

Domestic Violence Solutions

What Is

LOVE

Teen Programs Overview

Who We Are

Teen dating violence is an urgent, silent epidemic in Santa Barbara County. One in three teens report experiencing abuse in a dating relationship and most teens will never report the abuse to anyone¹. Dating violence is not just dangerous and sometimes lethal, teens who experience abuse in a relationship exhibit higher rates of violence, school drop-out rates, drug abuse, high-risk sexual behavior and suicide². Domestic Violence Solutions Teen Service Team believes everyone has the right to safe and healthy relationships.

DVS is the leading, county-wide nonprofit organization addressing teen dating violence for more than three decades. Every day we engage, educate and empower Teens to be safe and help them experience positive and supportive relationships.

How We Help

DVS Teen Service Program is a Santa Barbara County based program committed to ending dating violence through teen-friendly, evidenced based, effective early education and prevention. Our curriculum meets the US Department of Health and Human Services, National Health Education Standards 1.12.1 thru 8.12.4. We work directly with Teens ages 12 to 18, train school administration and staff, offer workshops for parents, and operate a 24-hour confidential hotline to help teens throughout the county to live without fear and abuse.

We provide:

- 50-Minute Classroom Presentation
- 3-day Workshop | 6-day Intensive Workshop
- Assembly Format Presentation **What Is Love**
- 20-Hour Peer Advocate Training
- Training for teachers, staff and school officials
- Referral to Counseling Services
 - Healthy Communication
 - Anger Management
 - Conflict Resolution
 - Self Esteem
 - Restorative Justice Circle Processes

¹ Carolyn Tucker Halpern, PhD. Et Al., "Partner Violence Among Adolescents in Opposite-Sex

² Jay G. Silverman PhD, et Al., "Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality." Journal of the American Medical Association, 286 (2001) 572-579.

Education Programs

Education is the key to preventing and ending dating violence, which is why DVS Teen Services Team works directly with schools to provide teens with the tools and knowledge necessary to develop essential healthy relationship skills. Our evidence-based education programs empower teens to maintain healthy relationships and help create a safe school environment and can be specially tailored for English-Language Learners, LGBTQ, and pregnant and parenting teens.

50-Minute Presentation | 3-day workshop | 6-day Intensive Workshop

Our trained educators offer a 50-Minute Classroom presentation or a presentation series of up to six 50-Minute workshops. Our most effective and preferred delivery is our 3 consecutive day workshop series that allows teens the focus and time to fully understand dating violence and increase their ability to make healthy relationship choices. We use an innovative teen-friendly resource that complies with National Health Standards set by the Center of Disease Control created by Break the Cycle entitled *Ending Violence*. This interactive DVD curriculum instructs teens about: Dating Violence warning signs, types of abuse, the cycle of violence, builds healthy relationship skills, informs teens of their legal rights and responsibilities and connects them to community resources. Through powerful real-life stories from survivors and interactive discussions and quizzes this presentation delivers on the following objectives.

Workshop objectives:

1. Increase understanding of the prevalence and gravity of abuse in teen relationships
2. Increase the ability to recognize healthy and unhealthy relationship behaviors
3. Bring awareness to dangerous warning signs
4. Increase awareness of resources for help

Assembly Format Presentation



What is LOVE Assembly introduces Teens in middle schools and high schools alternatives to Dating Violence. Presented school assembly style to an audience of students, teachers, and parents, the program provides a real story from a dating violence survivor. We use her story to, define the Physical, Emotional, and Sexual forms of abuse, explain the Cycle of Violence, and provides information to empower teens to maintain healthy relationships and advocate for their schools to be safe environments where teens can report abuse.

The program is the end result of two years of collaboration between Domestic Violence Solutions of Santa Barbara County, Cottage Hospital, the Santa Barbara Unified School District, the Santa Barbara County District Attorney's Office and the Santa Barbara Police Department.

Through a large screen PowerPoint Flash presentation, What is LOVE tells a compelling story about a teen that was involved in a very violent dating relationship for six years. During the presentation, the survivor shares her story, in her own words, her

experience of being in a violent relationship. Expert speakers discuss the comprehensive effects of dating violence. In the presentation, we use the survivor story, to define Dating Violence, Discuss Warning Signs, Discuss how to safely get out of an abusive relationship and offer community resources. During the presentation, scenarios involving other choices that could have been made, every step of the way, are solicited via student interaction, and presented to the audience.

School Administrators and Teaching Staff are provided with a 50-minute class discussion immediately following the assembly. Teachers will lead students in an open and honest discussion about the CHOICES, DECISIONS, & CONSEQUENCES of the students in the What Is LOVE assembly presentation, stressing with students, how they can apply this critical thinking to their own real life situations at home, in neighborhoods and schools.

The students get an opportunity to:

1. Share information learned from the assembly with their peers
2. Support friends and family members to stay safe in their relationships
3. Speak-out in school and the community to end teen dating violence

20-Hour Peer Advocate Training and Teen Activism

Survivors of dating violence often find solace and support in their peers. When female high school students were asked whom they would talk to about abusive relationships, 86% said they would confide in a friend, while only 7% said they would talk to police³. Our 20-Hour Peer Advocate training conforms to the National Standards for Health Education set by the Centers for Disease Control. We also employ the mentoring, youth development and asset building principals created by the Search Institute of Minnesota, National Youth Leadership Council and Department of Education.

The 20-Hour Peer Advocate Program for high school students provide its graduates with the tools to educate their peers on dating violence. Participants (both female and male) will learn about the qualities of healthy and unhealthy relationships. They will also be trained in crisis support and public speaking. Peer advocates apply new skills and knowledge to advocating for improved school climate and community change. They complete projects like:

- High School and Junior High School Classroom presentations
- Organizing display tables at their schools
- Participating in the Assembly Format presentation
- Writing and directing public service announcements for the school Video Report
- Letter-writing campaigns
- Community walks
- Art-driven activism
- Journalism assignments/Legislative and school-based advocacy

20-Hour Peer Advocate Training and Teen Activism BENEFITS

Educates and empowers teens to become advocates for healthy relationships while promoting their positive development.

The benefits of this type of service-learning are extensive:

³ Hickman LJ, Jaucox JH, and Aronoff J, "Dating Violence Among Adolescents: Prevalence, Gender Distribution, and Prevention Program Effectiveness," Trauma, Violence, and Abuse, Vol. 5, No. 2, 2004, pp 123-142.

1. Youth find their voice through taking ownership of a project. They take control of their own learning, develop leadership skills and become valuable, decision-making members of their communities.
2. By empowering a core group of student advocates, school administrators have a "sounding board" to address important issues affecting the student body.
3. Youth who participate in service-learning programs achieve more academically, becoming more likely to complete their high school education and matriculate to college.
4. This project meets the standards and best practices of the National Youth Leadership Council and Learn & Serve America.

Restorative Justice

An evidenced-based restorative justice practice developed for schools and community-based youth-serving organizations to more effectively address school safety. The program teaches conflict resolution skills, builds stronger relationships and provides alternative approaches to discipline. A West Oakland Middle School pilot project eliminated violent fights and expulsions, and reduced suspension rates by more than 75%, saving the school thousands in attendance funding using restorative discipline alternatives.

Restorative Justice is a set of principles and practices to respond to student misconduct, with the goals of repairing harm and restoring relationships between those impacted. Both the theory and practice of restorative justice emphasize the importance of:

- (1) identifying the harm,
- (2) involving all stakeholders to their desired comfort level, and
- (3) true accountability—taking steps to repair the harm and address its causes to the degree possible.

In terms of discipline, restorative justice takes incidents that might otherwise result in punishment and in them finds opportunities for students to recognize the impact of their behavior, understand their obligation to take responsibility for their actions, and take steps towards making things right. In this process students learn how to interact and manage their relationships with adults and peers; they become better equipped to understand how their behavior impacts others. In doing so restorative practices encourage accountability, improve school safety, and help to develop skills so students and the school community can succeed.

Restorative Justice as a whole school approach supports and teaches social emotional intelligence, builds community and relationships (social capital), and increases the school community's ability and capacity to communicate and address challenges (human capital). This more universal application helps to create a positive and inclusive school culture and enhance teaching and learning. In this way it is a prevention method: the school community becomes better equipped to resolve issues before they escalate into real problems.

Instead of asking:

- (1) What rule or law was broken?
- (2) Who broke it?
- (3) What punishment is deserved?

Restorative justice asks:

- (1) What is the harm?
- (2) What are their needs and responsibilities of all affected?
- (3) How should those affected collectively address the needs and repair the harm?

The restorative questions cannot be adequately answered without the involvement of those who have been most affected. Involving those affected is a cornerstone of restorative justice. The foundation of restorative justice rests on common values: respect, inclusion, responsibility, empathy, honesty, openness, and accountability.

What is School-based Restorative Justice?

School-based restorative justice includes prevention, intervention and re-integration. A school is a community made up of educators, staff, students and families. As such, a school can more easily apply the principles of restorative justice broadly as the community is more clearly defined. In a school setting, many refer to restorative justice as restorative practices or restorative measures. Restorative practices are used in a variety of ways in schools: to build community, celebrate accomplishments, intervene in offending behavior, to transform conflict that may occur between adults or young people, and to rebuild relationships that have been damaged. They can also be used to re-integrate students who have been excluded through suspension and expulsion. Restorative practices help schools create and maintain a positive school culture and climate.

Restorative justice is not another program to be imposed on schools. Many find that various approaches are complementary to restorative practices and can strengthen the school together. Restorative practices working independently or alongside promising programs can collectively provide tools to re-think and then build a caring culture in a school.

It is important to note that many teachers manage their classrooms in restorative ways without labeling their methods as restorative. Learning about restorative practices helps teachers to better understand their own methods, provides some language to describe their approach, further refines their practices, and makes it easier for them to share what is working for them with others.

Training Services

DVS Teen Services knows many communities may not have the resources to effectively address the public health and safety problem of teen dating violence. We are here to help. We provide training and support for adults who work with Teens in a variety of professional fields. We believe that knowledgeable, trained service providers are the foundation of a comprehensive safety network for teens experiencing dating violence.

We provide training services to a wide range of audiences including:

- School and university staff
- Domestic violence service providers
- Youth service providers
- Community organizations
- Law enforcement
- Prosecutors
- Attorneys
- Healthcare professionals

Partnerships

DVS understands the importance of partnering with collaborative organizations committed to working together to end teen dating violence.

- Family Advocacy Program VAFB
- Rape Crisis Center
- Neighborhood Clinics
- Parks and Recreation
- Police Activities League
- Community Counseling and Education Center
- City @ Peace
- Restorative Justice Neighborhood Initiative
- Academy of Healing Arts
- Teen Center
- Boys and Girls Club
- Girls Inc
- Just Communities
- Y-Strive
- Pacific Pride Foundation
- Teen Legal Aid
- Planned Parenthood
- Probation ADP program
- CADA Fighting Back
- Teen Court
- City Police Department
- County Sherriff Department
- Cal-Safe
- YMCA
- Family Therapy Institute
- District Attorney
- SB County Public Health
- Santa Barbara Unified School District
- Santa Barbara County School District

Schools and Organizations We Serve

SOUTH COUNTY

Santa Barbara High School

Dos Pueblos High School

San Marcos High School

Carpinteria High School

Santa Barbara JR HS

La Cumbre JR HS

El Puente Continuation

SB Neighborhood Clinic

1235 Teen Center

Community Day Continuation

Santa Barbara City College

Probation "ADP" Program

CADA Youth Services

Casa de la Raza

Isla Vista Teen Center

Planned Parenthood

Antioch University

Westmont University

UCSB

NORTH COUNTY

CAL SAFE Santa Maria

Lompoc Changing Faces

Los Prietos Boys Camp

FitzGerald Comm. School

Santa Maria Juvenile Hall

Cabrillo High School, Lompoc

Pioneer Valley High School, Santa Maria

Lompoc High School

Refugio Continuation School, Santa Ynez Valley

Santa Ynez Valley High School

Camino Floral School, Santa Maria

El Puente Community School, Lompoc

Program Goals/Objectives and Assessment Process

Need/problem

1. Dating violence affects one in three teens and two-thirds of teens affected by dating violence never report the abuse.
2. Teens are not aware of the resources available if they are experiencing dating violence.
3. Teens are not aware of their legal rights and responsibilities under the law.
4. Teens do not have adequate skills to deal with conflict in a healthy productive way.

Investment

1. 50-Minute Classroom Presentation
2. 3-day Workshop | 6-day Intensive Workshop
3. Assembly Format Presentation **What Is Love**
4. 20-Hour Peer Advocate Training
5. Training for teachers, staff and school officials
6. Referral to Counseling Services
 - a. Healthy Communication
 - b. Anger Management
 - c. Conflict Resolution
 - d. Self Esteem
 - e. Restorative Justice Circle Processes

Outcomes

1. Increased communication between teens and adults
2. Teens can identify dating violence, how to create healthy relationships, and how to get help for themselves, friends or family members.
3. Teens learn about their rights and responsibilities under the law and how to put them into action.
4. Increase in reporting of dating violence at school.
5. Decreased apprehension or fear of dating violence providers and resources.
6. A reduction in teen dating violence at school.

Evaluation

To determine the success of the program our staff will conduct confidential post tests as well as anecdotal review of the program. In the 2009-2010 School-year, our program provided over 5,000 Santa Barbara county teens with skills to recognize and avoid violent relationships, develop healthy relationship skills, prevented future incidents of dating violence, and provided resources to teens experiencing dating violence.

Outcomes

Our program yielded the following outcomes for the 2009/2010 School Year:

- 96% of the teens who attend the educational presentations and healthy relationship workshops report an increased knowledge and understanding of dating violence.
- 86% of the teens who attend the educational presentations and healthy relationship workshops report that they know how to find resources and get help for themselves or someone else in an abusive relationship.
- 72% of Pregnant and Parenting teens who attend the 6-week intensive workshops report that they have learned and are using non-violent parenting techniques.
- 83% of the teens who attend the 3-day and 6-week workshops express a good to great satisfaction rating.

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