

# SUPPORTING SURVIVORS OF ADOLESCENT RELATIONSHIP ABUSE

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# Take Care of Yourself

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# Learning Space Norms

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Respectful, Cooperative, Collaborative, Supportive, and Patient Environment

Confidentiality is honored

Resilience is celebrated

Power and permission to take care of ourselves

Practice question sensitivity

Generosity in sharing ideas

Listening is active

# More Box Breathing!

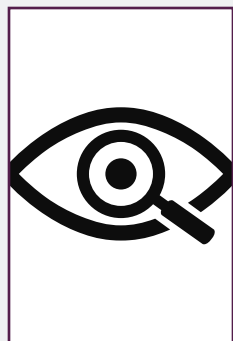
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# Training Objectives

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After this training you will be able to:



**Recognize the methods and tactics that define Adolescent Relationship Abuse**

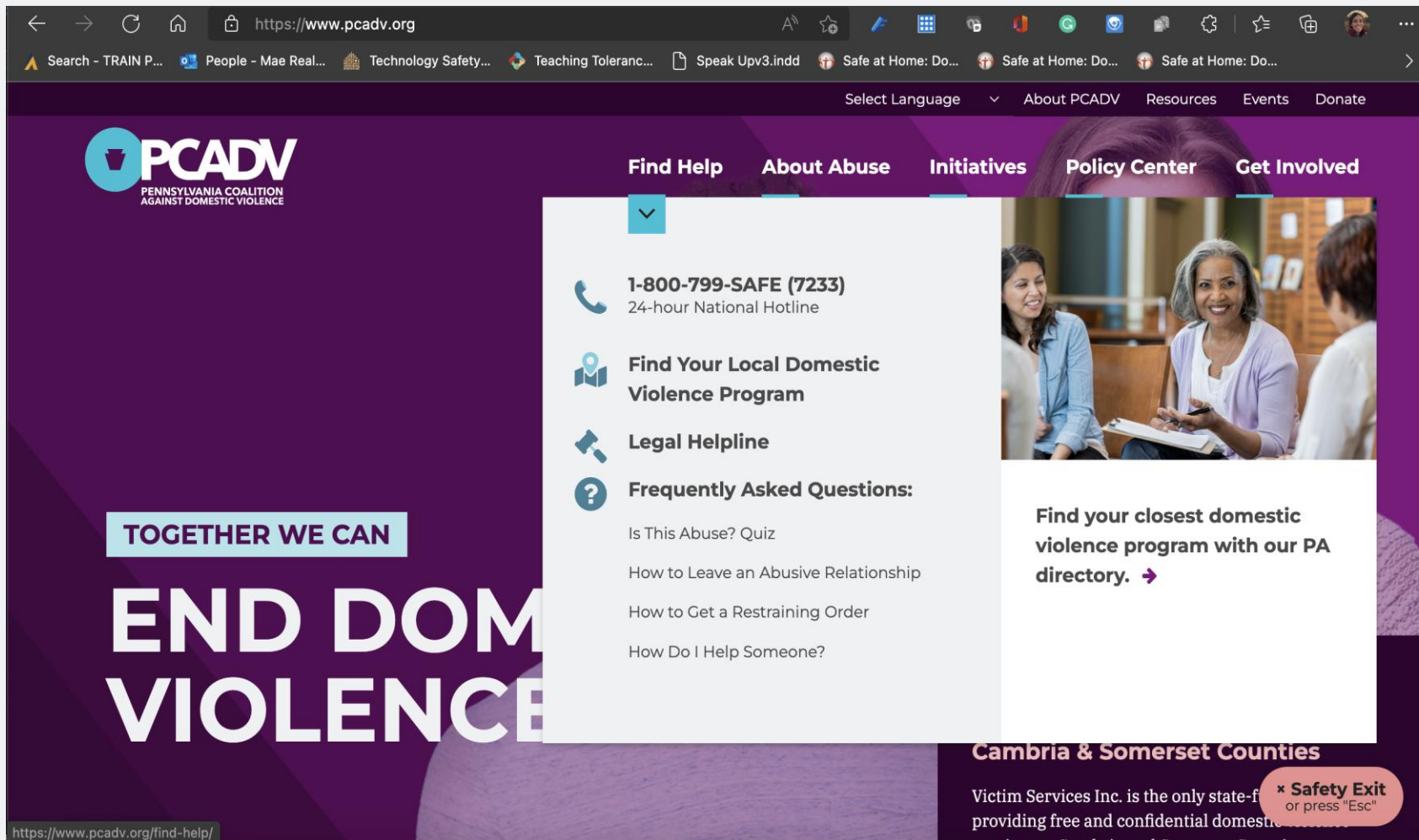


**Respond to disclosures of ARA in a survivor-centered, trauma-informed manner.**



**Help caregivers support survivors of ARA.**

# Take A Minute to Find Your Local DV Program



The screenshot shows the PCADV website with the 'Find Help' dropdown menu open. The menu includes the following options:

- 1-800-799-SAFE (7233)  
24-hour National Hotline
- Find Your Local Domestic Violence Program
- Legal Helpline
- Frequently Asked Questions:
  - Is This Abuse? Quiz
  - How to Leave an Abusive Relationship
  - How to Get a Restraining Order
  - How Do I Help Someone?

The main navigation bar includes: Find Help, About Abuse, Initiatives, Policy Center, Get Involved. The website header also includes: Select Language, About PCADV, Resources, Events, Donate. The PCADV logo is in the top left corner. A banner at the bottom left reads 'TOGETHER WE CAN END DOMESTIC VIOLENCE'. A 'Safety Exit' button is visible in the bottom right corner of the screenshot.

Go to  
[www.pcadv.org](https://www.pcadv.org)

Click the "Find Help" Tab.

Then, click on "Find Your Local Domestic Violence Program"

# Find Your Local Domestic Violence Program

Our help centers across the state provide free, confidential counseling, shelter, legal, and economic services for domestic violence victims and their children.

*Find your closest Domestic Violence Program:*

ENTER CITY OR ZIP



 [Use My Current Location](#)

## All Pennsylvania Domestic Violence Programs

Filter By Service: **Civil Legal Representation** Emergency Safe House Sexual Assault Services

**\* Safety Exit**  
or press "Esc"

# Adolescent Relationship Abuse (ARA)

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**One person exercises power and control over the other**



**Dating or similarly defined relationship**



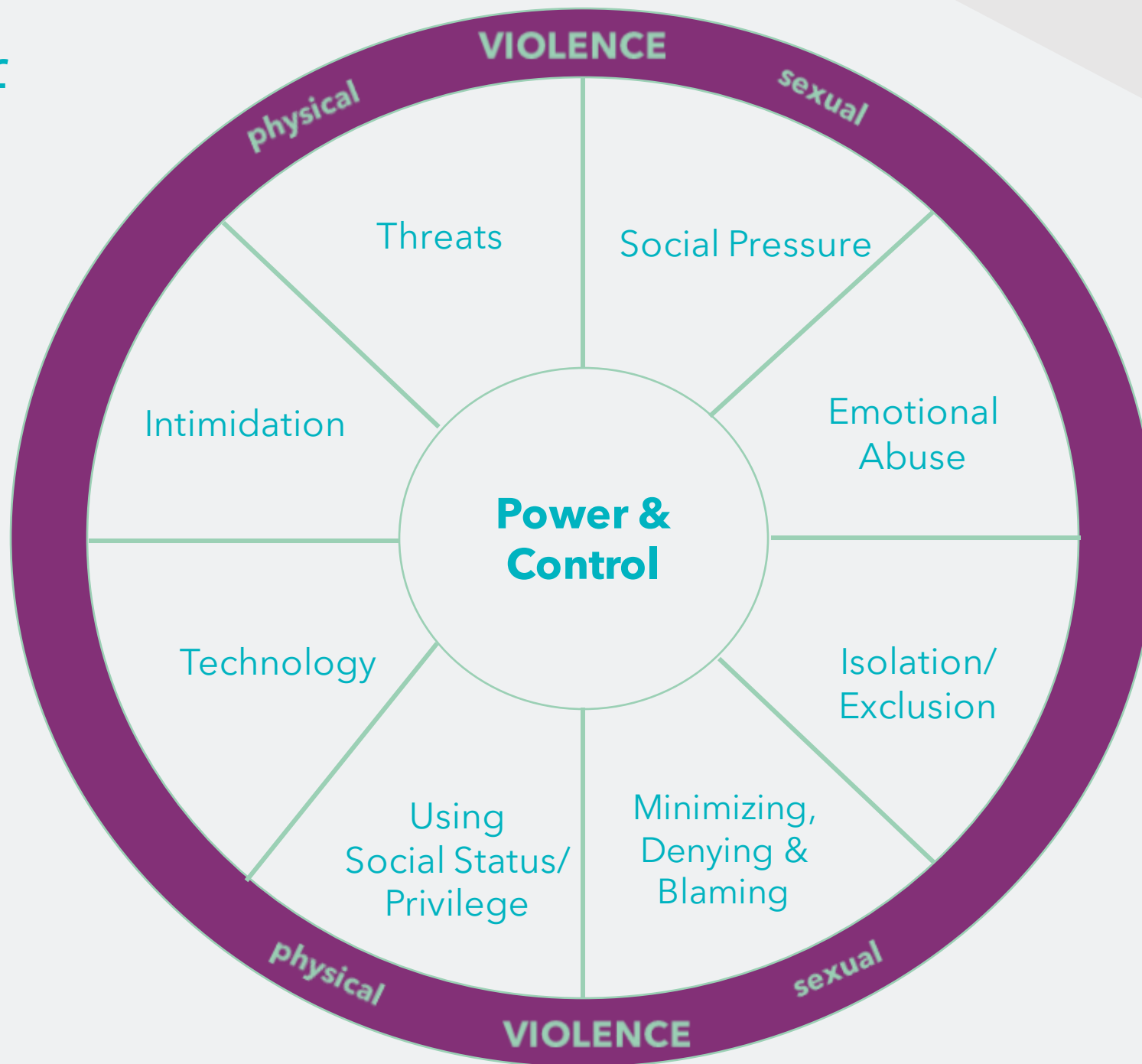
**10-25 years old**



**Experienced by people of all gender identities and sexual orientations**



# Tactics of ARA



Adapted from the Domestic Abuse Intervention Programs  
Duluth Model Power & Control Wheel

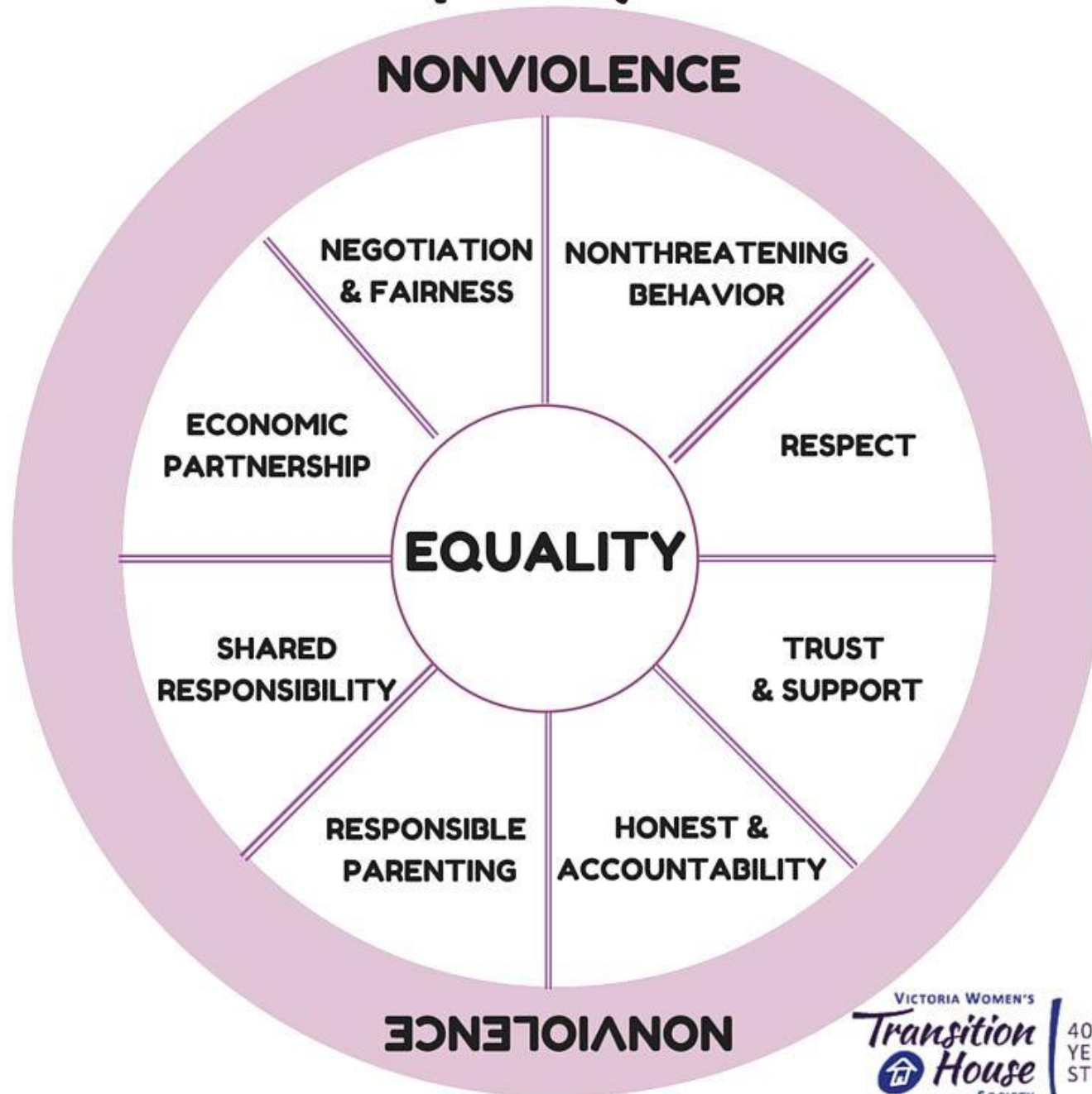
What are some attributes of 'healthy' relationships?

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How often do we see these attributes uplifted in the media we consume?



# The Equality Wheel



# Trauma-Informed Survivor Centered Approaches



Incorporate an understanding of trauma and its impact



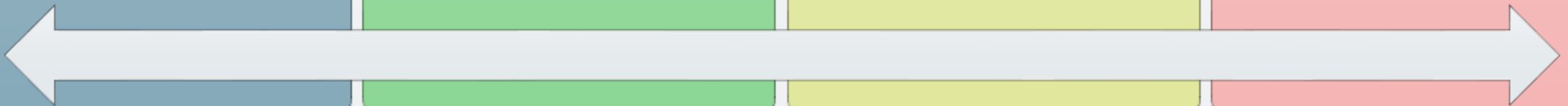
Create opportunities to develop rapport and trust



Provide resources and support



Focus on survivor's wants, needs, and experiences



# *Talking about and Responding to ARA*

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What are some potential indicators of ARA you might observe in your work?





What are some reasons people experiencing ARA might not talk about it?

# Asking about ARA

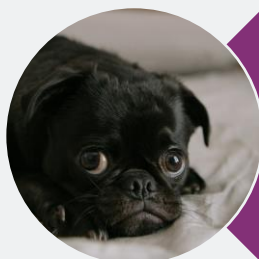
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"I talk to everyone about this ..."



"Hey, I noticed ..."



"Have you ever felt scared or afraid of something [...] says or does? "



# Let's Take a Break


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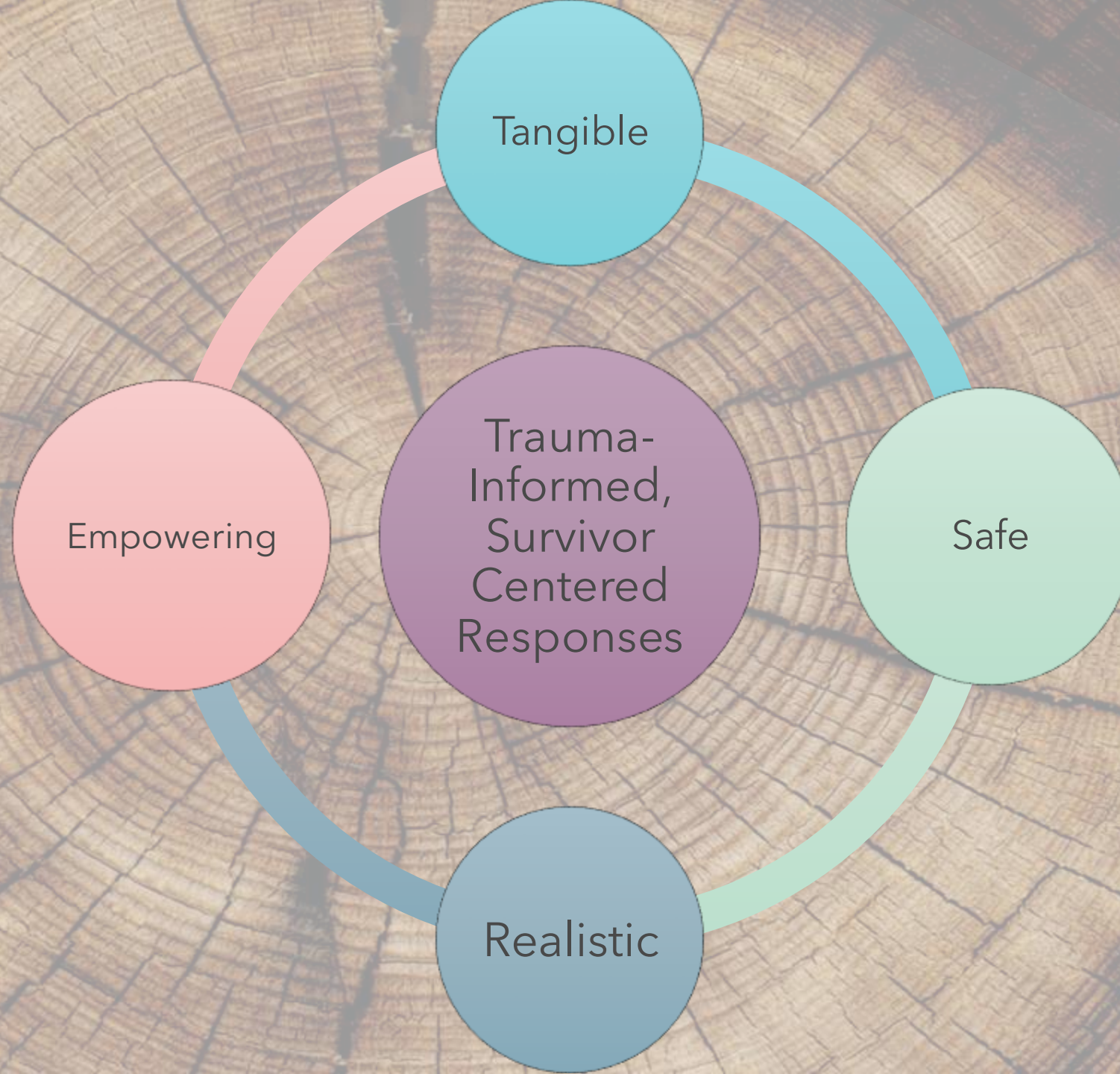
# Mindful Moment

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An aerial photograph of a long, multi-span concrete bridge crossing a wide river with clear, turquoise water. The bridge has several tall, rectangular concrete piers supporting its deck. Two white cars are visible on the bridge, one in the middle and one further to the right. The riverbanks are covered in dense, lush green forest. The overall scene is bright and scenic.

Survivors share  
their story  
because they  
TRUST you.





Your  
response is  
simply a  
conversation.

Survivor-centered  
responses are  
rooted in listening,  
not generating  
outcomes.



# Some Helpful Questions

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What do you need from me?

What are you most concerned about?

What do you need today?

# Strategies to Help a Caregiver Concerned about ARA

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## Listen

- Listen to their concerns.

## Talk

- Talk about what you know about ARA.

## Encourage

- Encourage them to make decisions **with** the person about whom they are concerned.

## Connect

- Connect them to a local DV program.



# Follow-Up Strategies

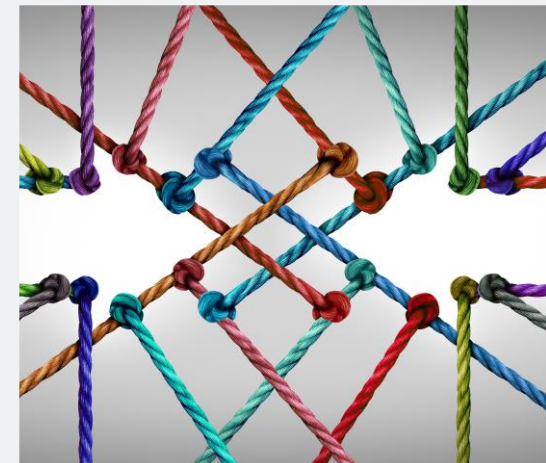
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Talk to your local program for specific ideas about follow-up.



Find a way to check-in privately post-disclosure!



Reach out for support for yourself from the local program.

# *Connecting to Resources*

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# Warm Referrals

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**Show a connection to the person or organization you are referring to**

**Feel genuine and supportive**

**Increase comfort level of survivor**

**Encourage individuals to use available resources**



A top-down view of a desk with various items: a white tablet on the left, a silver laptop keyboard in the center, a grey notebook with a black pen on the right, white earbuds at the bottom right, and a spiral notebook at the bottom. A teal speech bubble is overlaid on the left side of the image.

Small Groups:  
Practice Warm Referrals!

# *Working Through a Scenario*

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# Scenario, Part 1

## Meet Quinn

16 years old

10<sup>th</sup> Grade

Student Council Member

Quinn is a client's oldest child. Your client has told you that Quinn has been sick a lot lately with headaches and stomach pain. In the past few months, you notice Quinn has lost weight and is dressing differently than they had before.

Is there anything that is making you concerned about Quinn?

## Scenario, Part 2

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You are concerned about Quinn and want to know if there is something happening with them. Which of the following is the most supportive, safest way to proceed?

- A. Ask Quinn directly if they are experiencing relationship abuse.
- B. Demand that your client talk with Quinn about whether or not they might be experiencing violence.
- C. Have a conversation with Quinn the next time you see them.
- D. Call Quinn's school to find out if there is anything happening at school.

# Scenario, Part 3

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Quinn shares that Morgan had been cheated on by a previous partner. Morgan told Quinn they really needed to have their social media passwords because that is the only way Morgan could really trust Quinn. Quinn shared them.

Morgan has pretended to be Quinn online a few times by messaging friends. When Quinn asked them to stop, Morgan said it was just a joke and that they are taking themselves too seriously. Quinn tells you that they changed their passwords, but Morgan found out and got really upset.

What could you say to Quinn?  
What strategies can you use to support Quinn?



## Scenario, Part 4

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Quinn tells you they will think about reaching out to the local DV program, but they don't want to talk right now. Which of the following would be trauma-informed, survivor-centered next steps?

- A. Demand that Quinn speak to the program.
- B. Talk to your client to see if they can convince Quinn to speak with the program.
- C. Tell Quinn that you understand and ask if you can give them some information about the program.
- D. Tell your client that they will need to call for Quinn.

# Scenario #1

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Jordan is a twenty-year-old new parent with whom you are working. They have told you that they consider leaving their partner all of the time and that they last time they tried, their partner threatened to hurt themselves. Jordan explains that they would rather stick it out rather than risk raising their new baby on their own.

In your small group, discuss the methods you could use to respond to Jordan in a trauma-informed, survivor-centered way.

## Scenario #2

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A parent you work with has told you that they are having a stressful time because they are worried about their 13-year old son, George. He is dating someone from school. Your client tells you that sometimes their son gets about a 100 texts a day from this person and that they call whenever he does not answer. Your client tried to talk to him about it but he didn't want to talk and shut the conversation down.

In your small group, discuss some things you could do to help your client.



Ideas?

Questions?

Concerns?

# Contact Information

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