (**32.3%**) than females (**23.6%**)
 - **4 out of 5** students who experienced digital dating abuse also experienced offline dating abuse

DEFINITION

Domestic Violence

PA 21-78 establishes the following definition of domestic violence that became effective July 2021:

- A continuous threat of present physical pain or physical injury against a family or household member
- Stalking
- A pattern of threatening
- Coercive control of such family or household member



COERCIVE CONTROL

Is not just psychological, but structural

- **It's calculated**
- **It's intentional**
- **It's premeditated**

Diminishes a survivor's autonomy and makes them feel trapped



COERCIVE CONTROL IN ACTION

Isolation: Why do you want to see your family every week?

Intimidation: Making your partner afraid by using looks, actions, gestures

Using coercion and threats: I will kill myself if you leave – I will take the pet away from you

Using children/siblings: To spy on the victim, manipulate

Damaging partner's relationships: Telling people they are crazy/liar, using email and Facebook to send negative messages to friends

METHODS OF CONTROL

Physical

Such as:

- Hitting
- Shoving
- Hair pulling
- Breaking property
- Throwing objects
- Slapping
- Burning
- Choking

Sexual

Including:

- Unwanted touching
- Refusing protection
- Hiding birth control
- Taking photos/pictures without consent
- Knowingly passing STDs/STIs

DV and Strangulation

Strangulation increases risk of homicide by 750%

SIGNS AND SYMPTOMS OF STRANGULATION

The infographic features a central illustration of a woman's face and neck, with various signs and symptoms of strangulation listed in colored boxes around her. The symptoms are categorized by body part: Neurological, Scalp, Eyes & Eyelids, Ears, Face, Mouth, Chest, Neck, Voice & Throat Changes, and Breathing Changes.

- NEUROLOGICAL**
 - Loss of memory
 - Loss of consciousness
 - Behavioral changes
 - Loss of sensation
 - Extremity weakness
 - Difficulty speaking
 - Fainting
 - Urination
 - Defecation
 - Vomiting
 - Dizziness
 - Headaches
- SCALP**
 - Petechiae
 - Bald spots (from hair being pulled)
 - Bump to the head (from blunt force trauma or falling to the ground)
- EYES & EYELIDS**
 - Petechiae to eyeball
 - Petechiae to eyelid
 - Bloody red eyeball(s)
 - Vision changes
 - Droopy eyelid
- EARS**
 - ringing in ears
 - Petechiae on earlobe(s)
 - Bruising behind the ear
 - Bleeding in the ear
- FACE**
 - Petechiae (tiny red spots-slightly red or florid)
 - Scratch marks
 - Facial drooping
 - Swelling
- MOUTH**
 - Bruising
 - Swollen tongue
 - Swollen lips
 - Cuts/abrasions
 - Internal Petechiae
- CHEST**
 - Chest pain
 - Redness
 - Scratch marks
 - Bruising
 - Abrasions
- NECK**
 - Redness
 - Scratch marks
 - Finger nail impressions
 - Bruising (thumb or fingers)
 - Swelling
 - Ligature Marks
- VOICE & THROAT CHANGES**
 - Raspy or hoarse voice
 - Unable to speak
 - Trouble swallowing
 - Painful to swallow
 - Clearing the throat
 - Coughing
 - Nausea
 - Drooling
 - Sore throat
 - Stridor
- BREATHING CHANGES**
 - Difficulty breathing
 - Respiratory distress
 - Unable to breathe

Source: *Strangulation in Intimate Partner Violence*, Chapter 16, *Intimate Partner Violence*. Oxford University Press, Inc. 2009.

METHODS OF CONTROL

Technological

- Installing/abusing GPS location
- Posting exposing/humiliating images & videos
- Catfishing on social media to intimidate or gather information
- Reading or listening to conversations
- Sending threatening or intimidating messages



METHODS OF CONTROL

Financial

Such as:

- Preventing them from work/school
- Sabotaging
- Withholding money
- Using money without consent
- Ruining credit

Emotional/Psychological

Includes:

- Name-calling
- Controlling
- Possessiveness
- Manipulation of friends/family
- Gaslighting
- Humiliation
- Isolation
- Love Bombing

WHY STAY??!

- **Hope that things will get better.**
 - **On average, victims deal with DV 5-7x before leaving**
- **Disappointing friends, family or community.**
- **Lack of resources to care for self or child(ren).**
- **Religious or cultural beliefs.**
- **Immigration Status**
- **Belief they can keep themselves safe**
- **Fear of being hurt or killed.**



FOSTERING HEALTHY RELATIONSHIPS

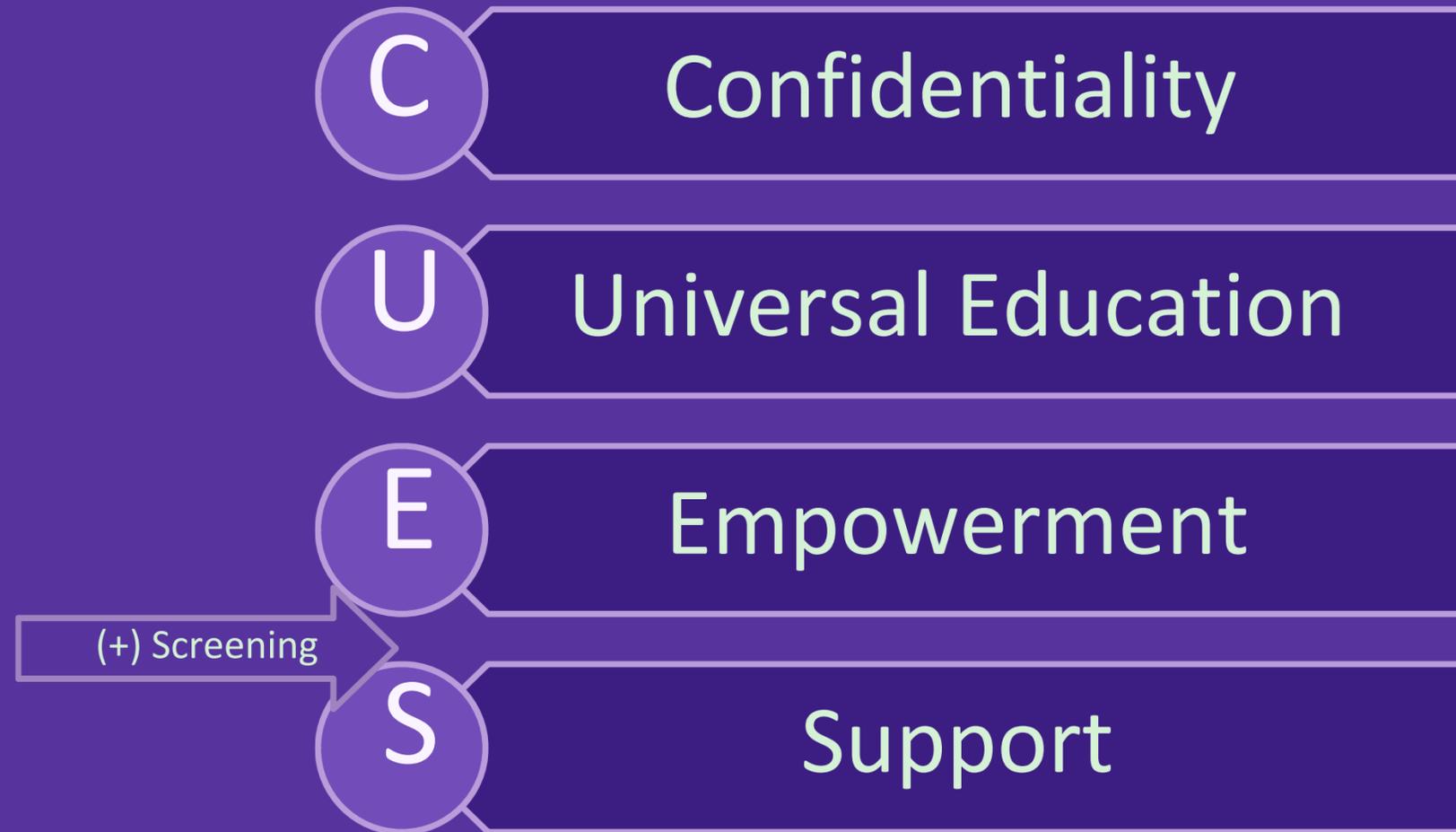
DO's

- **Listen more, talk less**
- **Ask about interests, hobbies, school life**
- **Normalize checking in and asking for feedback**
- **Offer resources and follow through**
- **Be non-judgmental and approachable**

DON'TS

- **Don't comment "cute couple!" (may normalize unhealthy dynamics)**
- **Don't react aggressively to unhealthy behaviors**
- **Don't force them to admit relationship problems**

IPV Intervention



Best Practice Model, promoted by Futures without Violence
and the Connecticut Coalition Against Domestic Violence

Screening Process- CUES



- **Stress your role!**
- **"I'll keep things private unless there's a safety concern":**
 - You want to hurt yourself
 - You want to hurt someone else
 - Someone is hurting you

REMINDER:

IPV, in and of itself, is NOT a mandated reporting opportunity in Connecticut

IPV Intervention- CUES

U Universal Education

Incorporate IPV education and screening question(s) into your social history or intake process.

Utilize with every child, every time.

“We’ve started asking all of our clients about safe and healthy relationships because it can have such a large impact on your health.”

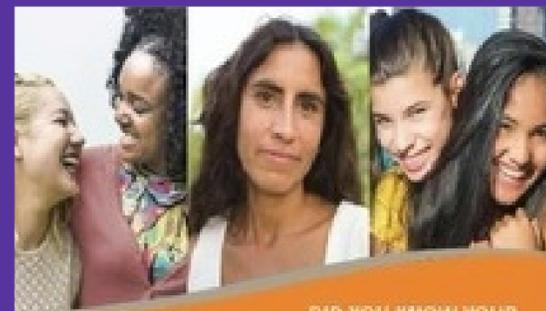
“We’ve started asking mothers about safe and healthy relationships because it can have such an impact on you and your child’s health.”

Screening Process- CUES

E Empowerment

Providing everyone with education on healthy relationships & local resources can help save lives.

- Giving out this small resource can help the child, a friend, or family member.
- Making IPV resources a normal part of patient rooms, bathrooms, etc. empowers others



Screening Process- CUES

S Support

Steps for a positive disclosure of IPV

As a part of the community safety net, you **ARE NOT** expected to become experts in IPV.



MY PLAN

MyPlan is a free app developed by young people and relationship experts to help decide if someone they are dating is toxic, and get strategies for what to do next.



THANK YOU



Please reach out if you have any questions!



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SOURCES

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