

CONNECTING MINDS, STRENGTHENING COMMUNITIES

Teen Dating Violence Awareness & Healthy Relationships

Presented by Arizona Youth Partnership

Introduction:

Welcome to Arizona Youth Partnership's "Connecting Minds, Strengthening Communities" initiative. This session focused on Teen Dating Violence Awareness and Helping Youth Establish Healthy Relationships. Our experts, Kelley Coronado (Director of AZYP's Youth Wellness Division) and Dr. Ha (Associate Professor of Psychology at ASU), share research and practical strategies to support youth in building healthy, respectful relationships.

1. UNDERSTANDING RELATIONSHIP DYNAMICS

Key Insights:

- Adolescent romantic relationships are foundational for future relationships and mental health.
- Factors influencing youth relationships include:
 - Brain development during puberty
 - Peer influence and social environments
 - Online interactions and social media

Reflection Questions:

1. Why is it important to pay attention to adolescent romantic relationships?
2. How does the online space impact how teens form and maintain relationships?

2. TEEN DATING VIOLENCE AWARENESS

Key Insights:

- Teen dating violence is not limited to physical abuse. Psychological abuse among teens is also common, especially through the use of texting and social media.
- Non-physical abuse is serious and adolescent relationships are insignificant as youth begin to form their own beliefs about healthy and unhealthy relationships behaviors.
- Peak age for dating abuse is 19-20 years old, making early intervention crucial.

Reflection Questions:

- What are common misconceptions about teen dating violence?
- Why is it important for adults to be educated on the topic of teen dating violence?

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3. RECOGNIZE RED FLAGS

Key Insights:

- Warning signs of unhealthy relationships include:
 - Constant monitoring and jealousy disguised as care
 - Isolation from friends and family
 - Emotional manipulation (e.g., guilt, threats)
- Teens may struggle to recognize harmful behaviors due to emotional attachment.

Reflection Questions:

1. What are some early warning signs of an unhealthy or abusive relationship?
2. How can adults help teens establish and maintain healthy boundaries?

4. PARENTAL SUPPORT

Key Insights:

- Parents can foster open dialogue by:
 - Listening without judgment
 - Offering thoughtful, practical solutions
 - Understanding both digital and real-world relationship dynamics
- Signs of unhealthy relationships include declining grades, emotional distress, and withdrawal from loved ones.

Reflection Questions:

1. What strategies can parents use to start conversations about dating relationships?
2. How can parents identify signs that their child may be in an unhealthy relationship?

6. PROMOTING RESILIENCE

Key Insights:

- Youth resilience can be fostered by:
 - Encouraging communication with trusted adults
 - Developing self-awareness and relationship skills
 - Providing supportive environments in schools and communities

Reflection Questions:

1. What steps can youth take to promote their own resilience in relationships?
2. How can adults support youth in building resilience and addressing relationship challenges?

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6. INTERVENTION STRATEGIES

Key Insights:

- Effective intervention includes:
 - Promoting healthy relationship education in schools and communities
 - Addressing both physical and psychological abuse
 - Engaging in open, supportive conversations about digital relationships

Reflection Questions:

1. What intervention strategies can schools and community organizations implement to prevent teen dating violence?
2. Why is it vital to understand the digital aspect of modern teen relationships?

7. HEALTHY RELATIONSHIP EDUCATION

Key Insights:

- Healthy relationships boost self-esteem and emotional well-being.
- Breakups can trigger significant emotional distress but also offer opportunities for growth.
- Adults play a critical role in helping youth navigate through aspects of romantic relationships, and helping youth set boundaries for themselves.

Reflection Questions:

1. How can healthy dating relationships positively impact youth mental health?
2. What can adults do to help youth navigate breakups and learn from these experiences?

Resources for Further Learning:

- Arizona Youth Partnership: azyp.org
- Love Is Respect: loveisrespect.org
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Take Action:

- Share what you've learned with your community.
- Foster open conversations with youth about healthy relationships.
- Support initiatives that promote teen dating violence prevention and youth mental health.