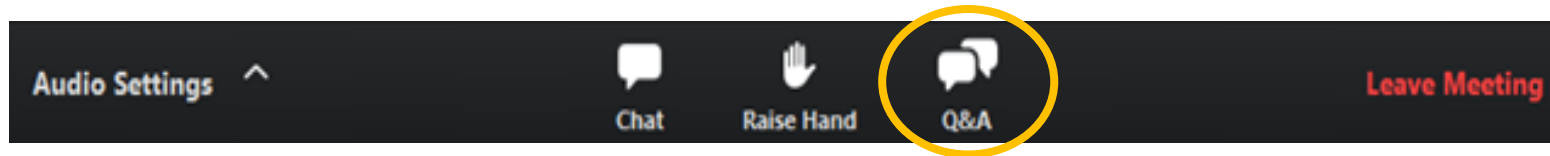


Healthy Teen Relationships: How School-Based Health Center Providers Can Support Students

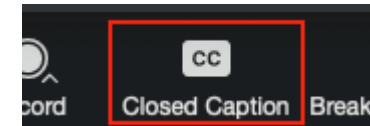
April 2, 2025

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 of your Zoom control panel.



- To turn on closed captioning, click on the “CC” button.
- Please complete evaluation poll questions at the end of the presentation.



Learning Objectives

Participants will be able to...

- Define the dynamics and potential impacts of teen economic abuse
- Identify three strategies school-based health center providers can use to support adolescent patients experiencing economic abuse

TODAY'S PRESENTERS



Jordyn Battle
Program Specialist
Futures Without Violence



Ana López van Balen, MSW
Vice President of Economic Security & Opportunity
Futures Without Violence

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Presenters



Ana Lopez van Balen
Vice President,
Economic Security &
Opportunity



Jordyn Battle
Program Specialist,
Workplace & Economic
Opportunity

Learning Objectives

Participants will be able to:

1. Recognize unhealthy relationship behaviors and their impact on teens' lives.
2. Demonstrate how school-based health center providers can engage teens in conversations about healthy relationships.
3. Apply the CUES intervention framework to provide healing-centered support to teens.

Unhealthy relationship behaviors and abuse

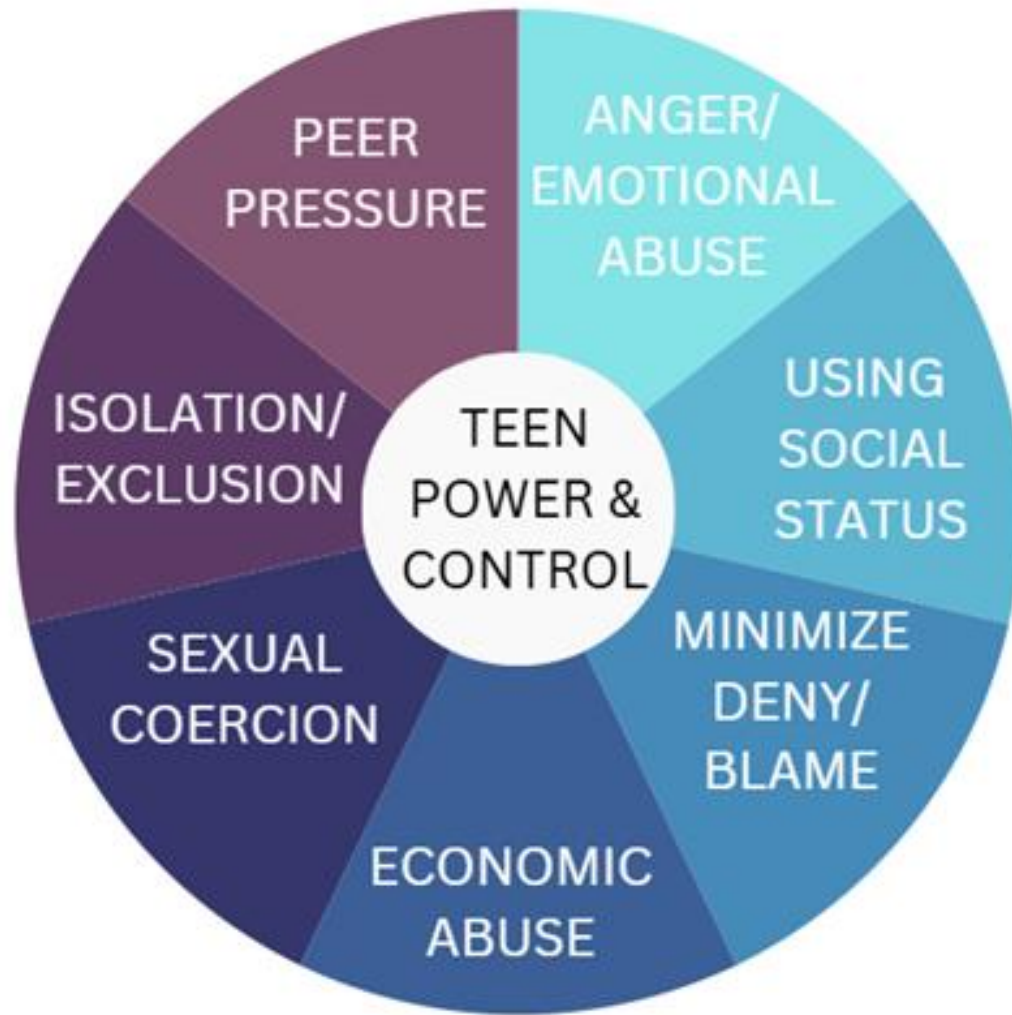
One person(s) using a **pattern** of methods and tactics to gain and maintain **power and control** over a dating partner.

- It is a cycle that gets worse over time – not a one time ‘incident’
- Partners may use jealousy, social status, mental health, money and other tactics to be controlling and abusive – not just physical violence

About **1 in 12** teens experienced **physical dating violence**

About **1 in 10** teens experienced **sexual dating violence**

Centers for Disease Control and Prevention. 2021. Youth Risk Behavior Survey.



Power & Control Wheel

Teen Economic Abuse

Teen economic abuse is a form of dating violence that involves the use of **financial control** to create dependency and block pathways to safety and overall well-being.

This abuse **disrupts critical areas** of teens' lives and has **far-reaching consequences**, such as damaged credit, a decline in school performance and delayed career development.





How it affects teen lives

SCHOOL CHOICES—Partners make teens miss school, choose certain classes, or pressure them to pick a college not of their choice.

FINANCIAL ACTIONS—Partners pressure teens into spending money, restrict access to their bank account and money, and make current and future life decisions that impact their finances on their behalf.

MISSING WORK—Partners pressure teens to miss work to spend time with them.

2021 FUTURES National Online Teen Survey with the University of Pittsburgh Medical Center



The survey highlighted the alarming scope of teen economic abuse: nearly **70% of the 2,485 teens who responded** reported interference with **school, work, or finances** within their dating relationships.

Scott, S. E., Lavage, D. R., Bochinski, S. G., Risser, L., Ragavan, M. I., Storz, O., ... & Wallace, M. L. (2024). Exploring the Dimensions and Correlates of Teen Economic Abuse Through a Cross-Sectional Survey. *Journal of Adolescent Health*.



Over half of survey respondents stated that their views on healthy relationships and financial management were shaped by their:

- Parent(s) or Guardian(s)
- Teachers
- School Counselors
- Friends

Role of School-Based Health Center Providers

SBHCs can be a trusted space where teens feel safe to discuss relationship concerns.

- Adolescent females utilizing teen clinics and school health centers report higher rates of physical and sexual violence victimization in their dating relationships than adolescents in the general population.
- In adolescent clinic-based samples, the lifetime prevalence of physical and/or sexual violence in dating relationships is about 1.5 to 2 times greater than population-based estimates.
- Only 1 in 3 adolescent females (ages 14–20) reported being screened for adolescent relationship abuse (ARA) in clinic settings.



Steps to Take Action



**Recognize Signs of Unhealthy Relationships
and Intervene Early**



**Provide Healing-Centered Support Using
CUES and Safety Cards**



**Foster Open Dialogue About Healthy
Relationships and Financial Literacy**



Raise Awareness in your Community

FUTURES Safety Cards



Hanging Out or Hooking Up Safety Card



WHAT IS TEEN ECONOMIC ABUSE?

A form of dating violence that involves the use of financial control to **create dependency** and **block pathways to safety** and **overall well-being**.

This abuse may **disrupt critical areas** of your life including your job, money, or education. It can cause **long-term harm** such as damaged credit or delayed career development.

Teen Economic Abuse Safety Card

CUES intervention

Confidentiality – Protecting privacy to build trust.

Universal Education – Providing healthy relationship education to all students.

Support – Offering continuous support and access to resources to ensure that teens make healthy choices and seek help.

CUES: An Overview

C: Confidentiality

See patient alone, disclose limits of confidentiality

UE: Universal Education

Normalize activity:

"I've started giving two of these cards to all of my patients—in case it's ever an issue for you because relationships can change and also for you to have the info so you can help a friend or someone who is having a hard time, so you know how to help."

Make the connection—open the card and do a quick review:

"It talks about healthy and safe relationships, ones that aren't and how they can affect your health....and situations where young people are made to do things they don't want to do and tips so you don't feel alone."

S: Support

"On the back of the card there are 24/7 text and hotlines that have folks who really understand complicated relationships. You can also talk to me about any health issues or questions you have— and you can use hypotheticals "Like my friend has this problem question or concern" and that way you don't feel any pressure to share personal information."

Evaluating Universal Education

Cluster-randomized trial in 8 school health centers in California -- School Health Center Healthy Adolescent Relationships Program (SHARP)

- Results: Increased **recognition** of what constitutes sexual coercion
- Increased **awareness of relationship abuse resources**
- Among youth with recent victimization, **less relationship abuse victimization** at three months
- Increased **likelihood of disclosing** any history of unhealthy relationship to the provider during clinic visit





Remember adolescent relationship abuse is about power and control

- Some of it is not reportable
- “He tells me what to wear everyday.”
- “They pressure me to miss school to spend time with them.”
- “They threaten to put embarrassing stuff on social media if I don’t do what they want.”
- "I have to ask for permission to use my own debit card".

Conversation Starter Tips

- Validation – thank you for sharing with me
- Ask student- what is your biggest worry?
- Ask how you can help? – what can I help you with now?
- Ask about safer planning strategies – What has worked for you in the past when things were hard?
- Ask about support systems - Are there people you can talk to about your situation? Who else offers you support?
- Honor the survivor as expert - You get to decide what works best for you; what happens next.



Resources

Futures Without Violence:

- [Hanging Out or Hooking Up](#) and [Teen Economic Abuse](#) Safety Cards
- Health Partners on IPV + Exploitation [CUES Intervention](#)
- [Teen Economic Abuse Resources](#)

Visit us at:

[*https://futureswithoutviolence.org*](https://futureswithoutviolence.org)



Hotline Information:

[Love is Respect](#)

1.866.331.9474

24/7 confidential support for teens and young adults about healthy relationships and dating abuse.

[National Domestic Violence Hotline](#)

1.800.799.7233

24/7 confidential support for survivors of domestic violence, providing resources, guidance, and safety planning.

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