

Preventing Youth Violence and Teen Dating Violence

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The findings and conclusions of this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Overview

- ❑ **Violence and prevention background**
- ❑ **Youth violence:**
 - Prevalence, risk factors and prevention
- ❑ **Dating violence:**
 - Prevalence, risk factors, and prevention
- ❑ **Questions**

Violence

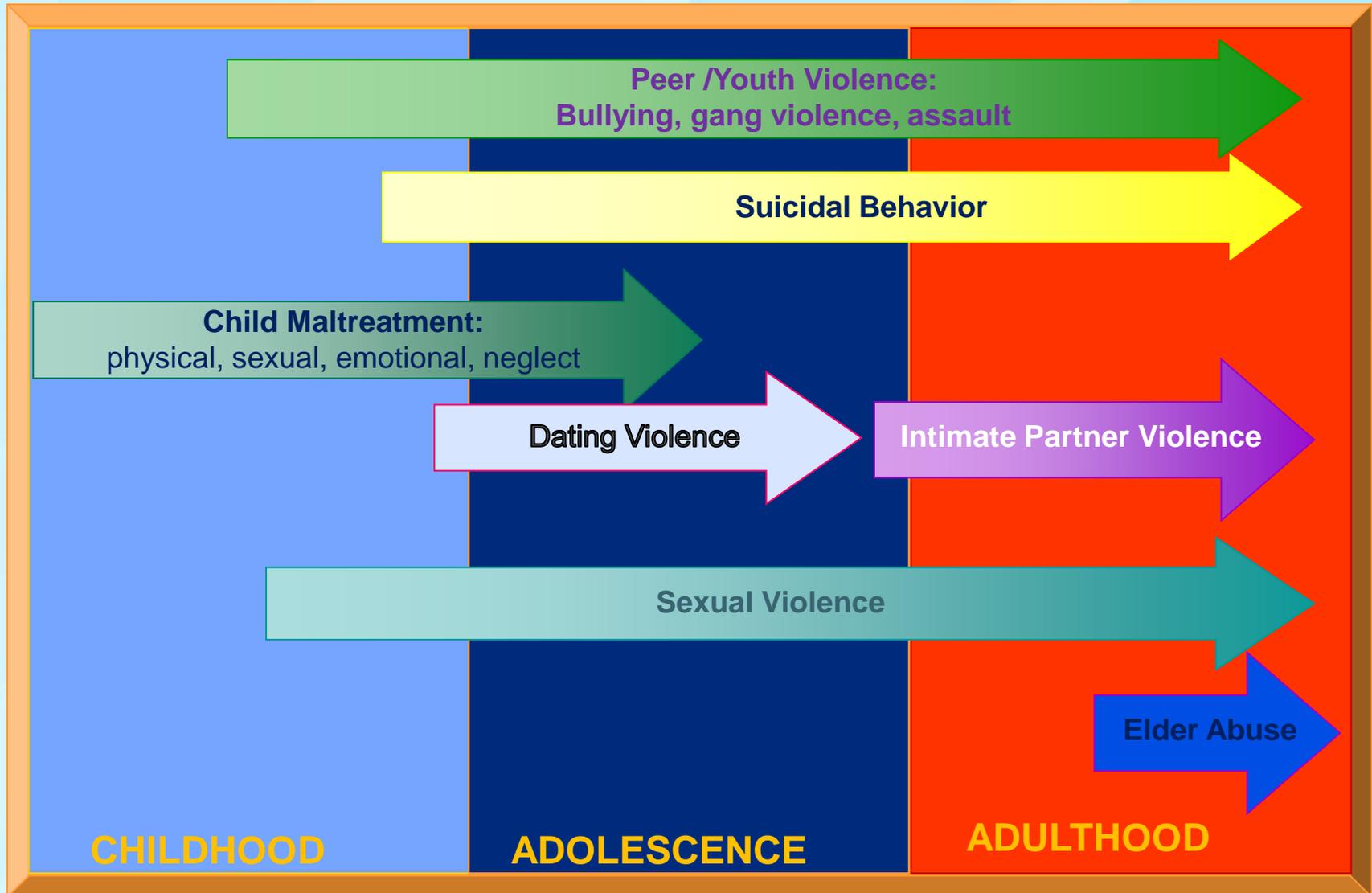
“Intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation.”

World Health Organization, 1996

Magnitude of Violence



Different Forms of Violence



Different Forms of Violence and Risk Behaviors

Unhealthy Relationships

Different Forms of Violence and Risk Behaviors

Unhealthy Relationships

Peer Violence

Dating Violence

Different Forms of Violence and Risk Behaviors

Unhealthy Relationships

Peer Violence

Dating Violence

**Violence in
the Home**

**Sexual Risk
Behaviors**

**Substance
Use**

**Anxiety &
Depression**

**Academic
Problems**

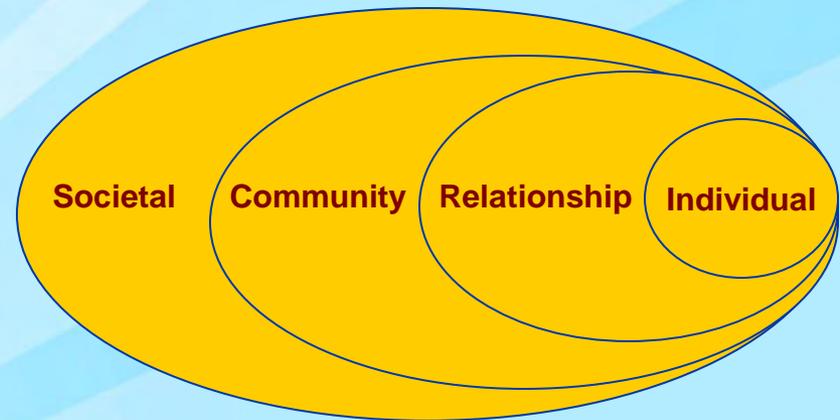
Why?

- ❑ **Risky behaviors cluster together and are associated with each other**
 - Substance use \leftrightarrow Violence
- ❑ **Unhealthy relationship behaviors may be learned from one's environment and reinforced over time**
 - Observe violence in the home
 - Observe violence in the media
 - Learn violence from peers

Designing Programs to Address Risk and Protective Factors

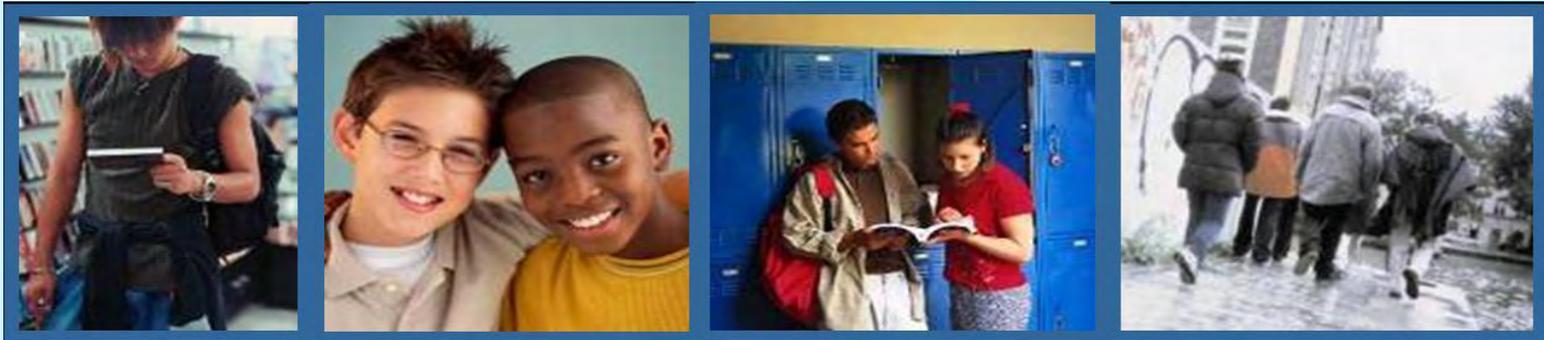
- ❑ Person
- ❑ Context
- ❑ Multiple levels of risk factors
- ❑ Multiple points of intervention

Social Ecological Model



Violence: Inevitable or Preventable?

- ❑ Often thought of as an inevitable part of the human condition.
- ❑ Violence is a preventable public health problem.





PEER-TO-PEER YOUTH VIOLENCE

Defining Youth Violence

- ❑ **Various harmful behaviors, such as:**
 - Slapping, hitting, fist fighting, assault (with or without weapons)
 - Bullying
 - Verbal abuse, threats with weapons
 - Gang-related violence
 - Homicide

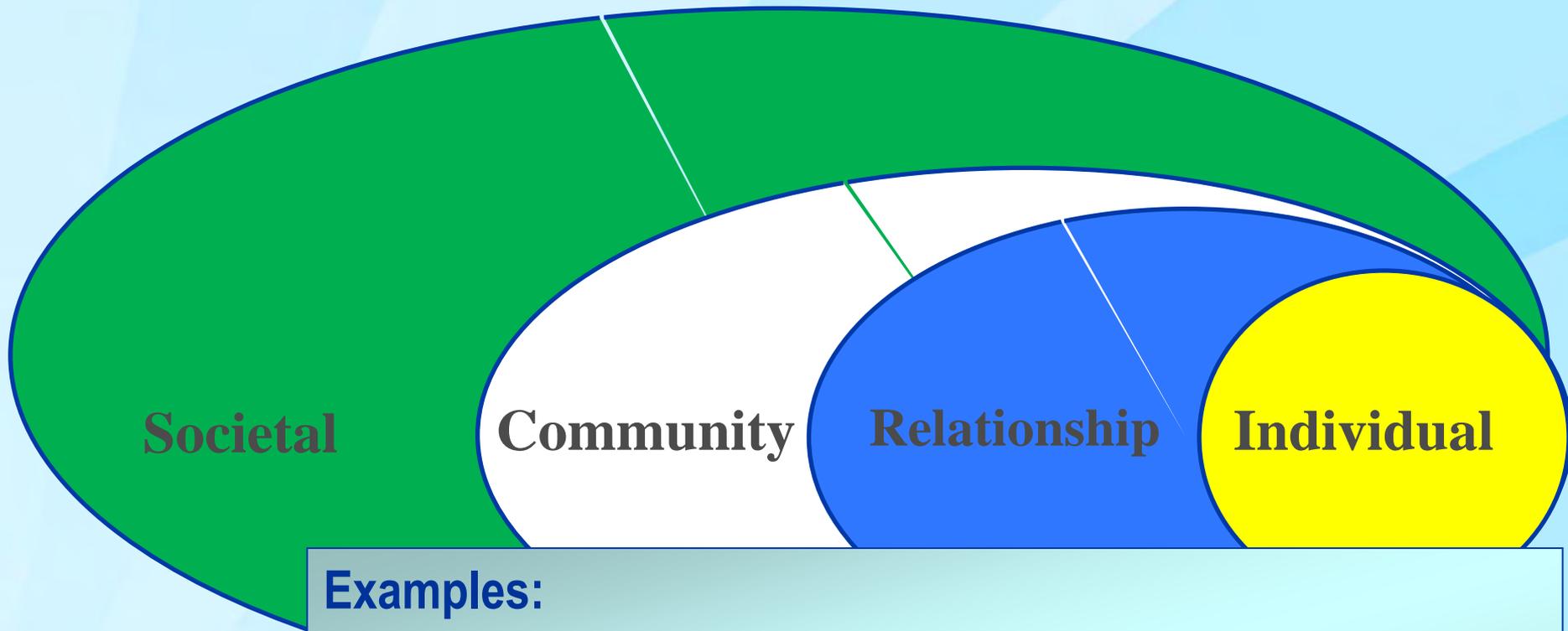
- ❑ **Behavior occurs between individuals who are unrelated and who may or may not know each other, and typically occurs outside the home.**

- ❑ **Youth involvement includes:**
 - Victim
 - Perpetrator
 - Bystander/witness

National Prevalance of Youth Violence

- ❑ **Among 10-24 year olds**
 - 2nd leading cause of death
 - 2009: 5,048 homicides—an average of 14 each day
 - 80% committed with a firearm
 - 1% of all homicides are associated with school
 - 2010: 738,024 assault-related injuries—2,022 each day
- ❑ **Among high school students (2009)**
 - 32% high schools students in at least one physical fight
 - 20% bullied at school
 - 8% threatened or injured with a weapon on school property
 - 5% did not go to school because of safety concerns
- ❑ **Violence through technology: ranges from 9 to 34%**
- ❑ **Significant variability across groups of youth and communities**

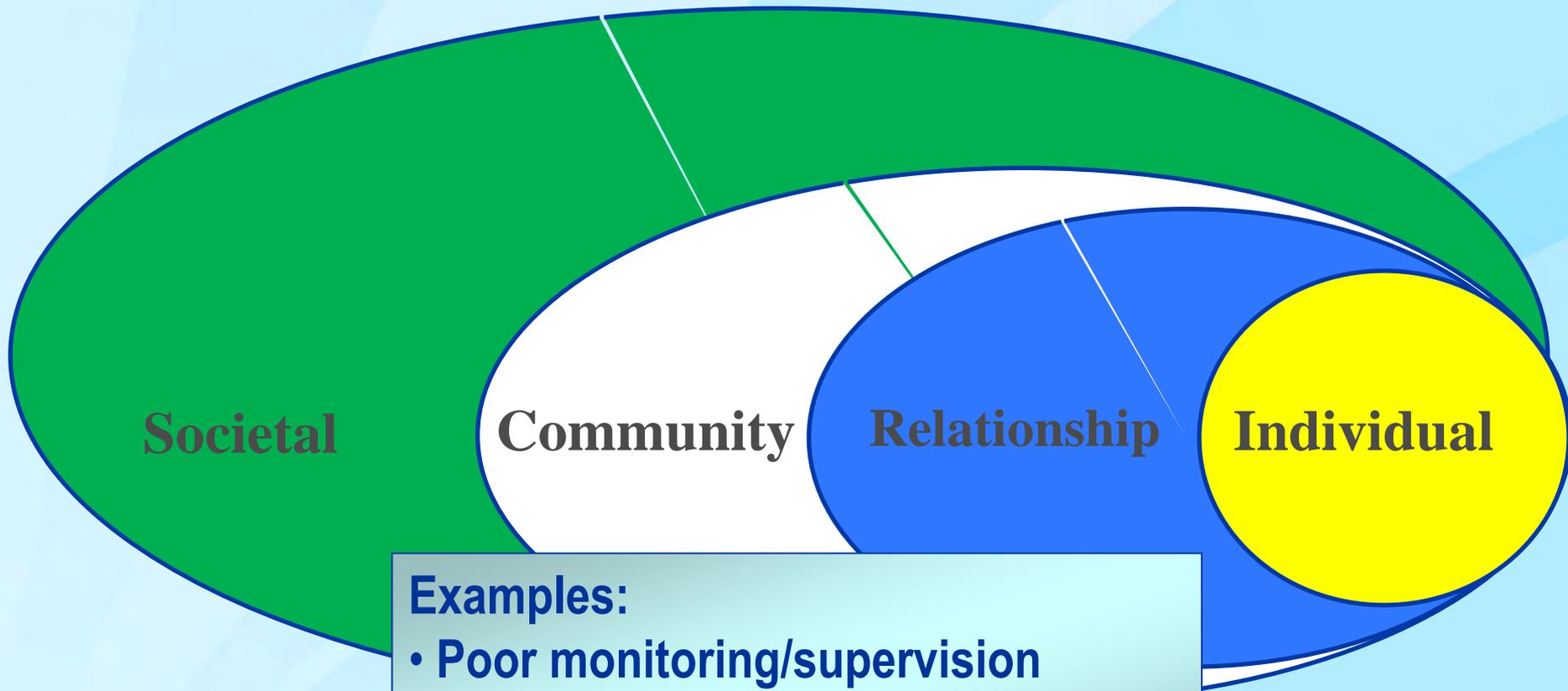
Youth Violence Warning Signs



Examples:

- Poor problem-solving and emotional regulation skills
- Involvement with drugs/alcohol
- History of behavior problems or violence
- Abuse

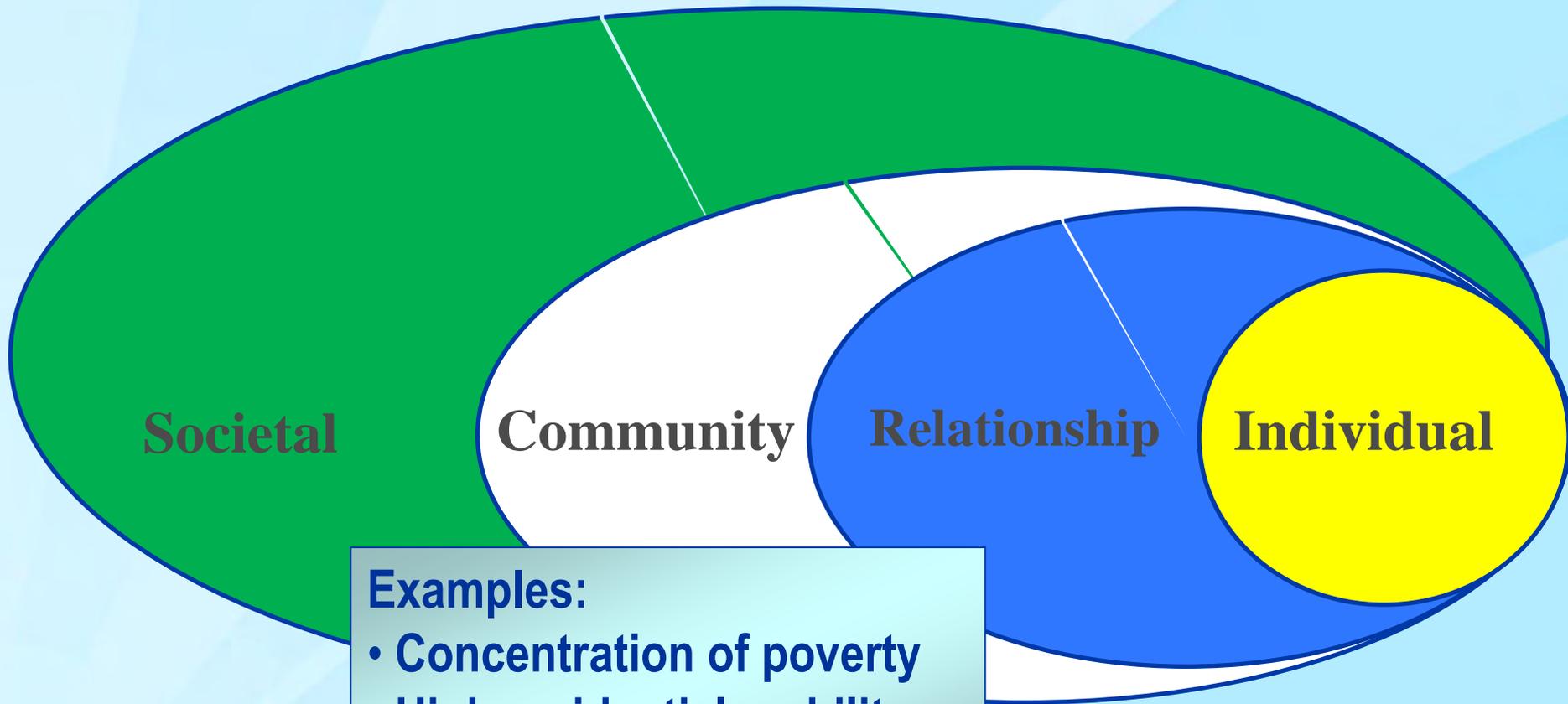
Youth Violence Warning Signs



Examples:

- Poor monitoring/supervision
- Family conflict
- Friends who engage in violence

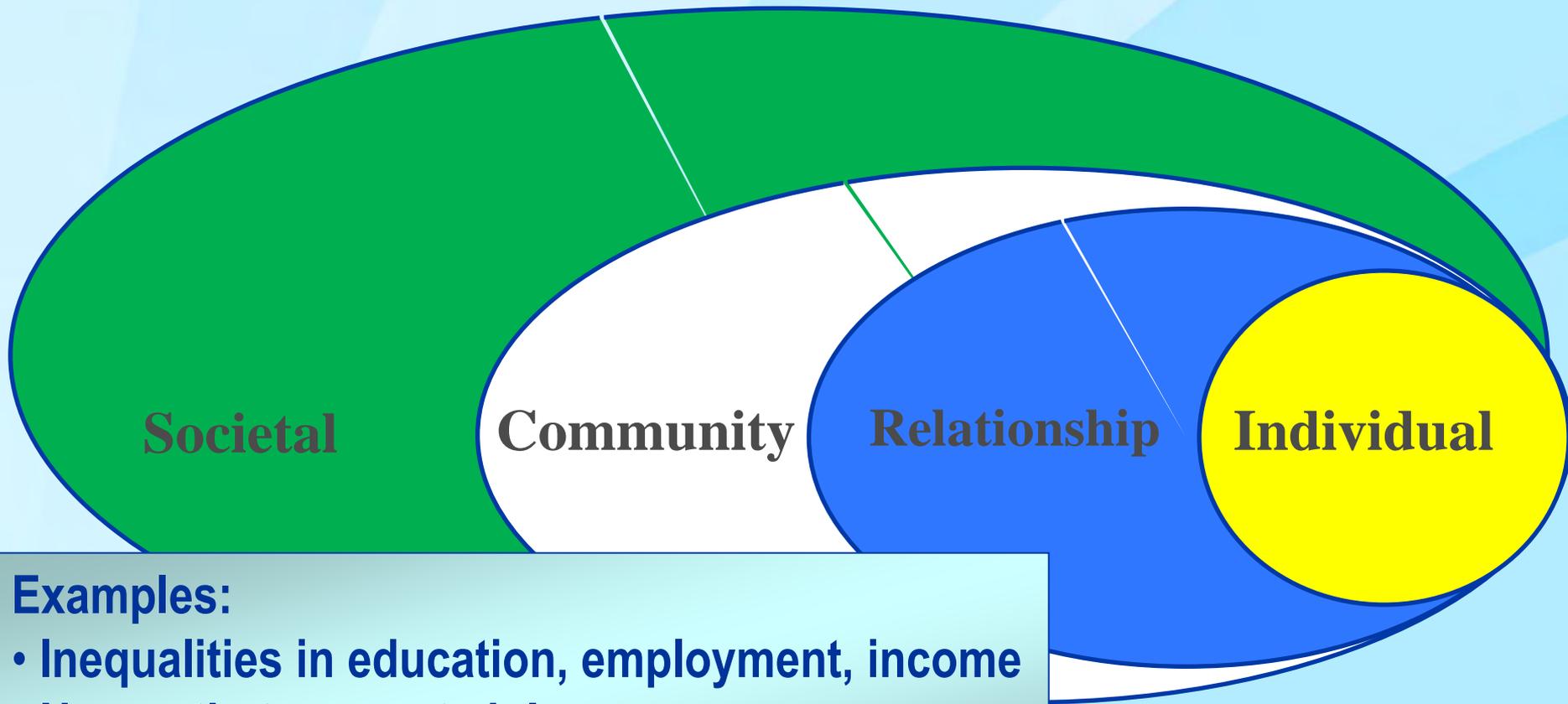
Youth Violence Warning Signs



Examples:

- Concentration of poverty
- High residential mobility
- Local illicit drug trade

Youth Violence Warning Signs



Examples:

- Inequalities in education, employment, income
- Norms that support violence
- Availability of lethal means

Youth Violence Protective Factors

- ❑ **Examples of Individual/Family Protective Factors**
 - Intolerant attitude toward violence
 - Good academic achievement
 - Connectedness to family or adults outside the family
 - High parental involvement and monitoring

- ❑ **Peer/Social Protective Factors**
 - Commitment to school
 - Involvement in positive, social activities

- ❑ **Value of building protective factors, such as youth's ability to cope with conflict and parental supervision**
 - Gang affiliation ranges from 26% to 1.6%

Youth Violence is NOT Inevitable; Youth Violence is Preventable

- ❑ **Blueprints for Violence Prevention**
 - www.colorado.edu/cspv/blueprints/
 - 11 model and 21 promising programs
- ❑ **Guide to Community Preventive Sources**
 - www.thecommunityguide.org
 - Universal school-based programs: 15% reduction in violent behavior
- ❑ **National Registry of Evidence-based Programs and Practices**
 - www.nrepp.samhsa.gov
 - 48 entries with a focus on youth violence
- ❑ **CDC's Striving To Reduce Youth Violence Everywhere**
 - www.safeyouth.gov
 - Training and tools to select evidence-based approaches

Comprehensive Youth Violence Prevention



❑ Individual level

Engage youth in positive development programs to build their interests, competencies, and skills.



❑ Relationship level

Build and maintain positive relationships between youth and caring adults in their community.



❑ Community level

Promote and sustain economic opportunities and a strong economic infrastructure within the community,

❑ Societal level

Change societal norms about the acceptability of violence and willingness to intervene.

Universal School-Based Programs

- ❑ Provided to all youth (e.g., school or classroom) regardless of risk.
- ❑ Build youth's problem-solving, anger management, impulse control, and emotional regulation abilities.
- ❑ Develop teachers' behavior management skills.
- ❑ Inform school policies and environment.
- ❑ Examples:
 - Life Skills Training – middle school
 - Positive Action – elementary school

Parenting and Family Relationships Programs

❑ Factors addressed:

- Eliminate coercive parenting
- Communicate clear expectations
- Teach positive parenting skills
- Build parent-child relationships

❑ Examples:

- Younger youth: Triple P Positive Parenting Program; the Incredible Years series
- Older youth: Strengthening Families 10-14; Guiding Good Choices

Intensive Family and Community-Based Programs for High-Risk Youth

- ❑ **Intensive skill development with youth and families**
- ❑ **Other coordinated services**
 - School completion, monitoring
 - Substance use
- ❑ **Address individual, family, relationship, peer, and contextual factors**
- ❑ **Examples:**
 - Multisystemic Therapy (MST)
 - Multidimensional Treatment Foster Care (MTFC)
 - Functional Family Therapy (FFT)

Not All Prevention Approaches Work

- ❑ **Ineffective approaches to address bullying**
 - Peer mediation approaches
 - Zero tolerance policies
 - Advising victims to stand up to bullies

- ❑ **Ineffective approaches to prevent violence**
 - Drug Abuse Resistance Education (DARE)
 - Scared Straight
 - Boot Camps
 - Policy of transferring juvenile offenders to the adult criminal justice system
 - 34% increase in re-arrests for violent crimes among juveniles

DATING VIOLENCE AMONG YOUTH

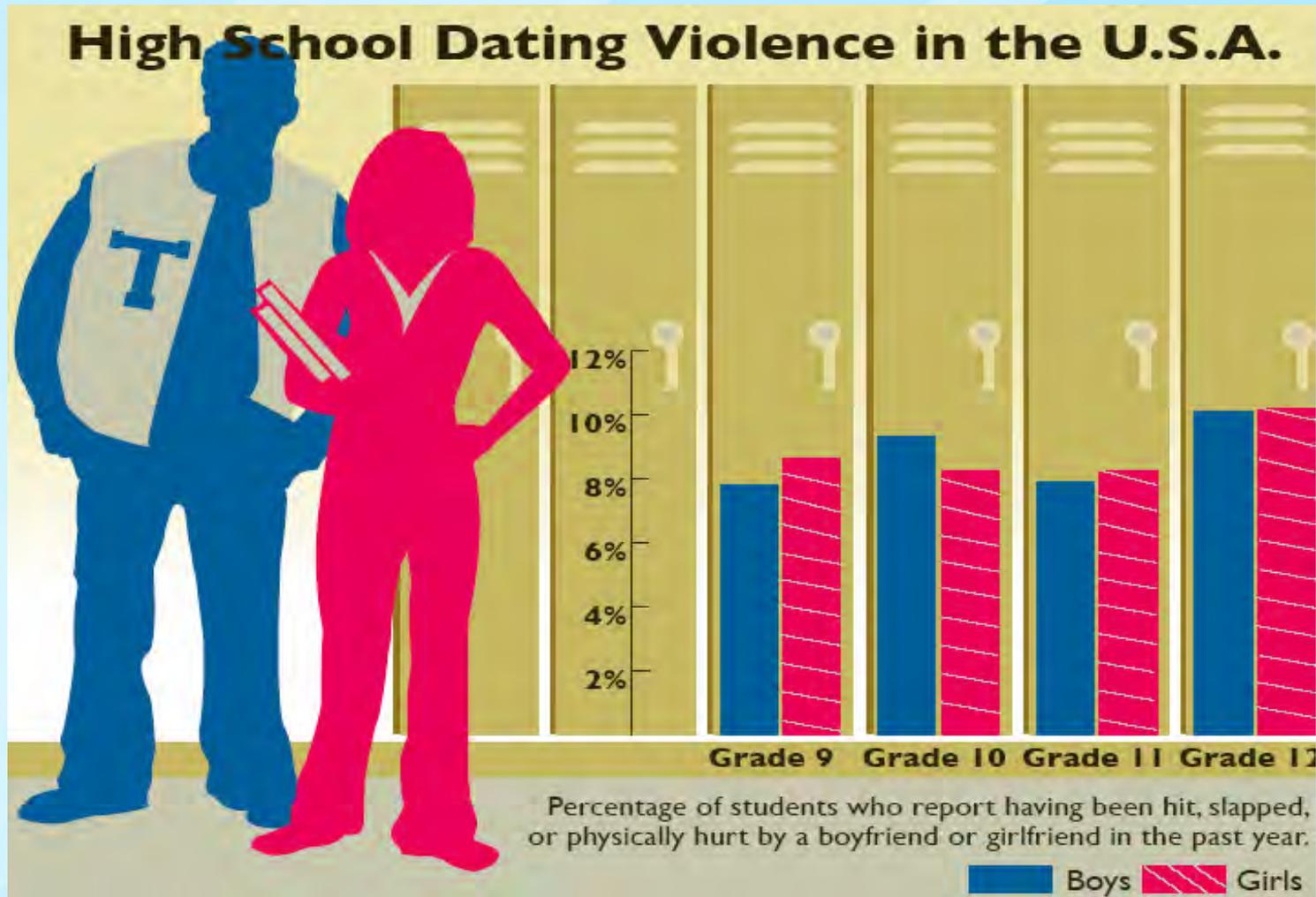
Defining Teen Dating Violence

- ❑ Emotional/Psychological violence
- ❑ Physical violence
- ❑ Sexual violence
- ❑ Stalking behaviors
- ❑ Dating
 - May or may not include sexual activity
 - Duration may range from short-term to long-term
 - Includes both same-sex and opposite-sex partners
- ❑ Violence may be perpetrated
 - Electronically or in person
 - By current or former dating partner

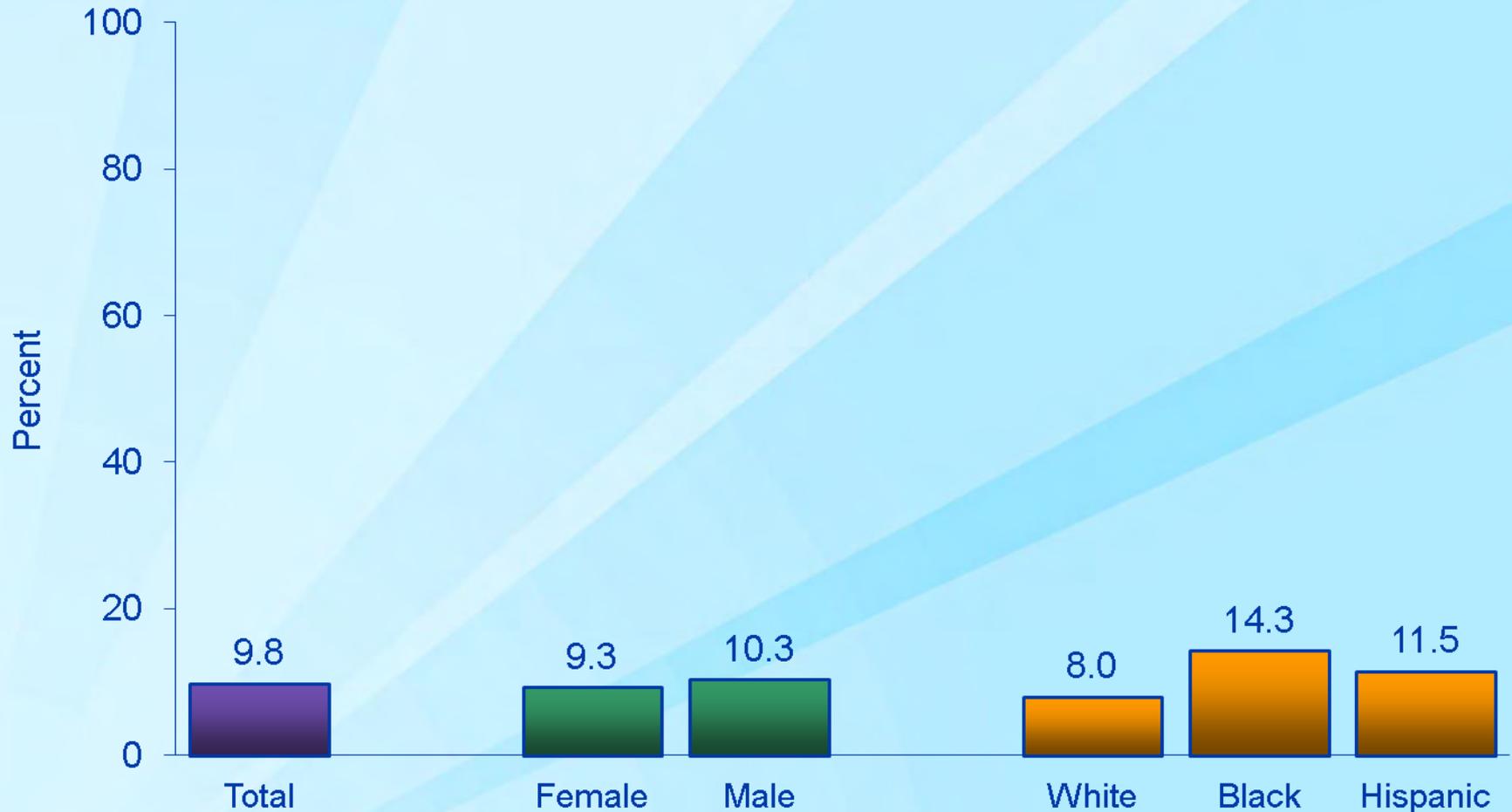


MAGNITUDE OF TEEN DATING VIOLENCE

Approximately 10% of Students Report Physical Dating Violence

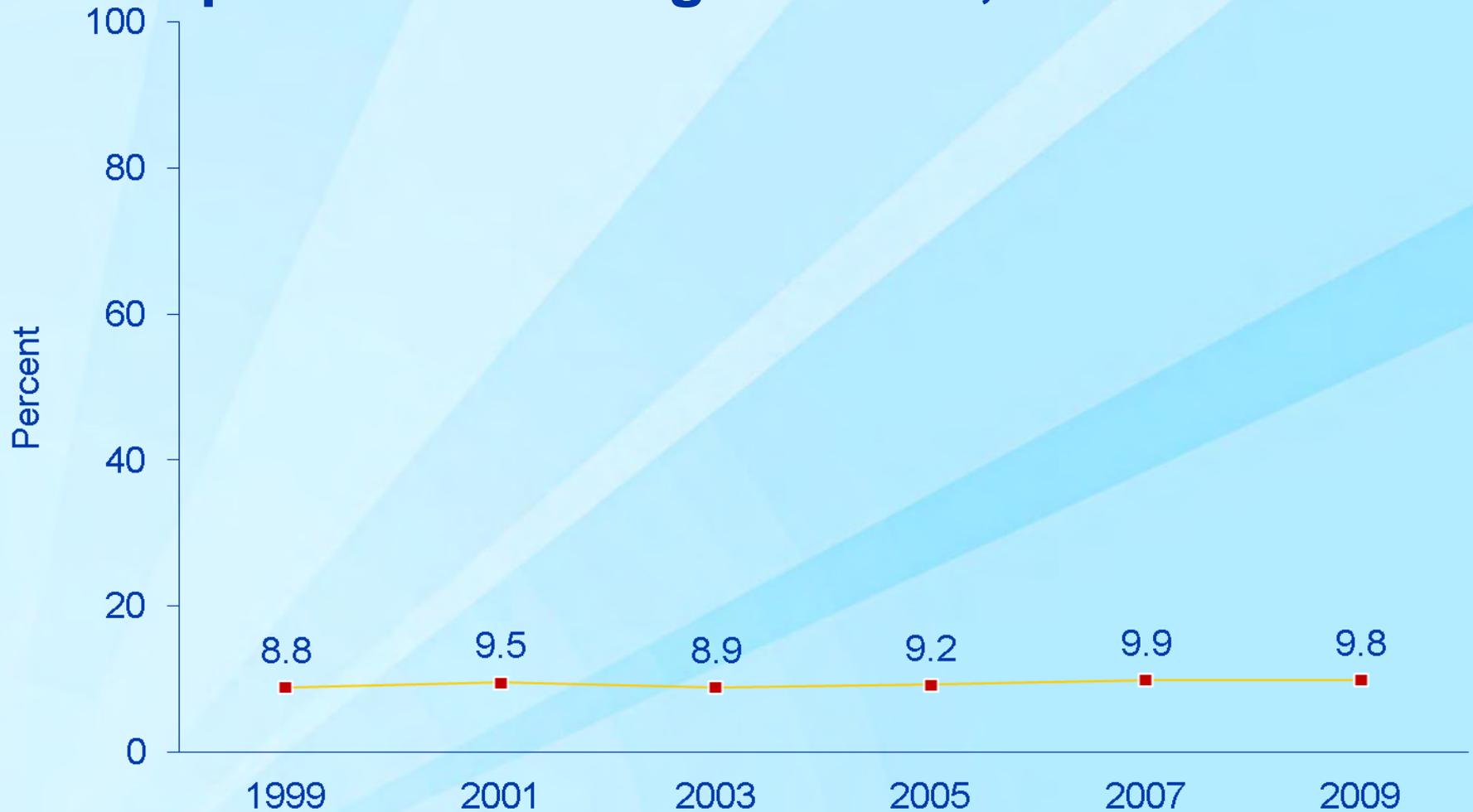


Percentage of High School Students Who Experienced Dating Violence,* by Sex and Race/Ethnicity,† 2009



* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.

Percentage of High School Students Who Experienced Dating Violence,* 1999 – 2009†

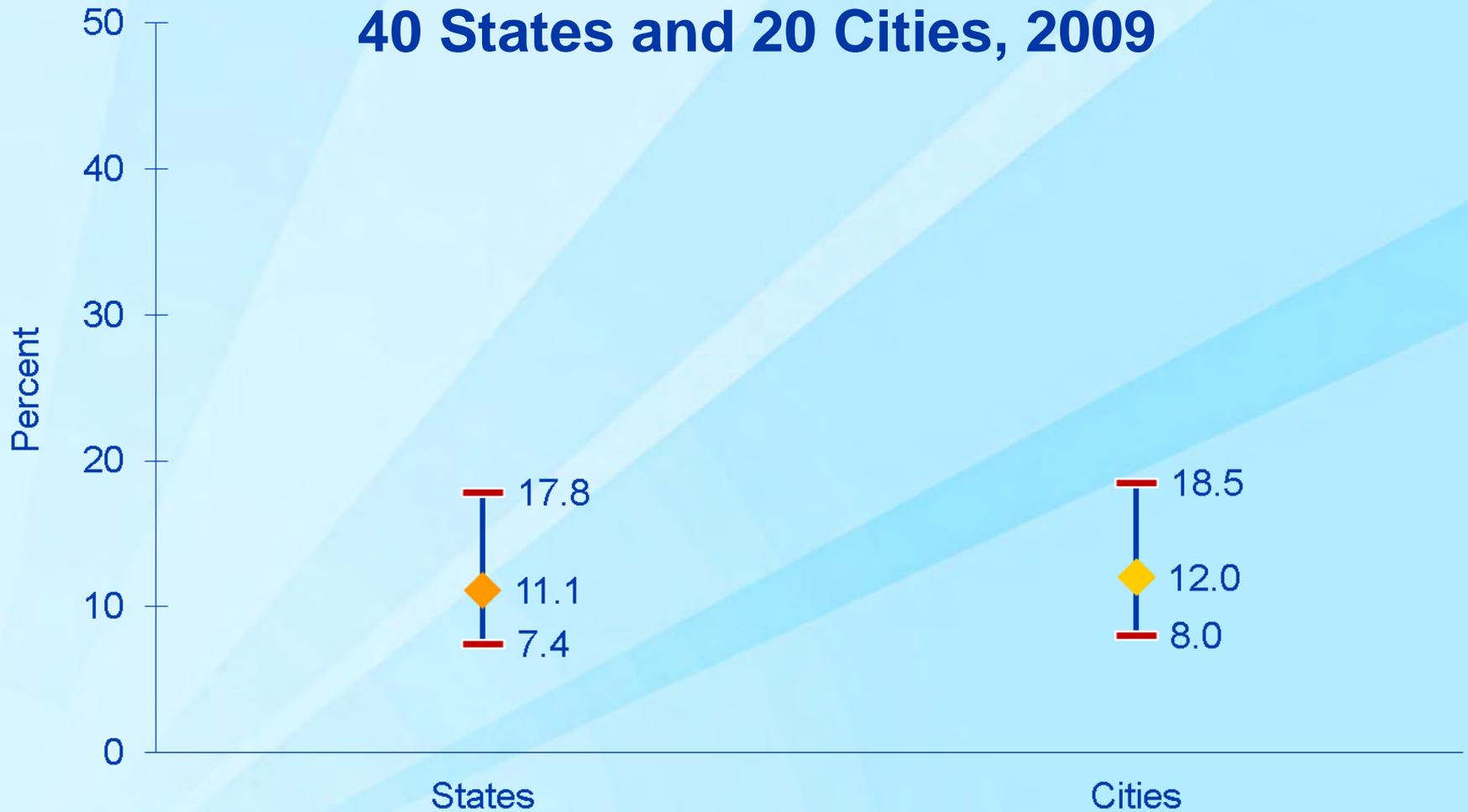


* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.

† No change 1999–2009, $p < 0.05$

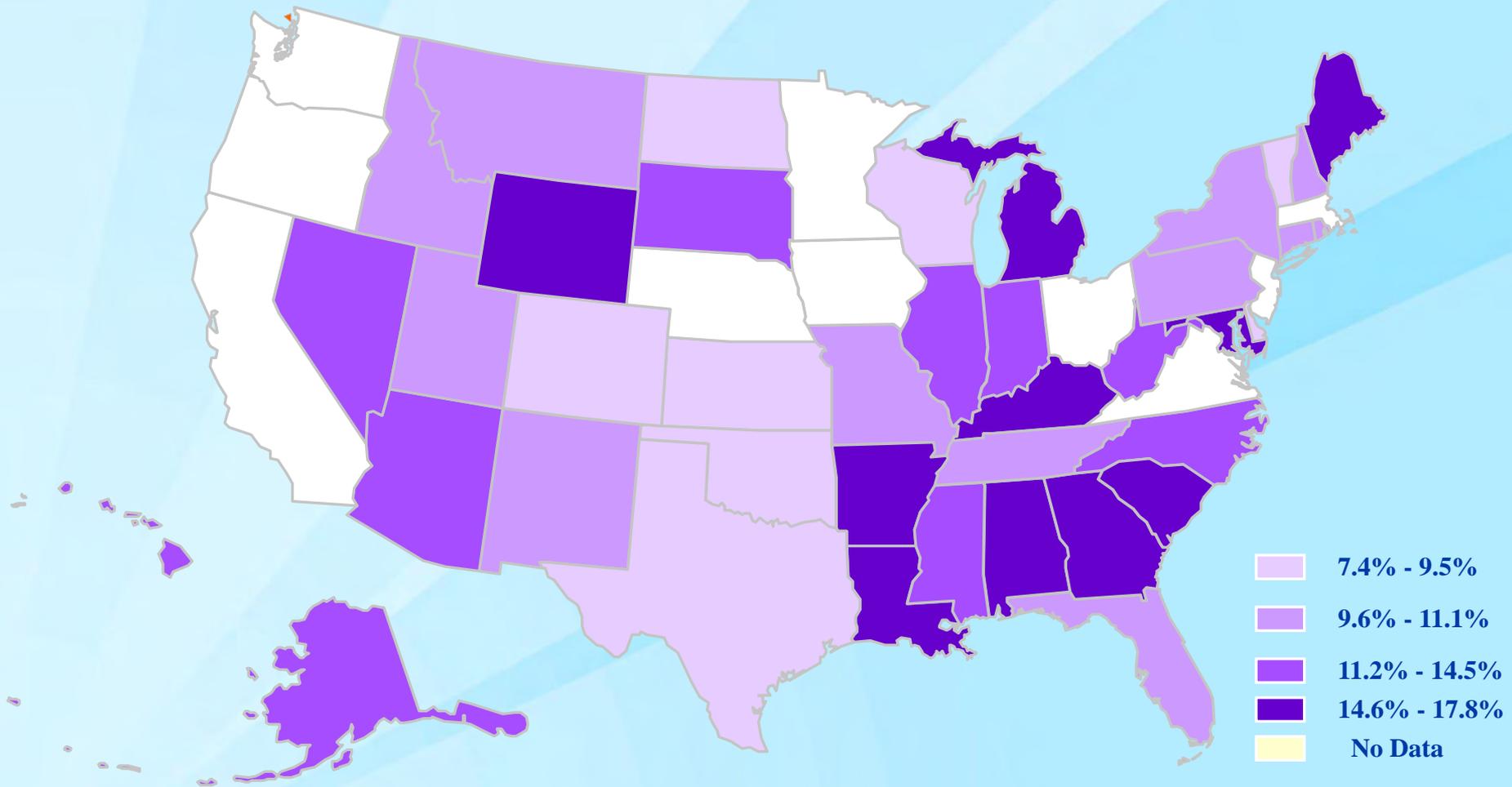
National Youth Risk Behavior Surveys, 1999–2009

Range and Median Percentage of High School Students Who Experienced Dating Violence,* Across 40 States and 20 Cities, 2009



* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.

Percentage of High School Students Who Experienced Dating Violence,* 2009



* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.

State Youth Risk Behavior Surveys, 2009

Teen Dating Violence Statistics

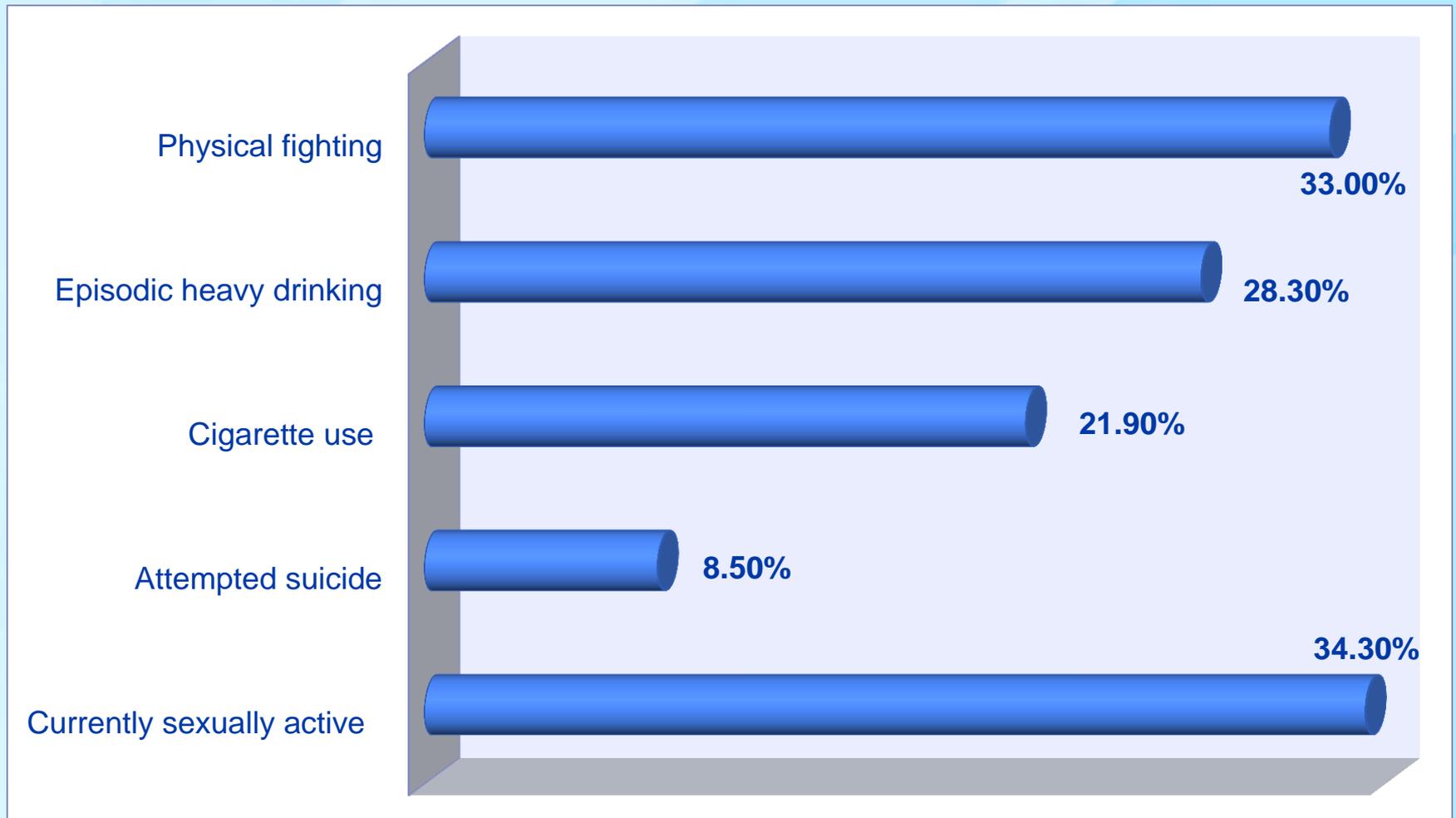
- ❑ **Across studies, between 15-40% of students report perpetrating at least one form of dating violence**
- ❑ **Between 20-25% of youth report multiple forms of violence**
- ❑ **Violence can start as soon as dating starts**
 - About 72% of 8th and 9th graders report “dating”
- ❑ **TDV most often takes place in the home of one of the dating partners**
- ❑ **There is often an overlap between perpetrators and victims of dating violence**

Importance of Considering the Couple

- **Although TDV research often considers only individual characteristics, mounting research underscores importance of considering and preventing violence in the couple**
 - Physical TDV may be mutual
 - Among adolescents 50-71% of couples report bidirectional violence
 - Couple influences stability over time
 - More stability among severely violent perpetrators
 - Less stability with different partners
 - Challenges appropriateness of “victim” and “perpetrator” labels
- **Targeting couples vs. individuals may involve**
 - Building communication skills
 - Developing conflict resolution skills
 - Enhancing emotion regulation

BURDEN OF TEEN DATING VIOLENCE

Dating Violence Victimization is Associated with Other Risks



Centers for Disease Control and Prevention. Physical dating violence among high school students - United States, 2003. MMWR 2006; 55:532-535.

Public Health Implications of TDV



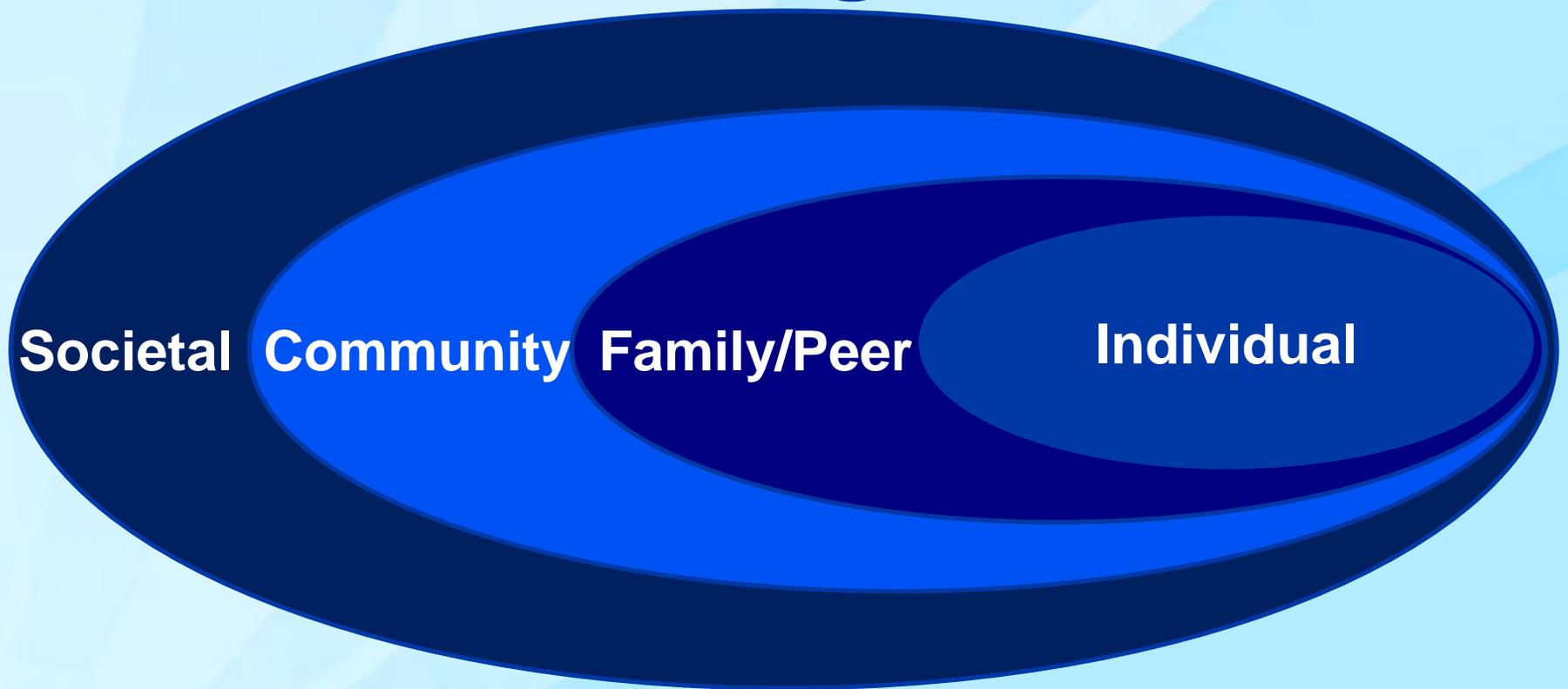
- ❑ Violence in relationships may be learned from witnessing or experiencing violence
- ❑ TDV is a gateway to intimate partner violence
 - In one study, if violent in middle school, odds of being violent toward a partner in next 5 years: 62% for men; 71% for women (Fritz et al., 2003)
- ❑ TDV has numerous academic and health consequences that have implications for health throughout life
- ❑ TDV is preventable

PREVENTING TEEN DATING VIOLENCE

Doing What Works

- Evidence suggests many programs have an effect on knowledge and attitudes
- Few programs demonstrate effects on behaviors
 - Primary Prevention
 - Youth Relationships Project
 - Safe Dates
 - Fourth R
 - Shifting Boundaries (school-level intervention)
 - While menu of effective programs is growing select programs based on
 - Best practices
 - Known risk and protective factors for TDV

Social Ecological Model



Risk factors can occur at each level

Comprehensive approaches consider risk factors at all levels

What Can I Do?

- ❑ **Model healthy relationship behaviors**
 - Respectful, assertive communication
 - Non-violent problem solving
 - Emotion regulation
 - Healthy boundaries
- ❑ **Know the risk factors and warning signs**
 - Dating Matters: Understanding Teen Dating Violence Prevention
- ❑ **Act when you see or suspect violence**
- ❑ **Know your local resources and referrals**
- ❑ **Implement dating violence strategies**

Risk Factors for Perpetrating Teen Dating Violence

□ Individual Level:

- Anger
- Aggressive attitudes and behaviors
- Lower Empathy
- Traditional Gender Views
- Acceptance of Violence in Dating Relationships
- Drug/Alcohol/Substance Use
- Higher Number of Sex Partners

□ Partner/Peer/Family Level:

- Conflict in Relationships
- Friends Perpetrating or Experiencing TDV
- Engagement in Peer Violence
- Conflict in the family

(Vagi, Rothman, Lutzman, Tharp, et al., in preparation)

Warning Signs of Dating Violence

□ What you may observe:

- Controlling behavior
- Expressing jealousy or anger towards a partner
- Embarrassing or humiliating a partner publically
- Being pressured into sexual acts

□ Characteristics of someone in a violent relationship:

- No longer hanging out with friends or doing things they enjoy
- Feels fearful of partner
- Signs of injury
- Depression or anxiety
- Substance use

Educator Training

DATING MATTERS: UNDERSTANDING TEEN DATING VIOLENCE PREVENTION

Presented in Partnership by



Liz Claiborne Inc.

- ❑ Educators in the intervention schools will be required to take the Dating Matters online training prior to implementation.
- ❑ Available free of charge at: www.vetoviolence.org

TDV Prevention Resources

- ❑ **That's Not Cool**
 - <http://www.thatsnotcool.com/>

- ❑ **Choose Respect**
 - <http://www.chooserespect.org>

- ❑ **Break the Cycle**
 - <http://www.breakthecycle.org/>

TDV Response Resources

- ❑ **National Dating Abuse Helpline**
 - <http://www.loveisrespect.org/>
 - 1-866-331-9474 or text “loveis” to 77054
- ❑ **National Domestic Violence Hotline**
 - <http://www.thehotline.org/>
 - 1-800-799-SAFE
 - 1-800-942-6908 (Español)
- ❑ **National Sexual Assault Hotline**
 - <http://www.rainn.org/>
 - 1-800-656-HOPE
- ❑ **Hopeline**
 - <http://www.hopeline.com/>
 - 1-800-784-2433

Questions?

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