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Pics, Texts, and Tracking: Understanding and Addressing Digital Dating Abuse

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Lead Program Specialist
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**SCHOOL-BASED
HEALTH ALLIANCE**
Redefining Health for Kids and Teens



We Believe...


**In the transformational
power of the health and
education intersection**

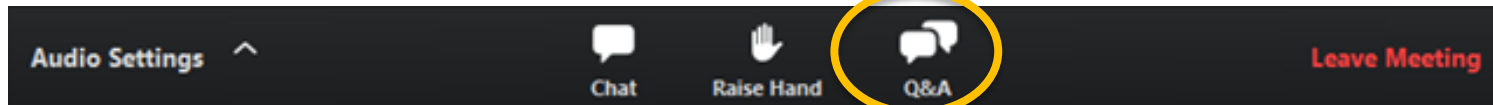


HEALTHY STUDENTS
make better learners

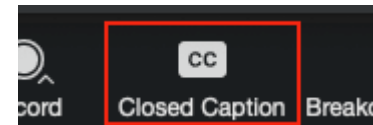
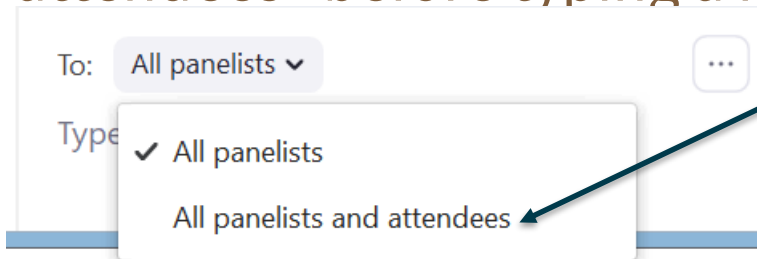
REMINDERS

 All attendees are in **listen-only mode**.

 To ask a question during the session, use the **“Q&A” icon** that appears on the bottom your Zoom control panel.



 When using the chat, please select “all panelists and attendees” before typing a message



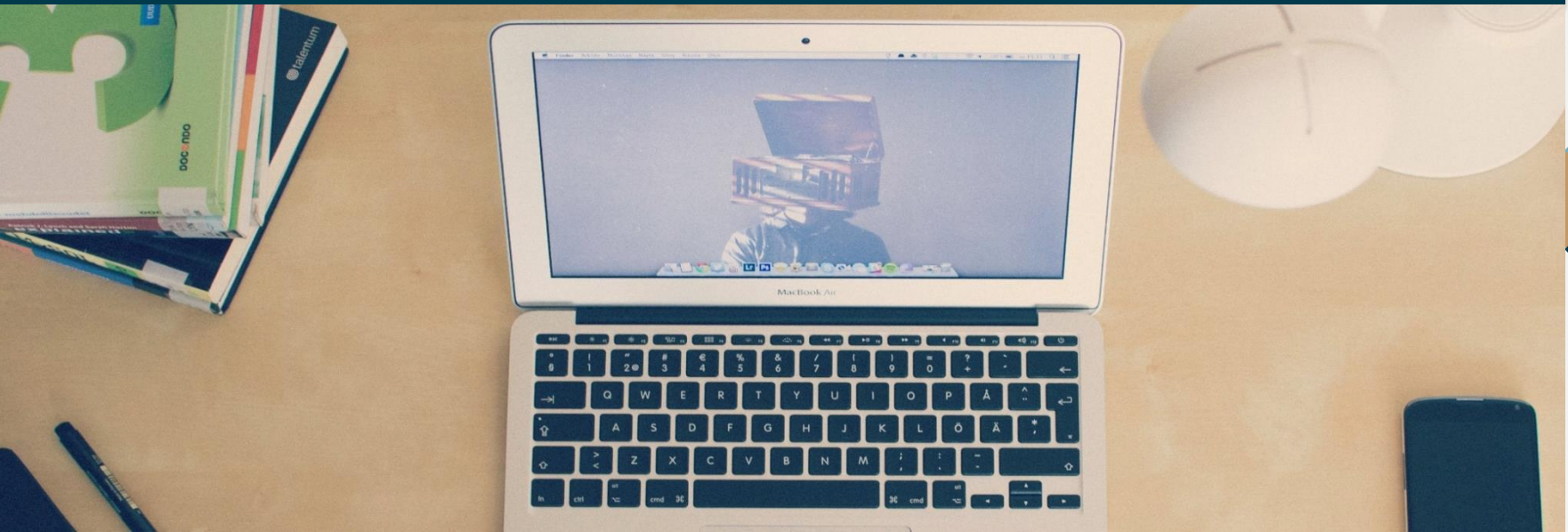
 To turn on closed captioning, click on the **“CC” button**

 Please complete evaluation poll questions at the end of the presentation.

WEBINAR ARCHIVE

- The State of the Science: Teen Brain Development and the Impact of Marijuana
- Hallways to Health 4-Part Webinar Series
- Youth-Led 2-Part Webinar Series
- Quality Counts: How to Download and Use Your 2016-17 NQI Reports and Prepare for 2017-18 Reporting

<http://www.sbh4all.org/webinars>



Save the Date!



SCHOOL-BASED
HEALTH ALLIANCE

Thursday May 20th at 2:00pm EST



CUT THE CAMERAS: UTILIZING MEDIA TO TALK ABOUT UNHEALTHY RELATIONSHIPS WITH YOUNG PEOPLE



Baila Salifou
(she/her)
Youth Advisory Council



Audrey Gabriel
(she/her)
Youth Advisory Council

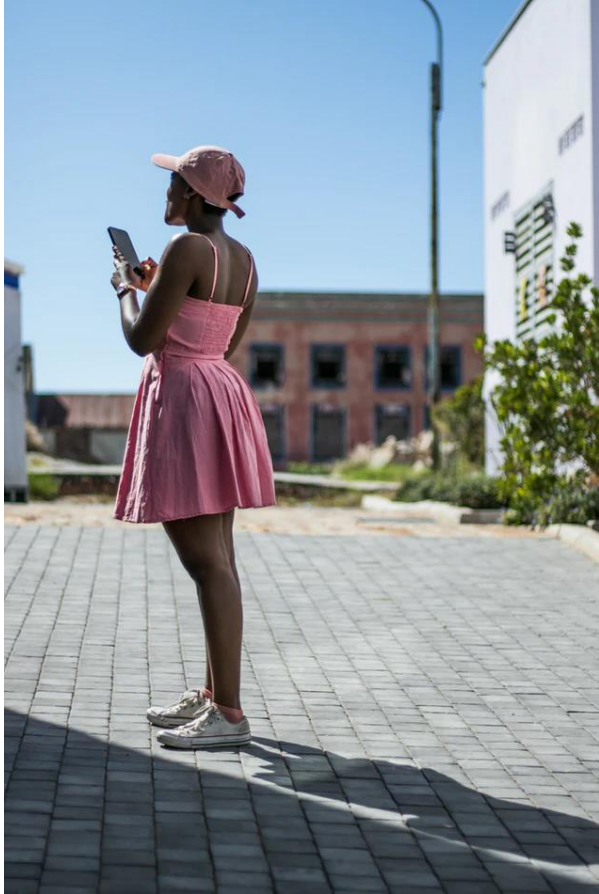


Anna Casalme
(she/her)
Novelly

TODAY'S PRESENTER



Kaleigh Cornelison, MSW
Lead Program Specialist
Adolescent Health Initiative



PICS, TEXTS, AND TRACKING: UNDERSTANDING AND ADDRESSING DIGITAL DATING ABUSE

Kaleigh Cornelison, MSW
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Lead Program Specialist
Adolescent Health initiative

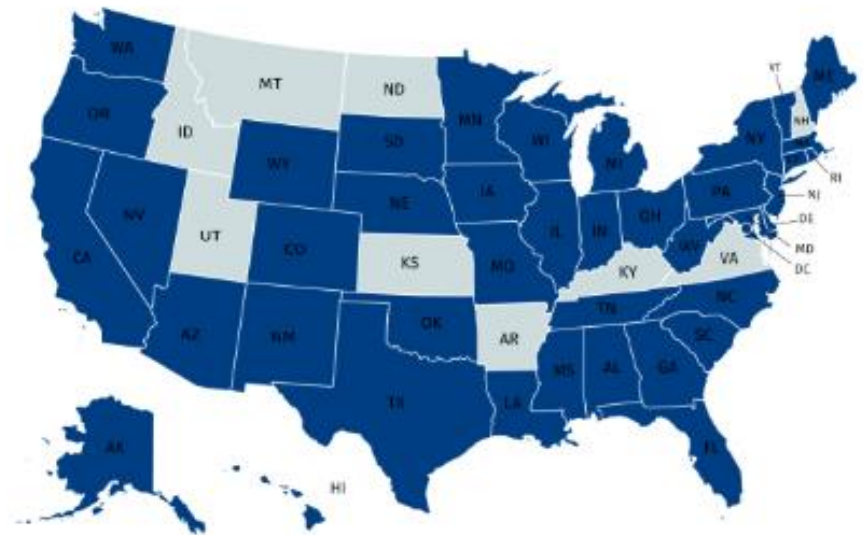
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ADOLESCENT HEALTH INITIATIVE



The Adolescent Health Initiative (AHI) provides training, technical assistance, and coaching to health care providers, health systems, and organizations across the country to improve adolescent-centered care.

Our vision is to transform the health care landscape to optimize adolescent and young adult health and well-being.



www.AdolescentHealthInitiative.org

OBJECTIVES



Participants will:

- Be able to define digital dating abuse and how it connects to larger systems of power and control
- Review how digital dating abuse shows up on different social media platforms and how it may impact young people's mental health
- Explore how digital dating abuse can look different for youth depending on their identities
- Learn strategies to open up conversations about digital dating abuse and be able to identify and support youth who are coping with or perpetrating it



HEALTHY, UNHEALTHY, OR ABUSIVE?



Consider if your adolescent patients were doing the following or having the following done to them:

- Messaging someone ten times without a response
- Sending fifty text back and forth with their partner in one day
- Following all of their partner's friends on Instagram and Snapchat
- Asking their partner to send an explicit picture that no one else will see
- Posting on social media that they had a fight with their partner
- Using technology to monitor where their partner is and what they are doing without their knowledge to make sure they aren't cheating





**BE AWARE &
KNOW THE
FACTS**



WHAT IS DIGITAL DATING ABUSE?



“...**a pattern** of technology-facilitated, controlling behaviors, exhibited by one person toward another within a current or former romantic relationship.”

“...using technology to **repetitively** harass a romantic partner with the intent to control, coerce, intimidate, annoy or threaten them.”

Note: it is a PATTERN of behavior





Journal of Interpersonal
Violence
2020
Sameer Hinduja, PhD
Justin W. Patchin, PhD

DIGITAL DATING ABUSE AMONG A NATIONAL SAMPLE OF U.S. YOUTH

Nationally representative sample of
2,218 American middle and high
school students (12-17 years old)
who have been in a relationship

EXPERIENCE WITH DIGITAL DATING ABUSE



Form of Victimization	%
He or she looked through the contents of your phone, tablet, or other device without permission	21.5
He or she prevented you from using your cell phone, tablet, or other device	11.8
He or she threatened you in a cell phone text message	9.5
He or she posted something publicly online to make fun of, threaten, or embarrass you	9.0
He or she posted online, or shared with others, a private picture of you without permission	8.7
One or more of the above	28.1

OTHER DATA



- **81%** of the students who had been the target of **digital dating abuse** had **also** been the target of **traditional dating abuse**.
- **32.3% of males** and **23.6% of females** reported experiencing digital dating abuse
 - The study did not account for non-binary or trans youth.
- Other demographics such as sexual orientation, race, and age did not impact the rates of digital dating abuse in this study.
- Other research:
 - Social Work Research, Sept 2020 - Exploring Latinx Youth Experiences of Digital Dating Abuse
 - Urban Institute, July 2013 – Technology, Teen Dating Violence and Abuse and Bullying



UNDERSTAND THE BIGGER PICTURE

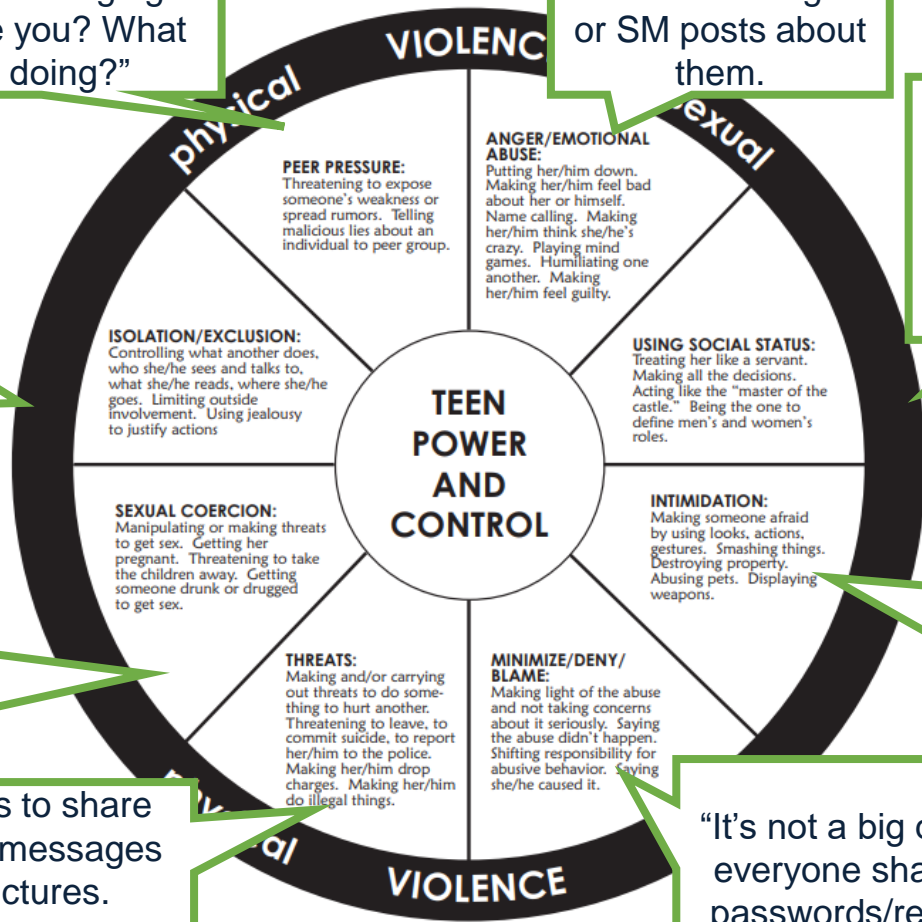


Constant messaging.
"Where are you? What are you doing?"

Hurtful messages or SM posts about them.

Saying they have to keep a certain persona on SM or ask for permission before posting something.

Controlling who they can interact with on SM or via text. Blocking them on SM or their texts when they're upset with them.



Stalking or tracking using their phone or SM platforms.

Pressuring them to send sexual photos or videos.

Threats to share private messages or pictures. Threats to out them on SM.

"It's not a big deal, everyone shares passwords/reads each other's texts"



**DON'T
DEMONIZE
SOCIAL MEDIA**



IT'S HERE TO STAY



Amount of daily screen use, not including for school or homework



Tweens:

4 hours, 44 minutes



By socioeconomic status

Tweens in higher-income homes: **3:59**

Tweens in lower-income homes: **5:49**

Young people in lower-income homes use nearly two more hours of screen media a day than their peers in higher-income homes.

Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.



Teens:

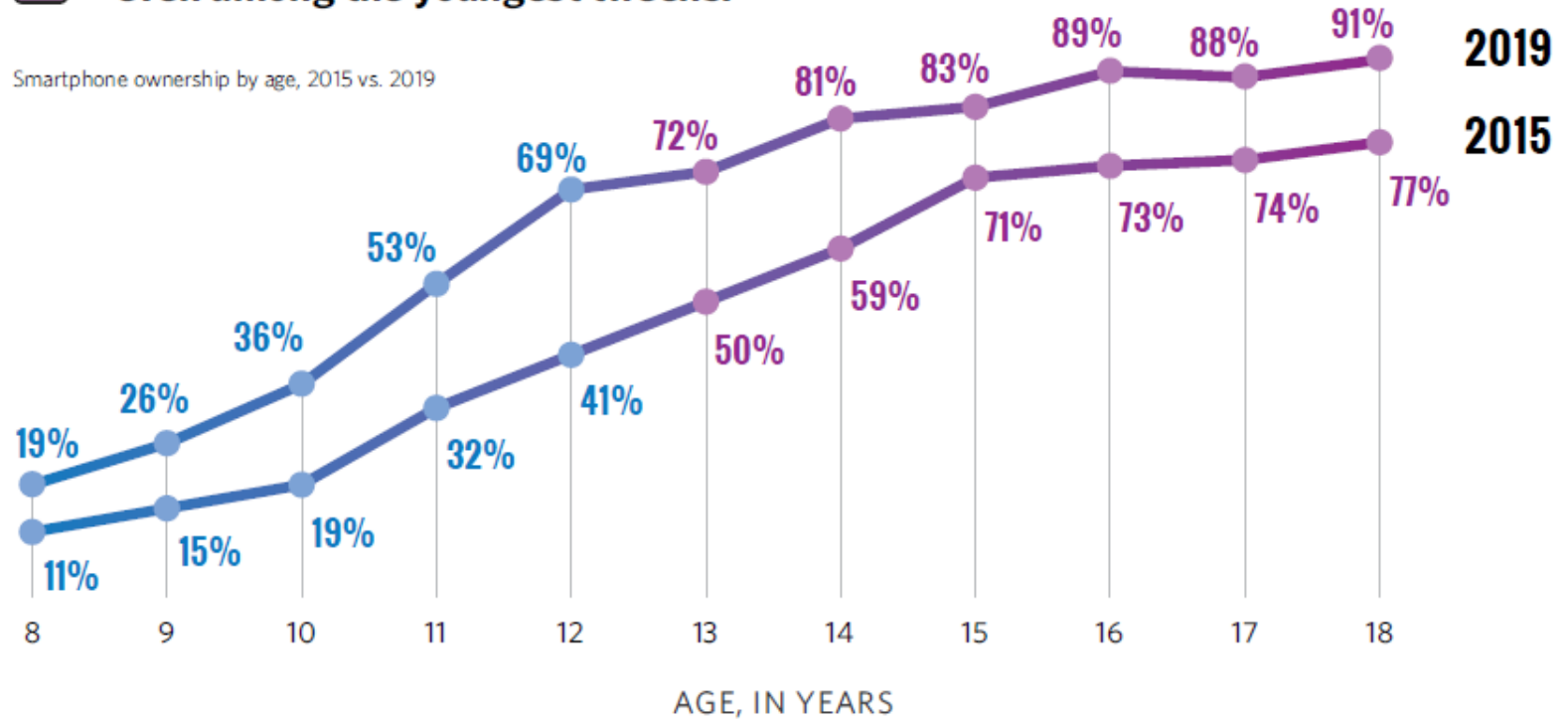
7 hours, 22 minutes

Common Sense Media, The Common Sense Census: Media Use by Tweens and Teens
Nationally Representative Survey of 1,677 U.S. young people age 8 to 18 March 11 to April 3,
2019



Smartphone ownership has risen dramatically, even among the youngest tweens.

Smartphone ownership by age, 2015 vs. 2019

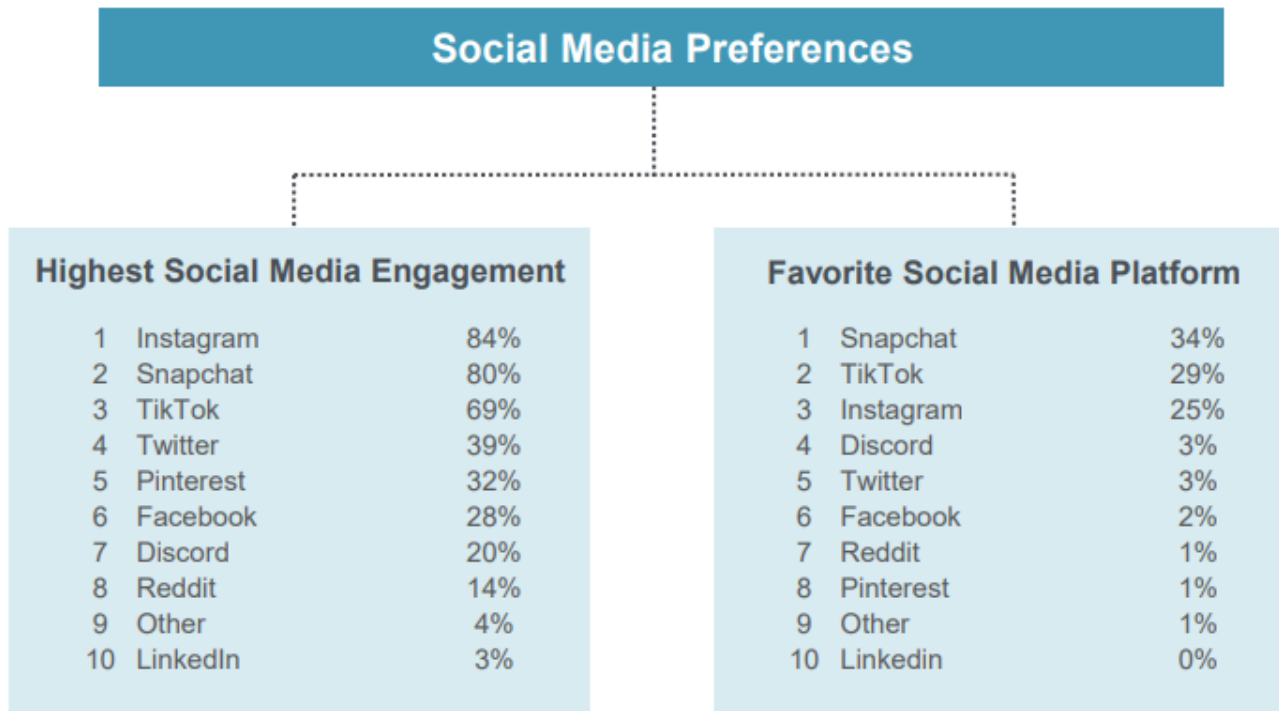


Common Sense Media, The Common Sense Census: Media Use by Tweens and Teens
Nationally Representative Survey of 1,677 U.S. young people age 8 to 18 March 11 to April 3,
2019



KNOW WHAT TO LOOK FOR





Piper Sandler Investment Research - Taking Stock with Teens: 20 Years of Researching U.S. Teens, GenZ Insights. Fall 2020 Results.

COMMON FORMS OF DIGITAL DATING ABUSE



- Preventing a partner from using a computer or cell phone
- Posting something publicly to make fun, threaten, or embarrass a partner
- Looking through a partner's phone without permission (or pressure them to let you do so)
- Sending threatening messages
- Pressuring to send explicit photos or videos (and/or then sharing or posting them)
- Constant messaging
- Others?



TEXTUAL HARASSMENT





START THE CONVERSATION





RISK SCREENING

- Considering adding a question or two to your screening tool:
 - In the past month, have you been threatened, teased, or hurt by someone (on the internet, by text, or in person) causing you to feel sad, unsafe or afraid?
 - Has anyone ever physically injured you (by hitting, slapping, kicking) or forced you to have sex or be involved in sexual activities when you didn't want to?

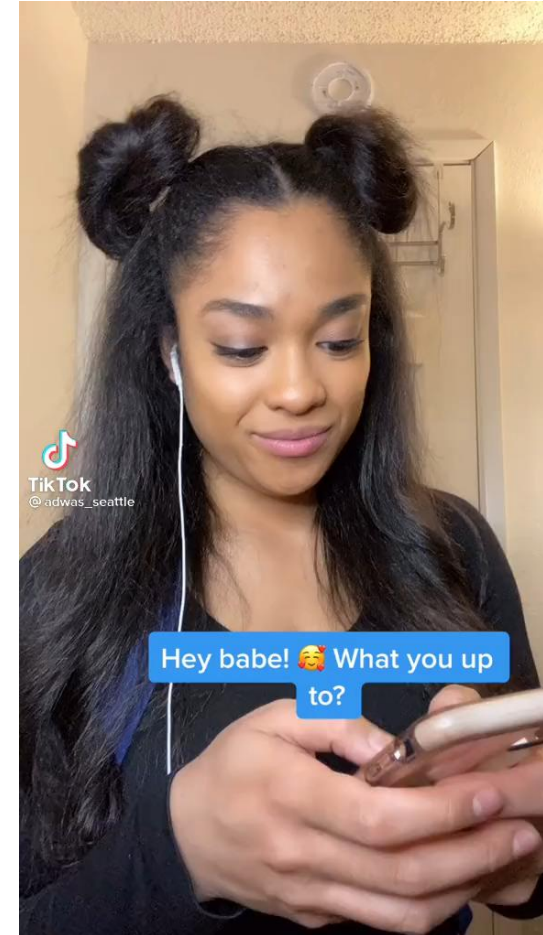
HURT, INSULT, THREATEN, and SCREAM
(HITS) Tool for Intimate Partner Violence Screening

How often does your partner?	NEVER	RARELY	SOMETIMES	FAIRLY OFTEN	FREQUENTLY
	(1)	(2)	(3)	(4)	(5)
1. Physically hurt you?					
2. Insult or talk down to you?					
3. Threaten you with harm?					
4. Scream or curse at you?					
5. (+) Force you to do sexual acts that you are not comfortable with?					
TOTAL SCORE:					



RAISE AWARENESS

- Ask about relationships and social media use (don't assume the worst right away)
- Awareness campaigns and prevention education around digital dating abuse, warning signs of dating violence and what a healthy relationship looks like





INTERVENE



SCENARIO #1



You're a primary care provider at an SBHC. During a routine visit, one of your patients answers YES to the following risk screening question:

In the past month, have you been threatened, teased, or hurt by someone (on the internet, by text, or in person) causing you to feel sad, unsafe or afraid?

How could you open up the conversation with her during this visit?

"I noticed you said 'yes' to the question about being threaded, teased or hurt by someone in the last month, can you tell me more about that?"

SCENARIO #1 CONTINUED



Your patient goes one to tell you that her boyfriend has been making negative comments about her on social media - commenting on photos and videos that she “looks like a slut” and telling her that she better deactivate their Instagram account or he’ll break up with her. She tells you:

“He’s really sweet to me the rest of time, he just gets insecure about the photos I post. I’m thinking about just not posting anything new for awhile.”

How would you respond? What resources would you want to have on hand?

“Hearing that your boyfriend is making those negative comments about you concerns me a little – often times when that happens, there are other unhealthy things going on in the relationship. Is there anything else he does that makes you feel uncomfortable or put down?”

SCENARIO #2



During a visit, your adolescent patient is extremely distracted by their phone which is buzzing constantly. When you ask them to set their phone aside for the rest of the visit, they hesitate and tell you:

“I would... but my girlfriend gets really mad when I don’t answer her texts right away. I don’t want her to think I’m doing something wrong.”

What might you say next?

“Huh. Tell me more about that – why would she think you’re doing something wrong?”

“What happens when you don’t answer her texts right away? What does getting ‘really mad’ look like?”

“Constant messaging like this is something I’ve sometimes seen in relationships that are struggling with trust – is that something that’s an issue with you two?”

SCENARIO #3



Your school just had an awareness program about Teen Dating Violence that included classroom presentations and social media campaigns. Just as you're wrapping up a visit an adolescent patient, he tells you there's one more thing we wanted to ask you about:

“We just had this talk in class about unhealthy relationships... my girlfriend always makes me show her my text messages and wants me to share my iPhone location with her... is that abusive?”

What could you say next?

*“Thanks so much for asking me about this – what do **you** think about having to show her your texts and share your location?”*

“I don't know if it's abusive but it doesn't sound very healthy to me – what do you think are some of the qualities of a healthy relationship?”

SCENARIO #3 CONTINUED



“Often times we don’t think of controlling actions like that as unhealthy or abusive so I’m glad your thinking about this – our social worker is actually here today and she knows a lot about this topic, would you want to chat with her for a bit before going back to class?”



OTHER STRATEGIES



- Have safety plans on hand but don't always expect to use them
- Understand fears/hesitation about leaving the relationship or breaking up
- Validate feelings but point out unhealthy patterns/behaviors
- Identify other social supports
- Know your referrals and resources



RESOURCES



- **Love is Respect**
 - loveisrespect.org
 - loveisrespect.org/personal-safety/safety-online/
 - loveisrespect.org/pdf/What_Is_Digital_Abuse.pdf
- **A Thin Line**
 - athinline.org
 - athinling.org/getthefacts
- **Cyberbullying Research Center**
 - cyberbullying.org
- **That's Not Cool**
 - thatsnotcool.com
- **Common Sense Media**
 - commonsensemeida.org
 - commonsense.org/education/digital-citizenship/lesson/my-social-media-life

THANK YOU!

MAY 13-14, 2021

Registration
is open!

Now Virtual
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QUESTIONS?

Please enter your questions into the “Q&A” box of the Zoom control window.



THANK YOU!

Additional Questions? Contact us at: info@sbh4all.org

