

Engaging Youth in the Fight to End Sexual Violence

ASHLI LYSENG
SUPPORT WITHIN REACH

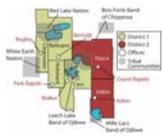


Who am I?



Support Within Reach

- ▶ Private non-profit sexual violence resource center
- ▶ In existence since 1977
- ▶ Mission: "To reduce the impact and harm of sexual violence in the communities we serve"
- ▶ Serves 6 counties in Northern MN. Aitkin, Beltrami, Cass, Clearwater, Hubbard, and Itasca Counties.



Prevalence of Youth Violence

YOUNGER THAN YOU THINK

Almost 70% of women (80% of men) who have been physically or sexually abused or stalked by a dating partner, first experienced these actions at the age of 17-24.

- ▶ It is estimated that more than 60% of youth age 17 and younger have been exposed to crime, violence and abuse either directly or indirectly. Then there are other forms of trauma a youth experiences when living in poverty. With this high prevalence, you may already be working with a youth who has experienced trauma or you will in the future.
- ▶ Youth Intervention Programs Association

- TEENAGERS BETWEEN THE AGES OF FIFTEEN AND NINETEEN, AS A GROUP, ARE THE MOST LIKELY TO GET RAPED AND TO EXPERIENCE SEXUAL ASSAULT.
- 17 MILLION CHILDREN WILL BE SEXUALLY ABUSED OVER THE NEXT 18 YEARS.
- 10% OF CHILDREN ENJOY THEIR MOTHER.

Of children who are **SEXUALLY ABUSED** 20% are abused before the age of 8.

Every 8 minutes, child protective services substantiates, or finds evidence for, a claim of child sexual abuse.

RAINN National Sexual Assault Hotline: 800.422.4HOPE (toll-free) or 703.762.2264. Please call 1-800-422-4HOPE for help. RAINN.org

<https://www.d2l.org/the-issue/statistics/>

1% of child molesters are female.

1 in 3 girls are sexually abused.

1 in 5 boys are sexually abused.

400,000 Number of convicted perpetrators living in the U.S.

Only **1 in 10** children will tell someone they were molested.

80% of sexual abuse survivors have drug/alcohol problems.

20% of rape sexual abuse survivors will attempt suicide.

\$20 billion Estimated annual mental health care cost of child sexual abuse in the U.S.

Youth Dating Violence Facts

1 out of 10 high school students experience physical violence in a dating relationship.

25% Of high school girls have experienced physical abuse, sexual abuse or date rape.

Only **one-third** of youth experiencing dating violence told anyone about the abuse.

Learn more at www.wavelec.org/jst-teens

WEAVE works to build a community that does not tolerate intimate partner violence and sexual assault and provides survivors with the support they need to be safe and thrive.

According to the CDC youth violence is a leading cause of death and nonfatal injuries in the United States.

What influences youth violence?



- Belief that violence is an acceptable problem solving method or reaction
- Learned violence from family, community and media models
- Poor impulse control
- History of abuse or trauma
- Youth at-risk characteristics
- Risky Behavior

PREVENTING AND REDUCING ADOLESCENT VIOLENCE

Cost of Rape

- ▶ \$8 billion or \$1,500 per resident per year in Minnesota
- ▶ \$3.1 trillion: \$1.2 trillion in medical costs; \$1.6 trillion in lost work productivity for victims and perpetrators; \$234 billion in criminal justice costs; \$36 billion in other cost.



Centers for Disease Control and Prevention. (2018).

Why Don't Youth Tell?

- ▶ To maintain independence
- ▶ Avoid bringing shame on family
- ▶ Immigration status fears
- ▶ Not trusting authority figures
- ▶ Little hope in the system
- ▶ Adults don't listen
- ▶ Not defining an act as sexual violence
- ▶ Not wanting perpetrator to get in trouble
- ▶ Fear they will get in trouble
- ▶ Everyone will find out
- ▶ Embarrassment

Washington Coalition of Sexual Assault Programs, 2009

Slide 9

AL1 No one will believe them! Teens may fear that no one will believe they were raped, especially when the assailant is someone they know

It was the victim's fault. Victims often believe it was somehow their fault. More than any other crime, rape victims are questioned about their actions and "their" part in the rape.

Although it may be difficult to understand, a teen rape survivor may not want to get a friend, boyfriend or acquaintance in trouble.

A teen may not tell parents perhaps because they broke their curfew or went out with someone their parents said not to date.

Fear of parental reaction may override the need to tell.

Teens are embarrassed to discuss sex with parents. Sexual abuse is even more difficult to talk about.

During adolescence, most teens are gaining independence and fear their "freedom" will be restricted.

Ashli Lyseng, 3/18/2019

Safety For Youth

- ▶ Think about a time that you didn't feel safe. Do you remember what emotions you were feeling?
- ▶ More than being free of physical and sexual abuse. Safety also includes feeling safe.
- ▶ What makes you feel safe?
 - ▶ Confidentiality
 - ▶ Non- judgmental atmosphere
 - ▶ Control
- ▶ Young people need to feel heard and respected.
- ▶ In order to be a great advocate for a young person you need to remember what it was like to be one.

5 Actions to Keep Children Safe

- ▶ 1. Set a high standard of love
 - ▶ Model healthy relationships
 - ▶ Spending time with them help shapes their self-image, confidence, and opinions of future relationships
- ▶ 2. Talk to your children about healthy relationships
 - ▶ Discuss boundaries and consent
 - ▶ They should never feel pressured, forced, or tricked to engage in sexual activities
- ▶ 3. Talk about internet safety
 - ▶ Provide practical safety tips
 - ▶ Talk through what will happen if they tell someone
- ▶ 4. Pay attention
 - ▶ Monitor social media and be alert to friends who are older
 - ▶ Notice if your child has new clothes, new cell phone, or other items
- ▶ 5. Talk honestly about pornography
 - ▶ Primary gateway to the purchasing of humans for commercial sex
 - ▶ Leads youth to believe dominance and violence are normal sexual behaviors

Youth and Phone Use

- ▶ Average age for first smartphone is now 10.3 years
- ▶ 88% of teenagers (13-17) own a cell phone
- ▶ 64% of children have access to the internet via their own laptop or tablet
- ▶ 39% of kids get a social media account at 11.4 years old
- ▶ 11% access social media accounts younger than 10



▶ Sources: National Consumers League and A Common Sense Research Study, 2015



Texting

- ▶ Kik Messenger
 - ▶ Lets users text for free
 - ▶ Stranger danger
 - ▶ Filled with ads and in-app purchases
- ▶ WhatsApp
 - ▶ Lets users send text messages, audio messages, videos, and photos to one or many people
 - ▶ For users 16+
 - ▶ It can be pushy



Self-Destructing and Secret

- ▶ Snapchat
 - ▶ Messaging app that lets users put a time limit on the pictures and videos they send before they disappear
 - ▶ It is a myth that Snapchats go away forever
 - ▶ It can make sexting seem OK
 - ▶ There is a lot of questionable content
- ▶ Whisper
 - ▶ Social "confessional" app that allows users to post whatever is on their mind, paired with an image
 - ▶ Whispers of often sexual in nature
 - ▶ Content can be dark
 - ▶ Although it is anonymous to start, it may not stay that way



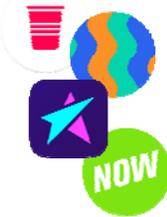
Video and Photo Sharing

- ▶ Instagram
 - ▶ Lets users snap, edit, and share photos and videos publicly or with followers
 - ▶ Teens are looking for "likes"
 - ▶ Public photos are the default
 - ▶ Kids can send private messages
- ▶ Musical.ly
 - ▶ Performance and video sharing
 - ▶ Songs and videos may contain inappropriate content
 - ▶ Gaining followers and fans feels important



Live Video Streaming

- ▶ Houseparty
 - ▶ App for groups of teens to connect via live video
 - ▶ Users can take screenshots during a chat
 - ▶ There is no moderator
- ▶ Live.ly
 - ▶ Associated with Musical.ly
 - ▶ Privacy and safety concerns
- ▶ Live.me
 - ▶ Allows kids to watch others and broadcast themselves live, earn currency from fans, and interact live with users without any control over who views their streams
 - ▶ Kids can easily see inappropriate content
 - ▶ Predatory comments
- ▶ YouNow
 - ▶ Lets kids stream and watch live broadcasts
 - ▶ Might make poor decisions to gain popularity
 - ▶ May accidentally share personal information



Chatting, Meeting and Dating

- ▶ MeetMe
 - ▶ Is not marketed as a dating app but it does include a "Match" feature in which users can "secretly admire" others
 - ▶ It is an open network
 - ▶ Lots of details are required
- ▶ Omegle
 - ▶ Puts two strangers together in a text or video chat
 - ▶ Users get paired up with strangers and no registration is required
 - ▶ This is NOT an app for kids and teens
 - ▶ Language
- ▶ Yubo
 - ▶ "Tinder for teens"
 - ▶ It is easy to lie about your age
 - ▶ You have to share your location and other information
 - ▶ It encourages contact with strangers



Sexting

Activities such as sending, receiving, forwarding, requesting, coercing

Format such as images, videos or explicit text

Content such as suggestive, nudity, threats, violence

Situations such as flirting, dating, abusive, bullying, larger groups



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=KIGFT2HJAE](https://www.youtube.com/watch?v=KIGFT2HJAE)

Who Sends Them?

- ▶ National Campaign to Prevent Teen and Unplanned Pregnancy and CosmoGirl.com
 - ▶ Completed a survey in the fall 2008
- ▶ Sent / posted nude or semi-nude pics/vids
 - ▶ 22% Teen Girls (13-19)
 - ▶ 18% Teen Boys
- ▶ Sending or posting sexually suggestive messages
 - ▶ 37% Teen Girls
 - ▶ 40% Teen Boys
 - ▶ 71% send it to boyfriend/girlfriend
 - ▶ 15% someone they only knew online

Why Send Them?

- ▶ 66% girls, 60% boys – to be “fun and flirtatious”
- ▶ 52% girls – “sexy present” for boyfriend
- ▶ 51% girls – pressure from a guy
 - ▶ 18% of teen boys pressure from a girl
- ▶ 40% girls – as a joke
- ▶ 34% girls – to feel sexy

APPS- HELPING YOU SAY NO!

Tips for Parents

- ▶ Clarify your expectations and your family's values when it comes to sex, relationships and cellphone usage.
- ▶ Discuss what characterizes a healthy relationship.
- ▶ Explain how quickly information can spread online. Emphasize that once an image is shared, it is out of their control and can stay around forever.
- ▶ Help teens understand the consequences they could face for sending or forwarding images.
- ▶ Talk to teens about the importance of not asking for or forwarding sexts. Make sure they understand that forwarding sexting images is a major violation of trust and explain the risks that it poses to the person in the picture.

Parental Controls and Teens

- ▶ 67% of teens say they know how to hide what they do online from their parents
- ▶ 43% of teens admit they'd change their behavior if parents were watching them
- ▶ 39% believe their online activity is private
- ▶ 38% would feel offended if they found out parents were spying on them
- ▶ 25% would be shocked and hurt if they found out about spying
- ▶ 20% of kids think parents have no idea what they are doing online
- ▶ 18% have created private email addresses or duplicate social networking accounts
- ▶ 10% have unlocked parental controls to disable filtering

Teen/Mom Internet Safety Survey, Oct. 2008, McAfee & Harris Interactive

Who needs to have these conversations?

- PARENTS
- SCHOOLS
- CHURCH GROUPS
- OTHER COMMUNITY ORGANIZATIONS

What are Schools Concerned About?

- ▶ # 1 Sexting
- ▶ #2 Unhealthy relationships/dating violence
- ▶ #3 Boundaries and social skills

Did you know?

- ▶ Children who receive school-based education about child sexual abuse are 3.5 times more likely to report if they had been/were being abused, compared to children who did not receive that education.

▶ Source: Walsh K and Zwi K, et al.,2015

Talking to Children and Teens

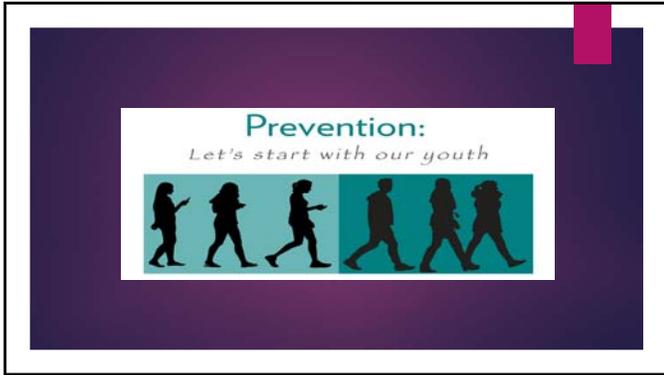
- ▶ Start early
- ▶ Use everyday moments example: reading time, over a treat or at bed/bath time.
- ▶ Use concrete examples: You are at a friends house and their older brother wants to play a game that makes you feel uncomfortable.
- ▶ Talk about touch
- ▶ Explain about tricks
- ▶ Clarify the rules
- ▶ Model healthy boundaries
- ▶ Be approachable
- ▶ Teach bystander intervention

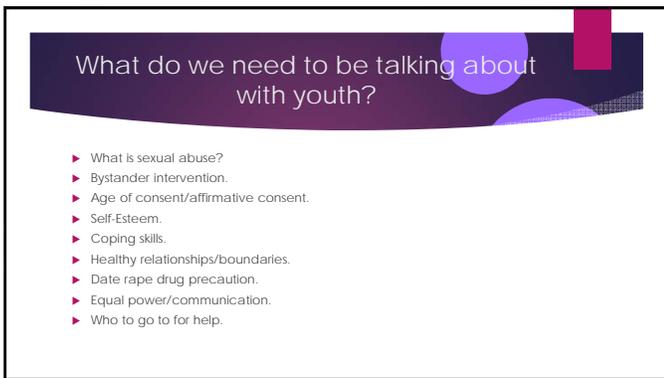
Discussion Starters- Social Media and Apps

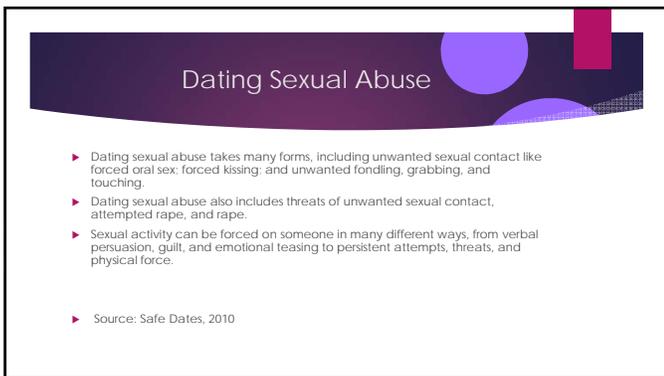
<ul style="list-style-type: none"> ▶ Ask Children ▶ What's your favorite website? What do you like to do there? ▶ Have you ever seen something online you didn't want to see? ▶ Do you ever talk to people you don't know online? What do you talk about? 	<ul style="list-style-type: none"> ▶ Ask Tweens and Teens ▶ Can you show me which sites and apps you're using? ▶ Would you feel comfortable if I checked your accounts? ▶ What kinds of things do you post? ▶ How do you decide who to add as a friend? ▶ How much personal information do you share online?
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Discussion Starters-Cell Phones and Sexting

<ul style="list-style-type: none"> ▶ Cell Phones ▶ What do you use your phone for the most? Can you show me some of your favorite apps? ▶ Do you know everyone you have as a contact in your phone and on different apps? ▶ Has anyone ever taken an embarrassing picture of you without your permission? ▶ Have you ever taken an embarrassing picture of someone else? What did you do with it? ▶ Have you ever talked with someone you first met online on your cellphone? ▶ What would you do if someone sent you a text or picture that was inappropriate? ▶ Do you know how to turn off GPS and turn on privacy settings for the different apps you use? 	<ul style="list-style-type: none"> ▶ Sexting ▶ Has anyone ever sent you a sext? ▶ Has anyone ever asked or pressured you to sext? ▶ Do you think it's OK to forward "sexy" images? Why? ▶ What could happen to you if you send or forward a naked picture? ▶ What are some ways a private photo sent to one person could be seen by others?
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Healthy Relationships

- ▶ Healthy Relationships involve a shared exchange between two people with no one having more power or control than the other.
- ▶ Statistics on dating violence:
 - ▶ 1 in 5 teens that have been in a serious relationship report being hit, slapped, or pushed by a partner.
 - ▶ 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked or physically hurt by their partner.
 - ▶ 1 in 4 teenage girls who have been in relationships reveal they have been pressured to perform oral sex or engage in intercourse.
 - ▶ More than 1 in 4 teenage girls in a relationship report enduring repeated verbal abuse.
 - ▶ 1 in 3 teens say they are text messaged 10, 20, 30 times an hour by a partner inquiring about where they are, what they're doing or who they're with.

Healthy Relationships

- ▶ Are full of Energy: You have time to do most everything you want and need to do.
- ▶ Are responsible: You don't forget all your obligations to others and responsibilities (such as school or friends).
- ▶ Are enjoyable: You might argue sometimes, but not constantly or violently.
- ▶ Are always changing: You learn more about each other every day and can accept each other's differences.
- ▶ Are not based on sex: Sex is never a test or proof of love. You can't make someone love you by having sex with them. Just because they have sex with you, doesn't mean they love you either.

Drug Precaution

- ▶ Don't put a drink down and leave it.
- ▶ Don't accept drinks from anyone you don't know well.
- ▶ Remember that dating sexual abuse and date rape is committed by people you know, so its best to accept drinks that have not already been opened.
- ▶ Be especially careful about drinks at parties and clubs.
- ▶ Don't drink anything that tastes funny, even if your friends are drinking it.
- ▶ Don't drink alcohol.

▶ Source: Safe Dates, 2010

Four SAFE Skills for Building Equal Power

- ▶ - Find out feelings.
- ▶ - Find out how the other person feels about the situation that is causing the disagreement.
- ▶ - Express your own feelings.
- ▶ -Use "I" statements when expressing feelings.
- ▶ Exchange ideas for a possible solution.
- ▶ -With all of this information, suggest possible solutions.
- ▶ - Talk about which ones work best for the two of you.

▶ Safe Dates, 2010

Four SAFE Skills for Building Equal Power

- ▶ - Stay calm.
- ▶ - Use calming strategies to feel cool and collected.
- ▶ Ask questions.
- ▶ - Ask honest and open questions to better understand the situation.
- ▶ - Don't jump to conclusions.
- ▶ -After listening to your partner's answers, you may realize that the conflict was all a misunderstanding.

Adverse Childhood Experiences

- Reduces the ability to respond, learn, or figure things out, which can result in people not being able to school.
- Increases the risk for chronic diseases, such as heart disease, diabetes, and cancer.
- Increases the risk for mental health problems, such as depression, anxiety, and PTSD.
- Increases the risk for substance use, such as alcohol and drugs.
- Increases the risk for physical health problems, such as heart disease, diabetes, and cancer.
- Increases the risk for social problems, such as isolation and loneliness.
- Increases the risk for financial problems, such as poverty and homelessness.
- Increases the risk for legal problems, such as arrests and incarceration.
- Increases the risk for health care costs, such as hospitalizations and long-term care.
- Increases the risk for reduced quality of life, such as lower life expectancy and lower overall well-being.

In childhood, persistent and intense stress stemming from ACEs actually influences how the brain develops. Toxic stress strengthens connections in the parts of the brain that are associated with fear, arousal, and emotional regulation. Additionally, toxic stress negatively impacts parts of the brain associated with learning and memory. Continuous activation of the stress response system can also produce disruptions of the immune and metabolic systems. This can result in a lifetime of greater susceptibility to physical illness as well as mental health problems.

<https://www.health.state.mn.us/communities/ace/resilience.html>



How resilience develops:

- Close relationships with competent caregivers or other caring adults
- Parent resilience
- Caregiver knowledge and application of positive parenting skills
- Identifying and cultivating a sense of purpose (faith, culture, identity)
- Individual developmental competencies (problem solving skills, self-regulation, agency)
- Children's social and emotional health
- Social connections
- Socioeconomic advantages and concrete support for parents and families
- Communities and social systems that support health and development.

Minnesota Department of Health

Youth as Leaders

- ▶ Focus on assets, not problems.
- ▶ Address the real needs of young people.
- ▶ Engage young people in developing programs.
- ▶ Involve knowledgeable and committed adults.
- ▶ Recognize the influences of young people's environments.
- ▶ Build community partnerships

▶ National Sexual Violence Resource Center, 2014

Empowerment means focusing on clients' strengths and believing that they can make a difference. Empowerment means never judging clients' decisions and never making them feel like they need to hide things.




What Curriculum's are Available?

- Safe Dates- middle and high school students
- Second Step- pre k-8th grade
- Voices- young girls and women
- Coaching Boys into Men-high school coaches working with male athletes
- It's All One- youth 15+
- Flash- middle and high school, k-4, elementary, and special education
- Good Touch Bad Touch -pre k and kindergarten
- Lets Chat- 7th and 8th grade
- Netsmartz
- Not a #




"What is possible when the voices of youth inform the Sexual Violence Strategy?"



Questions?

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