

DSU-Webinar: Technology and Relationship Abuse

(As-Live Transcript)

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>> All right. Hi, everyone. Thank you so much for being here. We're going to go ahead and get start. Thank you for joining us for our webinar picks texts, and tracking, understanding and addressing digital dating butte. Relationship violence is a common problem for young people today. While providers may be familiar with some forms of power and control including verbal, emotional, and physical abuse, many adults are less familiar with the ways technology and social media can be used as tools of power and control in dating situations. This webinar will start by exploring the most common

ways that technology and social media can be used in abusive situations and end with practical strategies



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that providers and other adults can use to identify warning signs of digital dating abuse and have critical coverings with youth experiencing and perpetrating this type of abuse.

The school-based health alliance works to improve the health of children and youth by advancing and advocating for school-based health care.

We believe that all children and adolescents deserve to thrive but too many struggle because they lack access to health care services. School-based health care is the solution. Bringing health care to where students already spend the majority of their time, in school. When health and education come together, great things happen. Attendance improves, conditions like asthma and diabetes are better managed, and behavioral health issues get quick expert attention. And we all know that healthy students make better learners.

Now we have a few housekeeping reminders. All attendees are in listen-only mode, however we do want to hear your questions. To ask a question at

any point during the webinar, please use the Q&A tool located in your Zoom control bar. We will address questions following the presentation. If you would like to add comments through the chat



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function shall please select all panelists and attendees before sending the message so everyone can see it.

We plan to have closed captioning for this webinar and we will let you know when that is active. In the meantime, to turn it on, click on the CC or closed captioning button on the Zoom control bar. At the end of this webinar attendees will be asked to complete evaluation poll questions. Please let us know how we are doing. Your feedback is vital in helping us craft presentations that meet your needs. This webinar is being recorded and will be archived on our website in 1-3 business days. Please also visit the School-Based Health Alliance for topics such as the ones you are viewing on your screen. This webinar is the second in our three-part ITD series. The series is part of a larger body of work funded by the bureau of primary health care BPHC. Through BPHC, the School-Based Health Alliance has a

national training and technical assistant partnership to support health centers in serving school-aged children. We invite you to join us for the next webinar which will be a youth-led webinar on utilizing media to talk about relationship abuse with young people. We will share the registration



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link for that session in the chat. It can also be found on our website.

Now I would like to introduce our presenter for today. Kaleigh Cornelison is currently the lead program specialist with the adolescent health initiative where she oversees the development and delivery of evidence-based adolescent champion base model and adolescent centered environment assessment process. She obtained her master's degree in social work from Washington university in St. Louis with a specialization in nonprofit management and her bachelor's degree in communication studies from the University of Michigan.

Prior to working at AHI, she worked in St. Louis and Los Angeles in youth whoever serving nonprofits and school health care. She was most recently the training coordinator for the community clinic

association of Los Angeles county where she developed and coordinated professional development opportunities for federally qualified health centers across LA.

Kaleigh is passionate about supporting young people by empowering the adults in their lives to meet them where they are. And now I will hand it over to Kaleigh.



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>> Thanks so much, Maddie. All right. I'm going to share my screen now. All right. So thanks so much to the School-Based Health Alliance for having me. Like Maddie mentioned, I'm the lead program specialist at the adolescent health initiative. My background is in social work. I'm also -- forgot to put this in my bio-- also currently an adjunct professor at the University of Michigan school of social work which has been a fun new adventure for me. And I'm used to talking to a room where I can't see anybody else because my students are so over having their cameras on right now so this is totally normal.

I would like to just reiterate what Maddie said about the chat. If you click on the part that says

all panelists and choose all panelists and attendees, everybody can see your comments. And I'm going to be asking you to chat in on a couple of different questions or activities throughout the workshop, so would love for everyone to see your responses when we're doing that.

So a little bit more about me, my first job? My social work career actually for four years I ran a teen dating violence and sexual assault prevention program for middle and high school students in



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St. Louis and now at AHI I work a little more holistically on adolescent health but this opportunity has really been a chance for me to get back to my roots and sort of get back to some of the work that I did when I first got into my social work career.

So I just want to make sure that I'm sharing the correct screen here. I'm going to stop and just make sure I've got the right one up. There we go. All right. So a little more about the Adolescent Health Initiative. We are based out of the University of Michigan where we provide training, technical assistance, resource development to health

care providers, health systems, and youth-serving organizations across the country and we're currently working in over 40 states. And our vision is to transform the health care landscape to optimize adolescent and young adult health and well-being. So here are some of our objectives for today. My goal is for you all to be able to define digital dating abuse and how it connects to larger systems of power and control. We're going to review how digital dating abuse can show up on different social media platforms and how it might impact people's mental health.



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We'll explore how digital dating abuse can look different for youth depending on their identities. And finally we'll learn different strategies about how to open up conversations about this and maybe help us identify and support youth who are coping with or perpetrating digital dating abuse.

So here is sort of our first warm-up activity to get you thinking a little bit about some behaviors that we might see from some of the adolescents in our lives. So I want you to consider and then chat in your response for each one of these situations. So

consider if your adolescent patients were doing the following or having the following done to them. Do you think it is healthy, unhealthy, or abusive?

So the first scenario is messaging someone ten times without a response. So chat in healthy, unhealthy, or abusive.

Okay. Getting quite a lot of unhealthys and a few abusive's strung in there. Great. Yeah.

Yep. Yep.

So this is a good one. So this one, you know, we're sort of towing this line, it might be unhealthy but it might be abusive. And someone chatted in, "what if it's their mom?" So context is really important, right? And it starts to get us thinking, well, how



many times is okay to text someone without a response in a row if I don't hear back and I'm worried something's wrong, and then thanks, Lisa for your comment, it may be abusive. Depends on what's in the text. So if in the text it's more of a concern or check not guilty versus if it's something that's threatening or trying to control where they are, what they're doing, trying to snoop or something like that, that context is going to make a

difference.

So next one, sending fifty texts back and forth with your partner in one day. Health, unhealth, or abusive, what do you all think?

Great. I'm getting a range of responses. Yep, context matters. Depends on the context. I see healthy, unhealthy and abusive coming through. A lot of people say it depends. I would agree.

Depends on the context.

So thinking about, you know, are we going back and forth? Are we -- what are we talking about? Is it a supportive conversation? Some people might think this is too much but if you really sit back and think maybe about your significant other or a really close friend if you're in a conversation, how many texts do you have back and forth? So, again, we

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have to put this in a little bit of context. It's not maybe one to jump to conclusions about. We want to know more about it.

How about following all of their partner's friends on Instagram and Snapchat? Healthy, unhealthy, or abusive. Healthy, unhealthy. It's extra, great. Depends. Depends. Yeah! Oh, they're insecure. So

this one we want to think more about this? What's the context? Yeah, why would they do it? Could be, I really want my partner to be Snapchat and Instagram friends with all of my friends. Maybe we have the same friends circle, that's a great point. So we're all following each other, in a group snap, sending each other cute memes on Instagram, whatever that might be. If, however, they're following all of my friends because they want to keep track of me, see where I am, what am I doing, what am I at, different type of situation. Yeah.

And I see a comment here, social media is unhealthy for most youth. I can't say that I agree with that. I have a really strong belief that social media is a tool and it all depends on how it's used. There's a lot of different ways that social media can be used for young people and we're going to talk about that a little bit today. Today we're mostly talking



about unhealthy and abusive behaviors that come from dating abuse situations but that's not always the case. A lot of young people use social media for activism, creativity, and different things like that. Especially right now when we're all stuck at

home, they're using it for social engagement like you're saying in the chat, too. So we'll try to keep a little bit of an open mind with that today. So I don't want to belabor this point. I think you get what I was saying. It's all about the context. So thinking about a couple of these other situations, you don't have to respond to all of these, but, you know, there are certain things that are definitely a red flag like this one, asking their partner to send an explicit picture that no one else will see. So that is definitely a red flag. It might not necessarily be abusive, but it's definitely falling into the unhealthy category. Something like posting on social media that they had a fight with their partner, this could be taken in a couple of ways. It could be maybe a little bit of an immature way to reach out for support or it could be a way to put their partner on blast that could fall into that abusive category. And then definitely the last example, using



technology to monitor where their partner is and what they're doing without their knowledge, that's definitely falling into the abusive sort of realm.

So I try to keep the spectrum in behind when I'm thinking about dating abuse in general but specifically about digital dating abuse because the context matters a lot. We want to be sort of in tune to some of those different pieces of context when we're learning from the young people in our lives what's going on. Yeah.

All right. So throughout the workshop today we're going to be sort of ping-ponging in on a variety of different strategies when it comes to this topic. So the first one I would say is to be aware and know the facts. That's going to get us into our definition of what is digital dating abuse. So it's a pattern of technology facilitated controlling behaviors exhibited by one person toward another within a current or former romantic relationship. I like this definition because it's speaking to the technology facilitated piece of it. It's also pointing out that it could be a current or former romantic relationship. Sometimes we see these types of behaviors escalate when the relationships end, when the abusive partner has lost control of that



situation.

And then it also points out it's a controlling behavior, right, getting to the root of what abuse is about which is power and control.

And our second definition here, using technology to repeatedly harass a romantic partner with the intent to control, coerce, intimidate, annoy, or threaten them.

So, again, I like this definition because it has that repetitively piece in there and also lays out a couple different intents: Control, coerce, intimidate, annoy, or threaten. And the annoy in there gets me thinking about how sometimes abusive partners can minimize the things that they're doing. Oh, I'm just doing it to annoy you. I'm just doing it to tease you, sort of down playing some of those behaviors so I'm glad this definition calls that out specifically.

And what's helpful to note is that both of these definitions are getting at that it's a pattern of behavior, right, it's something that is happening over time more than once that actually is showing us signs of abusive behavior, right, so keeping in mind that it's a pattern.

So, again, just in this vein of knowing the facts, I



wanted to share some research that was actually published in 2020, just last year about digital dating abuse specifically. So this was a national sample of U.S. youth. About 2,000 of these young people in middle and high school who have been in a relationship. So they're taking just a sample of those who have been in a relationship between 12 and 17 years old. This was in Journal of Interpersonal Violence.

So about 28 percent of these youth did have experience with digital dating abuse. I'm just going to note the research study used binary pronouns, they just used he and she, I used it verbatim here so they didn't do a good job looking at nonbinary or trans-youth who use other pronouns here.

So the different forms of digital dating abuse that they saw were that they looked through the contents of their phone. That was the most common form of digital dating abuse that they saw; they prevented a partner from using a cell phone, tablet, or other device, second most common. Threatened you in a text message. Posted something publicly online to make fun of, threaten or embarrass someone, posted

online or shared with others a private picture

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without permission.

So these are the top five different forms of -- they say victimization, I would say digital dating abuse tactics that they saw in this study. So adding that up to 28 percent of youth who had experienced that.

So from this same study, there was a lot of good information in there, but something else that I thought was really telling and really helpful for us if we're maybe identifying some of these abusive behaviors in our clients or patients that 81 percent who had experienced digital dating abuse also had experienced traditional dating abuse and by traditional they mean verbal, mental, emotional or physical abuse sort of in person.

So if we're seeing a sign of digital dating abuse it's pretty likely that other forms of dating abuse are happening for that same young person. So that's really important for us to keep in mind. When it comes off line -- not that it's any less hurtful when it's online or in a digital space, but it often happens across the board is what this research is telling us.

Again, this research study did not account for nonbinary or trans-youth so they're reporting males and females here so they say 32 percent of males and

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23 percent of females reported experiencing digital dating abuse.

So this was also interesting. I think that often we see -- when we think about intimate partner violence for adults, we often see more women identified folks or femme folks as survivors of dating violence or intimate partner violence. We know that for adolescents or teens that gender difference is a little different. It's not as stark for this age group and that was represented in this study as well.

The study also showed that other demographics such as sexual orientation, race, and age didn't impact the rates of digital dating abuse in this particular study.

I'm going to speak a little bit about a couple other studies where that wasn't the case. But in this particular study they didn't see any differences based on sexual orientation, race, or age. That's not to say that tactics around abuse may have looked

different based on sexual orientation, race, and age. I think that very often we see with LGBT plus youth that some of the abusive strategies are threats of outing someone to their families or to groups that they don't want to be outed to, posting

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things about their sexual orientation online. We might see some of that but the rates of digital dating abuse were not different based on any of these demographics in this particular study.

So there is a little bit more research that maybe wasn't quite as robust but I did want to mention here. So there was a study in social work research in September 2020, so very recent, of Latin X youth experiences of digital dating abuse. So there's a fairly small study but results from that showed that -- so it was about 70 Latinx youth in that study. So pretty small but it showed that Latinx experienced digital dating abuse and then there was a strong link between digital abuse and offline forms of dating abuse. So very similar to the bigger study we were looking at here.

And there's an older study -- funny that 2013 still feels so recent to me, but almost 8 years ago now.

That study was also a fairly large study. It was really focused on the northeast part of the United States and showed about the same rates of digital dating abuse, about 26 percent as opposed to this study is 28 percent that also connected between online and offline abuse, however it reported that more females than males reported digital dating



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abuse, which was a switch from the larger study that we're looking at here. And also reported that LGBTQ plus youth reported higher rates of cyber dating abuse than heterosexual youth.

So I just wanted to give you all the full context of some of the data that's out there. There's not a ton but to give you sort of the best information that we have around digital dating abuse specifically.

So the next strategy I would say is to try to understand the bigger picture. Let's put this in a little bit of context. So many of you may be familiar with the power and control wheel. There's also a teen specific power and control wheel and, again, I'm going to say it's a little bit outdated because some of the pronouns in here are very

gendered, but I think it's a nice resource still to look at the context of power and control really well.

So looking at this, this focuses on those in-person forms of power and control, but I'm wondering as you look at this image, what if any of these strategies of abuse, so you can see here peer pressure, anger and emotional abuse, using social status, intimidation, minimizing denying, blaming, threats,

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sexual coercion, isolation or exclusion, which ones of those do you think could be perpetrated in a digital space, either via text or social media?

This is a very smart audience because, yes, it was a trick question. All of them. I agree.

And I'm going to walk you through a couple of examples of how that would look.

But off the top of y'all's heads, is there any specific digital dating abuse tactic that you might put on this wheel that y'all could identify? Any specific tactic that comes to mind? Threats, yep. Threats could be happening over social media or a text message. Same with coercion. Yeah, intimidation, posting things on online to embarrass

or threatening to. App location tracking, yes. Pressuring. Yeah, and there was a question about is there a gender neutral version of the power and control wheel? I will be honest with you, usually when I use this wheel, I've edited it myself to make it more gender neutral but it looks like someone in the chat also posted their address that they have a version they can share. Thanks for saying that. Yeah, intimidation and blackmail, demeaning pictures, pressure to post public posts. Yep. Gas lighting. Y'all got it. Absolutely.



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So I'm going to run through a few examples here but I think you all totally are hitting on it in the chat, too.

So in terms of emotional abuse, sending hurtful messages or social media posts about them that are angry or putting them down. Using social status, saying that they have to keep a certain persona on social media or telling them they have to ask permission before posting something because they want to look like a certain type of couple.

Intimidation. So stalking or using tracking or phones or social media or different apps that was

also mentioned in the chat. Minimize, deny, and blame. So something like, it's not a big deal. Everyone shares passwords and reads each other's texts. No big deal. Why won't you let me? Everyone does it. Also in the chat, threats to share private messages or pictures. Threats to out them on social media. Sexual coercion, y'all mentioned this, too. Pressure to send sexual photos or videos. Isolation or exclusion, controlling who they can interact with on social media or via text. So saying, like, I saw you commented on so-and-so's, I don't want you to do that, or I'm going to break up



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with you if you do that or I'm going to post this if you do that. Or just mentioned in the chat, giving them the "silent treatment" on social media or on text or not returning a text. Or blocking them on Instagram or Snapchat when they're angry with them. And finally the peer pressure, what comes to mind with this to me is the constant messaging, what are you doing? Who are you with? Constantly blowing up their phone over and over and over puts a lot of pressure on someone to feel like they have to always

be on their phone, always responding, and, again, when it becomes a pattern, we see this as a way to have power and control from one partner over the other.

So this gets to my piece a little bit about social media. I think that often as adults we have this instinct like social media is really bad for you. Well, there is some, you know, hypotheses about social media but very few actual causations when it comes to social media and negative outcomes for youth.

So we're in a world where social media is not going anywhere. It's really here to stay and it's really something that most -- not all -- but most adolescents use a lot and enjoy. And it can help us



to connect with them to recognize that, ask them about it, learn what type of apps they like to use so we can give them the skills and information around how to do it safely and appropriately and to notice those red flags when something isn't right like in the case of digital dating abuse.

So just to share a little bit of data about the fact that screen time is here to stay, social media is

here to stay. So this is from a really excellent resource if you're not familiar with it. Common sense media, they do a lot more around just media literacy and research around social media use and screen time and things like that, a little bit less on digital dating abuse stuff but I still thought these stats were relevant to our conversation today. So this is from a study they did in 2019 that tweens, which I kind of laugh at that term, but they use that term tweens and teens are all using a ton of screen time. So fourteens it's almost 5 hours and tweens it's just over 7 hours. And that was two years ago, and it could have gone up especially this year, I guess in the last year with this change now. This number does not account for school or homework, so that's outside of school time.

Also, Smartphone ownership has also risen



dramatically, even among tweens and teens as you can see. So here anywhere from 8 years old all the way up to 18. And a difference from 2015 when they did a similar study to 2019 when they repeated it. So in 2019, 91 percent of 18-year-olds had a Smartphone and 77 percent did in 2015. And you can sort of see

that as the age goes up, obviously the ownership of the Smartphone goes up.

I can speak from my personal experience that my nephew, who is in eighth grade just got a cell phone over Christmas, but his younger sister who is in sixth grade got one about six months later. No I guess it was about a year and six months later. But as we're getting more clocked into social media and phones and not having landlines and stuff, younger and younger youth are having access to smartphones earlier and earlier. So it's something for us to keep in mind and know this probably isn't going to change anytime soon. So we have to educate ourselves on what young people are using their phones for. Ask them in nonjudgmental ways to explain it to us. I always say if you know the young people in your community are using a particular app a lot, let's download it and get the same app so we can learn what they're doing on it



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and we know a little bit about how it works. That's how I ended up on TikTok and I feel like my life is better for it.

So that's a little bit of the overview on social

media youth and how it's here to stay.

All right. So next thing, knowing what to look for when it comes to digital dating abuse. So, again, thinking about just social media preferences in general, this is from 20 years of research on teens and gen Z so you can see that the highest social media engagement from this age group is Instagram, Snapchat, and TikTok was third. And after that it really drops down. Twitter was 39 percent engagement versus 69 percent engage 789 for TikTok. So if we're thinking about social media and where some of this digital dating abuse might be taking place, it's safe to say some of these digital media apps are where we want to keep an eye out for it. And then you can also see, it's just in a different order, the favorite social media platforms are Snapchat, TikTok, and Instagram. So those are the ones we want to try to educate ourselves on a little more and just be aware of that. Now, it might be different in your particular community which is why it's great to have



conversations just in general about what apps are you using, what's fun and entertaining to you, how

to use these apps, how are your friends using them, and just to open up that conversation.

So common forms of digital dating abuse, I think that that initial research study really hit on a lot of the key ones, but just to recap here. So we see a lot, preventing a partner from using a computer or cell phone. So taking their phone away, preventing them from using it, guiltting them for using them when together, restricting who they talk to on social media or on their phone, posting something publicly to make fun of, threaten or embarrass that are partner. Looking through a partner's phone without permission or pressuring them to let you do so, so a lot of times when I was teaching about dating abuse and healthy relationships with youth there's sometimes a skewed belief that if my partner isn't jealous then they don't love me enough, right? And so this was a part of that, that looking through their phone. So if they don't want to look through my phone, they don't care enough. So sometimes we have to address some of those core beliefs when it comes to why we're doing these types of things. Sending threatening messagings, is a big piece of



this, too, either private messaging on social media or via text. Pressuring to send explicit photos or videos, that could be just standing alone by itself and/or posting it after they've been received. So sharing it with just one person, sharing it with a bunch of different people, threatening to share it when they're in a fight or you're angry with them or you want them to do something that they're not doing.

Something else that I tend to mention to youth about sharing explicit photos is that depending on what state you're in, the laws can still consider it creation and distribution of child pornography or possession of child pornography, depending on the age of the youth and the state's particular laws. So if I'm a young person who's taken a photo that's explicit and sent it, I could be hypothetically charged with creation and then distribution.

So I like to let them know about that because that can be an extremely long-term consequence to them that they may not see as a big deal either within unhealthy or abusive relationship or outside of it. And then the constant messaging, which I want to show you a short little video clip of that in just a minute. But any other common forms of digital

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dating abuse that you all have seen that we haven't mentioned here? Tracking phone, having passwords, yeah. Yeah, that pressure like give me your password to Instagram, give me your password to your email, yeah.

The tracking phone, and that gets so easy, too, especially if someone has an iPhone, just share your location with me, that's not a big deal. Sharing a social media page rather than having their own account. That's really interesting Stephanie because I haven't seen that as much as lately but I did a couple years ago. Interesting that you've still seen that.

Requiring location share, controlling who they follow or friend, yep.

Stalking their social media pages, yeah, stealing passwords and posting on their behalf. Yep.

Cat-fishing, mm-hmm. Going through a partner's friend to access the partner, involving them. Yeah. Yep.

Yeah, even spoofing to play a joke on them, that's oftentimes where we see gas lighting or sort of down playing the behavior, oh, it was just a joke. It

was just for fun. You're overreacting, and then the person who's being controlled or abused is going to



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feel like, well, maybe, am I? You're telling me I am, I guess I'm overreacting, and then they start to second guess.

This is a good example. Creating a different account to get information about their partner, so as the young people say, Finstagram or fake Instagram to learn more information about somebody without using their actual account, yeah. Yeah. Yeah, so lots of good examples here. I really appreciate you all throwing these in here.

Unliking posts. Good point, Cat. Yeah, that can be really important to a lot of young people is having a certain number of posts, so unliking if you're in a fight or as a way to punish someone for something they have done or haven't done.

>> Kaleigh, I'm going to jump in. This is so exciting and I'm really enjoying listening to you. There are a number of great questions which I don't think we need to get to now, but I do just want to call out that we might be at about the 10-minute mark.

>> Oh, okay. Do we have until 3:00?

>> We do, so I thought we could do another ten minutes of content and then save the last ten for questions.



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>> Oh, I gotcha, Emily. I was thinking oh, no, do I have to start questions now and I have more content. I gotcha. Yes. Ten more minutes. Thanks Emily. Yeah, so thank you all for your examples. You get the idea. You definitely get the idea.

So I just want to show you this short video. I'm going to make sure that I'm optimizing for sound and for video. Here we go. All right.

This is another example of what this constant messaging or as this clip is called, textual harassment, looks like.

>> G morning, sunshine. Wakey wakey. Text me back. Hey, did you tell your parents about us? Let's skip first period together.

Did you get all my texts?

Is practice over yet? Where are you at?

Are you with your friends? That's LAAAAMMMEEEE, capital X, lower case O, capital X, lower case O.

JK. I hate you. JK. Are you ignoring me? Is

there something I did?

(Simultaneous messaging)?

>> Hollaback. Hollaback.

Let's try something new, nude pics. Send me some.

Text me.

When does caring become controlling?



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Thatsnotcool.com.

>> All right. Yeah, yikes is right. I don't have a link to this video. It's a little old, I'm going to be honest with you. But if you look on YouTube for textual harassment, it might still be on there.

So it's just an example of that back and forth, I love you, I hate you, are you home? I see your light's on, this constant nonstop all throughout the day, that voice inside your that he had's constantly getting to you.

So, yeah. And Sal, that's a really good question, I wonder how it looks when a girl harassing a boy or same-sex relationship. I think it looks very similar. You know, I think that some of these behaviors, you know, like we talked about, they didn't see a lot of differences between LGBTQ folks, folks of color, this was all sort of very similar

types of behaviors across the board. And that'snotcool.com, I have a bunch of cool websites and that's a good one. They have a lot of good stuff related to this topic.

So next strategy is let's talk about starting the conversation.

If you're doing risk screen in your study, you could consider adding a question or two to your screening



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tool.

So, for example, something like 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?

So this specifically says, on the internet, by text, or in person, so that's a helpful call-out.

And you also have a question like has anyone ever physically injured you or forced you to have sex or be involved in sexual activities when you didn't want to? And what we know about the correlation between in person abuse and digital abuse if we're seeing some of this in person stuff there's a good chance it will be online as well, so that can be another red flag.

Another screener that's specific for intimate partner violence is the HITS screener. Again, this doesn't specifically ask about digital abuse, but, again, that correlation is so strong that you could maybe ask some other additional questions as a follow-up with that.

Also if you have the opportunity to raise awareness in your setting, it's great to get out ahead of this and get young people thinking about what is a healthy relationship? We talk with them so much



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about unhealthy or abusive relationships or they see a lot of examples in media about this, but we don't often ask them, what do you think is healthy? What is it that you want in a dating relationship? What are you actually interested in? What are the qualities? What is -- who are your relationship role models and what is it about them that you look up to?

So making sure we talk about the positive side of it, too, and just asking about relationships in social media use, not assuming the worst right away. Also awareness campaigns and prevention education around these topics, like I mentioned, is so great

and important, and I actually wanted to share a couple of examples that are from TikTok which obviously is a platform that a lot of young people are into right now that include some awareness raising campaigns about dating abuse.

So I'm going to share that now.

(captions on videos)?

>> So you can see a couple of things that people do on TikTok to raise awareness about digital dating abuse or dating abuse in general. So the person on the left is, I think, more from an adult standpoint, but the young person on the right is doing that



classic thing where they play two roles and act something out in the TikTok where they gets fed up at the end and she's like, I'm going to block this person. So I thought this was a nice way to show that young people are very creative with the way they use technology and it can be used for awareness raising or for something positive, too.

So last piece, I just wanted to share a couple specific scenarios and get us talking about how we might intervene in these types of situations.

So first scenario, you're a primary care provider at

SBHC and a patient answers yes to the following risk screen question, in the past month have you been threatened, teased, or hurt by someone causing you to feel sad, unsafe, or afraid? So how could you open up the conversation with this patient during the visit? What might you say to open up this conversation to open up the conversation with the youth who said yes to this risk screen question? Can you share what happened? Tell me more about that, great. Yeah. Would you be comfortable sharing more about this? Would you mind sharing what's been going on? I love that permission asking. Remind them that it's confidential, in the



limitations of the confidentiality. Tell me more about your relationships. I'm here to listen. Great. Excellent. I said something very similar to what you all are saying. I noticed you said yes to this question about being threatened, teased, or hurt by someone in the last month. Tell me more about that. And then moving on, same scenario, your patient goes

on 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 her Instagram account or he'll break up with her. She tells you, he's really sweet to me the rest of the time, he just gets insecure about the photos I post. I'm thinking about just not posting anything new for awhile.

With this new information how might you respond next?

Yeah, how does that make you feel? Yeah, you could have the power and control wheel on hand.

Despite the being sweet, it is still unhealthy behavior. Is this what he wants or you want? Yeah, asking about what she knows about abuse.



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How do you feel? Yeah.

Does that make you feel like you're allowed to be yourself? Do you feel safe?

Bringing up safety is great. Great answers here.

Absolutely.

Absolutely. So just another sort of phrase or idea.

I think y'all are totally on this, too. So hearing

your boyfriend is making those negative comments about you concerns me a little. Oftentimes 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? Yeah. But of course you want to talk about confidentiality from the beginning.

I like that Katherine, a lot, how would you feel if one of your friends was experiencing this? What advice would you give them? Great suggestion.

I think it's really important to validate feelings but also point out the unhealthy or abusive behaviors. So, yeah, sounds like he can be really sweet but some of the things that I'm hearing you say don't sound like the healthiest in a relationship. And going into some of the things y'all mentioned.

I want to be aware of my time here but I want to



give you some more scenarios and I'll walk through these briefly so we have time for questions. So during the visit, an adolescent patient is extremely distract by their phone 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.

I'm sure you would all have great responses to this.

But a good one would be, 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? Or even just naming it. 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?

And then another scenario could be that your school just had an awareness program about teen dating violence that included classroom presentations and social media campaigns and just as you're wrapping up a visit an adolescent patient -- of course they always bring this stuff up at the end -- he tells you there's one more thing he wanted to ask you



about. He says, we just had this talk in class about unhealthy relationships. My girlfriend always makes me show her my texts and wants me to share my

iPhone location with her. Is that abuse I?

This is a hard one for me when young people say flat out, is it abusive if? Like we talked about at the beginning, so much depends on context so it's hard to say yes or no if you don't know more. So what you could say is thanks so much for asking me about this. What do you think about having to show her your texts or share your location? Or 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?

Or oftentimes we don't think of controlling actions like that as unhealthy or abusive so I'm glad you're thinking about this. And maybe doing a referral.

Our social worker is actually here today and knows a lot about this topic. Would you want to chat with her for a bit?

So just a couple scenarios to get us thinking about if we were in that moment and the young person was bringing it up or saying yes on a screener that we could have some -- like we've done -- so many good responses in the chat of how you would actually



respond in that moment to support that young person,

call out the unhealthy or abusive behaviors, and support them in that moment.

So a couple other strategies, and I think so we've touched on a lot of these, validating feelings, knowing your supports, understanding fears about leaving or breaking up, that's a dangerous time often for people in abusive relationships, potentially even safety planning with those folks if leaving is something they want to do.

And then I want to leave you with these resources.

I saw a couple of these mentioned in the chat throughout, which is great. Loveisrespect.org is an awesome organization on teen dating violence in general but they also have a couple specific pages about online safety and digital dating abuse.

Athinline.org, cyberbullying.org, they actually did the research that I mentioned earlier in the workshop. Thatsnotcool.com and commonsensemedia.org.

So I know I ran into my question and answer time about 5 minutes, Emily, I apologize. Sometimes we get chatting and there were so many good comments in the chat I wanted to call out as many as I possibly could, but thank you all so much for participating



and I will have probably about 5 minutes worth of questions, too.

>> Thank you so much, Kaleigh, for that presentation. That was so important and informative. Now I'll hand it over to my colleague Emily to moderate the Q&A.

>> Thank you Maddie and Kaleigh, that was wonderful. One plug I want to make. Someone mentioned the cues intervention in the chat which was developed I believe by Dr. Liz Miller, I might be wrong there, but we had a webinar last month presented by Dr. Miller, her colleague, Lisa James, and a provider named Meg Cane from Nationwide Children's. A really wonderful webinar where they discussed the cues approach. I'm going to share the link to that recording in the chat box.

I know some folks also asked about mandated reporting and in the resources section on that recording page is a group resource for futures that talks about mandated reporting guidelines state by state.

We had a number of great questions. There were a few that centered on sexting and explicit images. And I think we had questions from either end of the

spectrum. Someone asked, what does it look like to

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talk about sexting with young people in a way that is healthy and noncoercive and on the flip side how do we talk about young people about the really serious emotional consequences that can be related to sending explicit pictures?

>> Yeah. Those are both really good questions. I think one of the things that I -- like I mentioned before about sending images is especially depending on the age it can have really long-term consequences so I don't wanted to ever say that to youth if it's consensual, I don't wouldn't it to feel shameful at all to them. I want it to be strength-based so I would always frame it as I don't want to say this to freak you out, to use scare tactics with you, but I want you to know that depending on -- when I was teaching this I knew the laws in that particular state but depending on where you lived there can be some legal consequences if you take a photo that's explicit and you're a minor, or if you send it or somebody has it on their phone, and so I always want to let them know about that because there's, you know, there have been cases where young people have

become registered sex offenders for doing that so I want them to know that information.

But I think the conversation about consent in

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general can apply. One of my very favorite topics to talk about, so how do you know when someone feels uncomfortable, so talking about that. Can you read their body language or facial expressions? So how can you notice that in their texting patterns. If they seem hesitant, how can you read that in that type of context? So reading some of that subtext if it's in person or not.

>> And I want to say, Kaleigh that the person you asked about noncoercive sexting just clarified, thank you, in the chat that they were talking about explicit texts, not images.

>> Okay. Gotcha. My mind automatically goes to images because I have seen that so much. That's a really good question, and I have to be honest, when I was doing a lot of this prevention education, we were focusing a little bit more on the wider group, so it wasn't as individualized and nuanced as maybe a conversation about this would be. But I think it's still around, you know, getting to know your

partner, understanding things that they like or don't like, reading those cues from then, again, if it's in person or via text or something like that. And encouraging them to have that conversation with each other about how do I know where you're



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boundaries are or what is okay or not okay? And I think young people are sometimes embarrassed to have those conversations and in that case I would say, if you're embarrassed about that, I would maybe rethink the explicit texts or conversation if you're not comfortable setting some boundaries around it first. So trying to get them to think through the whole process and how it can be hurtful if you cross someone's boundary and how that might feel for you as well.

>> Thank you, Kaleigh, I know there are a couple of questions we won't get to but my hope is that some of the resources Kaleigh shared might get at those questions. I would encourage you -- I'm going to ask Maddie to launch a brief evaluation poll in Zoom. I would encourage you to take the poll. It's helpful for us as we consider what kind of content and what format we use. So we'll give you some time

to do that, but, again, Kaleigh, thank you so much.

This was wonderful.

Participants, you were so active and thoughtful in the chat. Thank you for sharing your ideas and resources. We look forward to sharing the slides and the recording with you, hopefully by the end of the week. Thank you so much. Enjoy your Wednesday!

