

Dating Violence: Evidenced Based Programs

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Presentation Outline

- Background on adolescent dating abuse research and the problem of adolescent dating abuse.
- Johnson's (2002) key challenges to primary prevention:
 - When to begin
 - Whom to target
 - How to do it



Prevalence of Dating Abuse Victimization

(Add Health, Halpern et al., 2001; 2004)

Dating Abuse Victimization	Physical— in past 18 mos	Psychological— in past 18 mos
<i>Heterosexual Relationships</i>		
Females	12.0%	29.0%
Males	12.0%	28.0%
<i>Same Sex Relationships</i>		
Females	13.1%	26.3%
Males	8.8%	14.6%

Consequences of Adolescent Dating Abuse Based on Longitudinal Studies

Boys



depression, cigarette smoking, suicide ideation, suicide attempts

Girls



depression, cigarette smoking, marijuana use, illicit substance abuse, suicide attempts, antisocial behavior

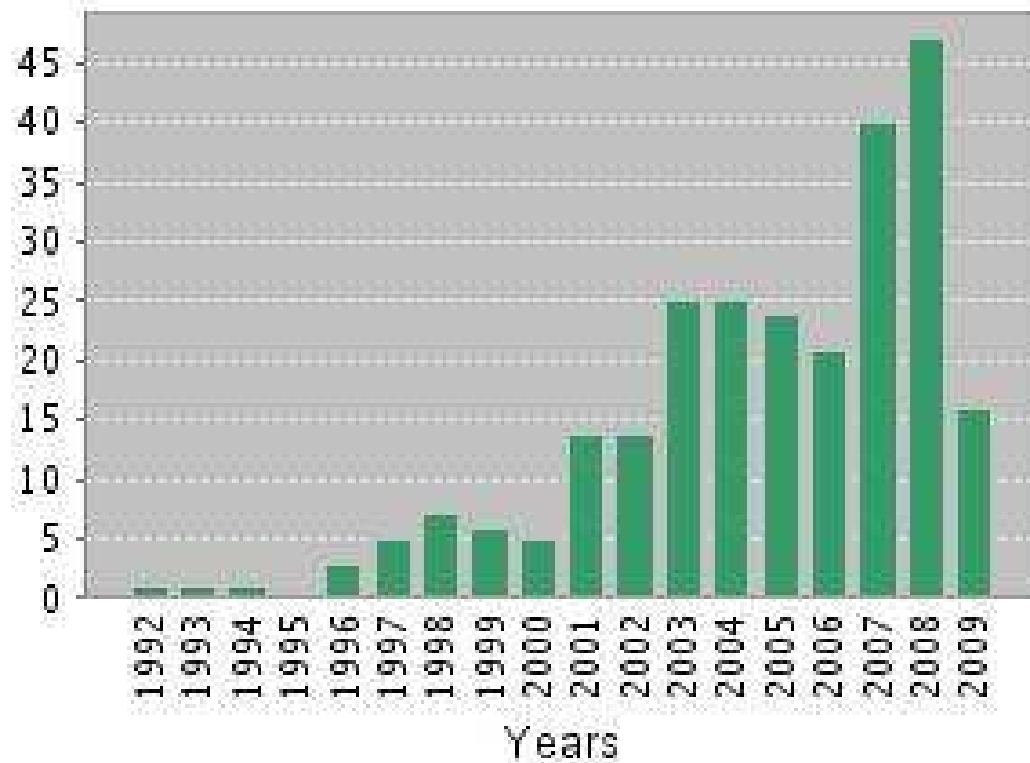
Health-Related Correlates of Female Dating Abuse Victimization

- ❑ Unhealthy weight control methods
- ❑ Early sexual onset
- ❑ Multiple sexual partners
- ❑ Non-use of condoms
- ❑ Pregnancy



Articles on Adolescent Dating Abuse

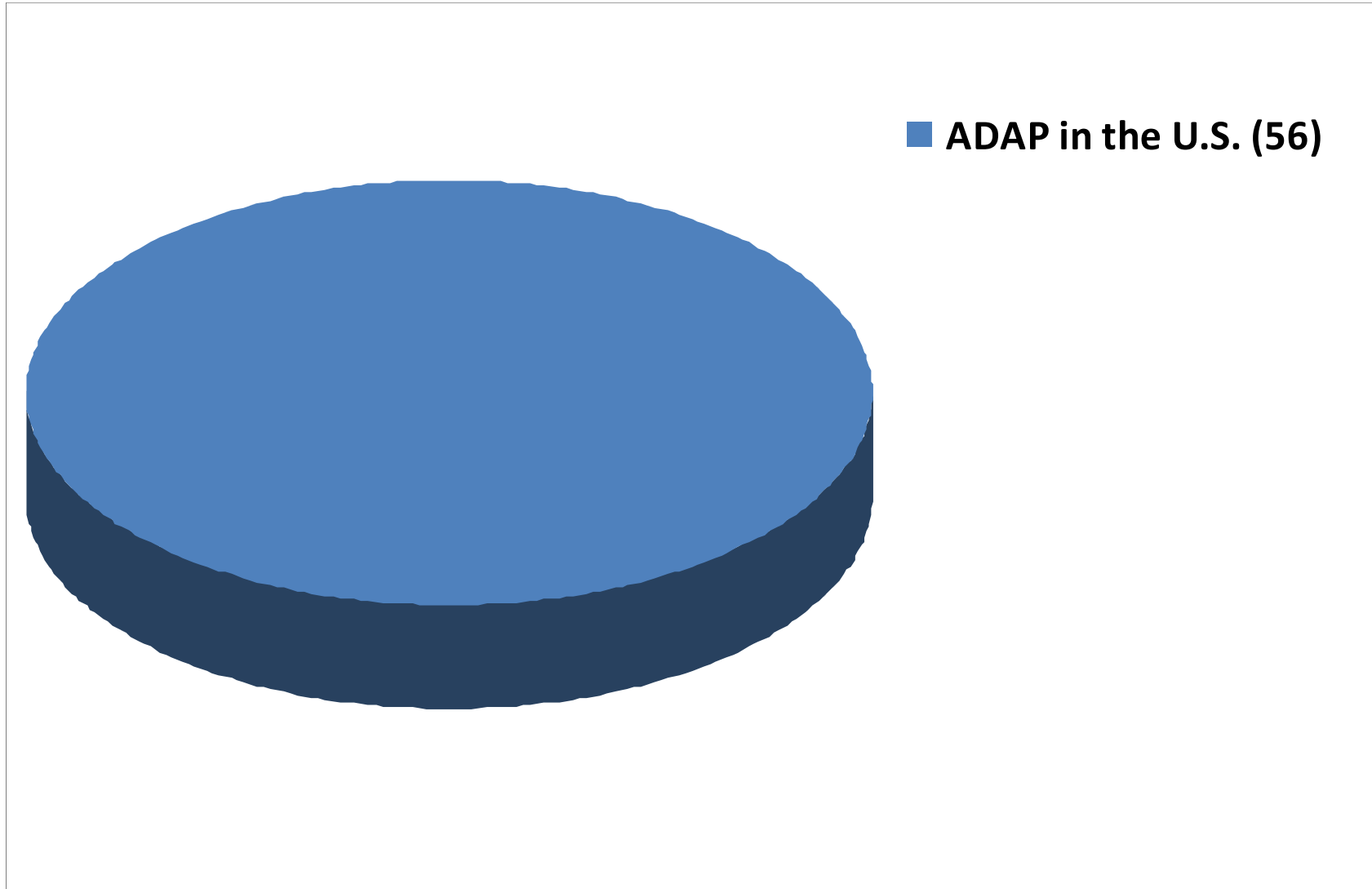
Published Items in Each Year



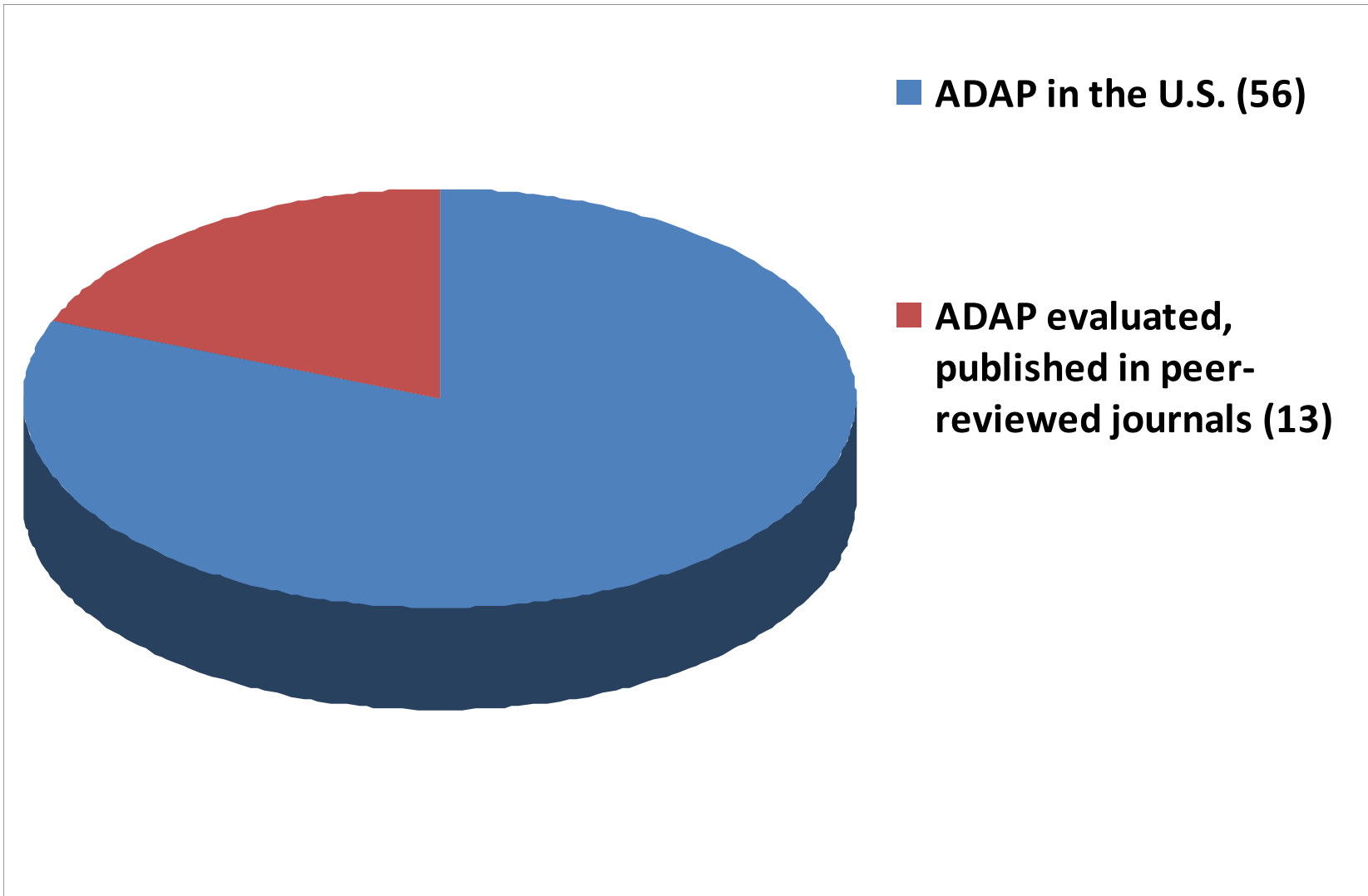
Peak Number of Articles

Dating Abuse (2008)	Alcohol Use (2008)	Tobacco Use (2007)
45	450	500

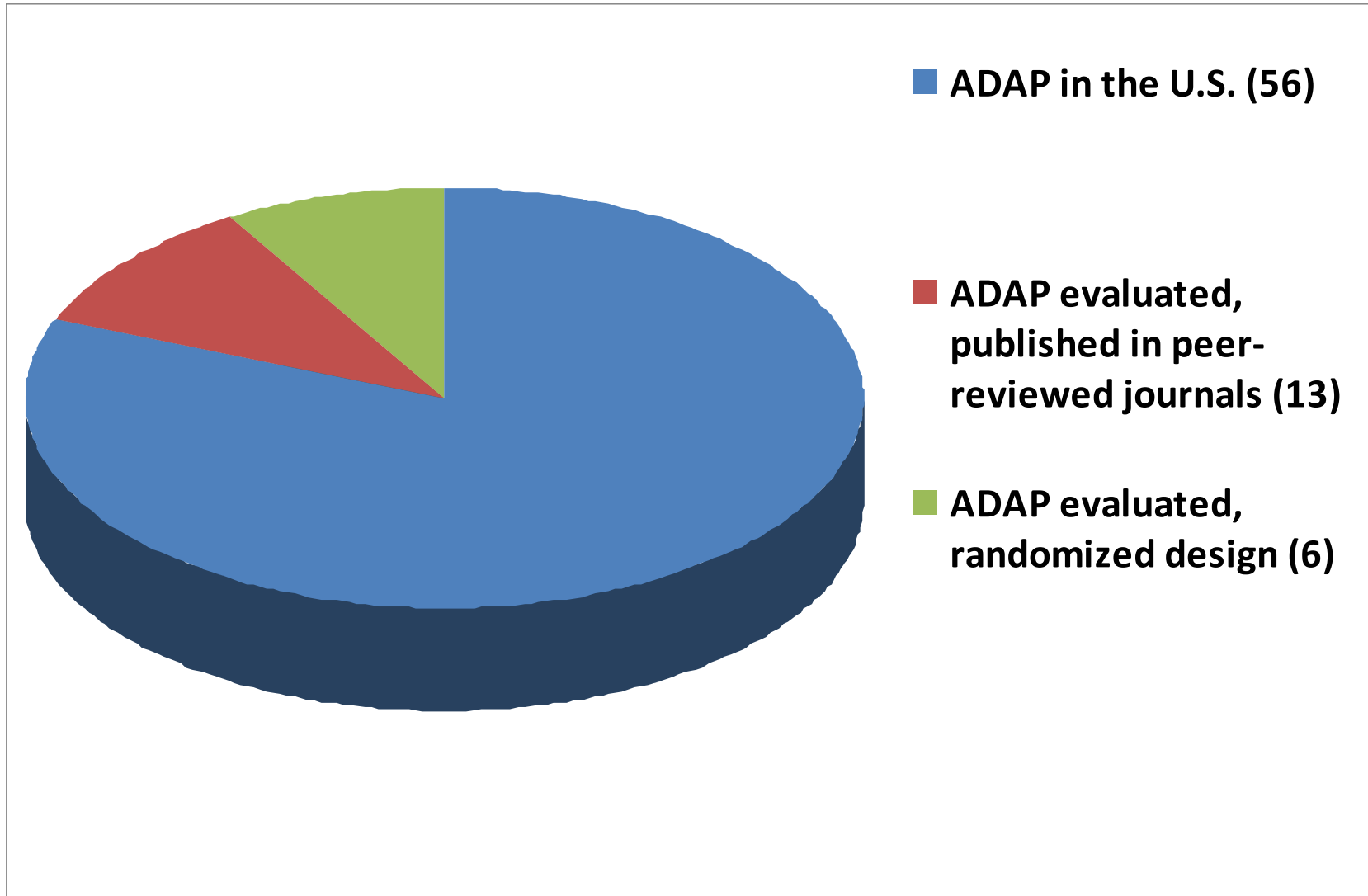
Evaluations of Adolescent Dating Abuse Programs



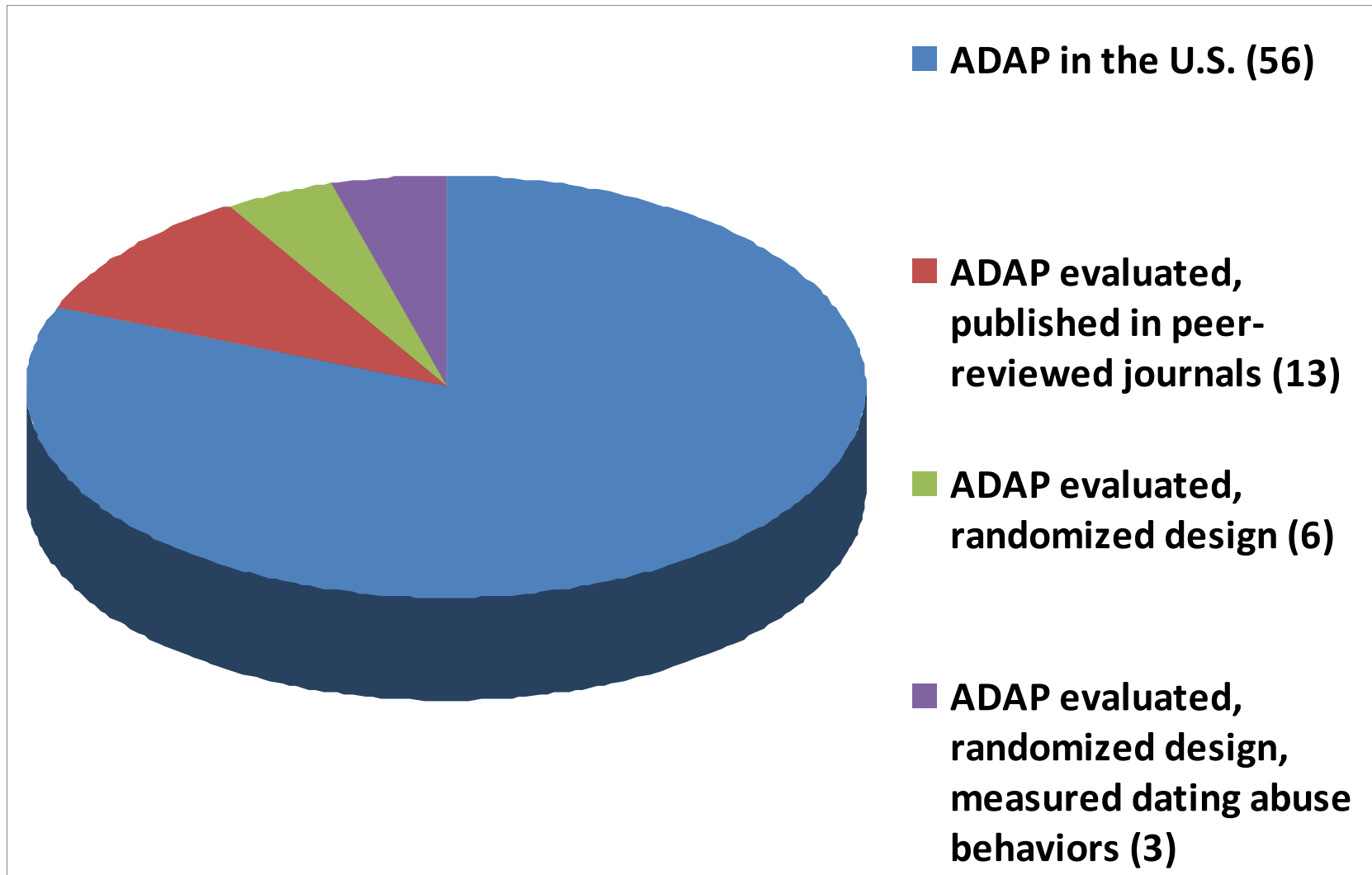
Evaluations of Adolescent Dating Abuse Programs



Evaluations of Adolescent Dating Abuse Programs



Evaluations of Adolescent Dating Abuse Programs



Key Challenges to Primary Prevention: Johnson, 2002

- When to begin
- Whom to target
- How to do it



When To Begin

Appropriately timing primary prevention interventions for an age when the topic is relevant but the behavior has not set in
(Nation et al., 2003)

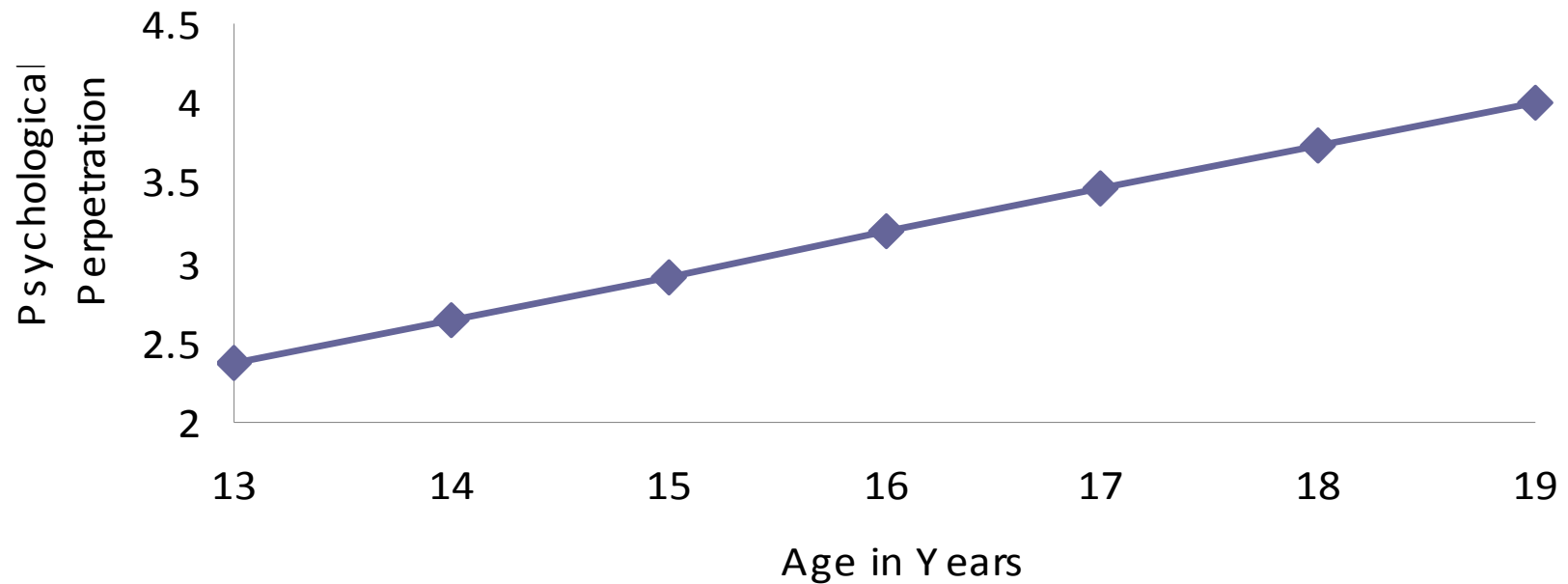


When does “dating” become relevant?

Self-reported dating involvement	
6th grade (11 yrs)	17% — boy/girl friend (Connelly et al., 2004)
7th grade (12 yrs)	22% — boy/girl friend (Connelly et al., 2004)
	25% — special romantic relationship in previous 18 mo. (Carver et al., 2003-Add Health)
8th grade (13 yrs)	30% — special relationship in the previous 18 mo. (Carver et al 2003-Add Health)
	47% — ever dating (Monitoring the Future Survey)
	56% — ever dating (Foshee and Ennet, Context/Linkages study)
	65% — ever dating (Foshee et al- Safe Dates Study)

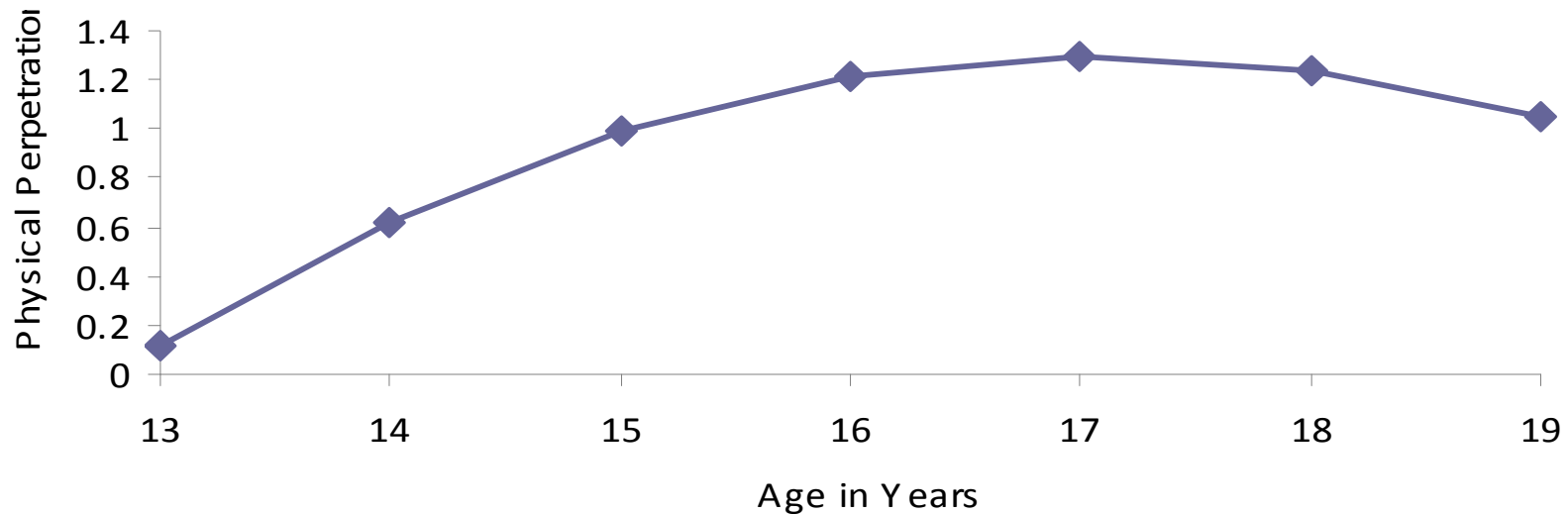
Trajectories of Psychological Dating Abuse Perpetration

Psychological Dating Abuse Perpetration across ages
13-19 years



Trajectories of Moderate Physical Dating Abuse Perpetration

Moderate Physical Dating Violence Perpetration across ages
13-19 years



17.1 years-peak age of moderate physical dating violence perpetration
16.3 years-peak age of severe physical dating abuse perpetration
16.3 years-peak age of sexual dating abuse perpetration

Whom to Target

Gordon's (1983) operational classification of primary prevention efforts:

- Universal
- Selective
- Indicated

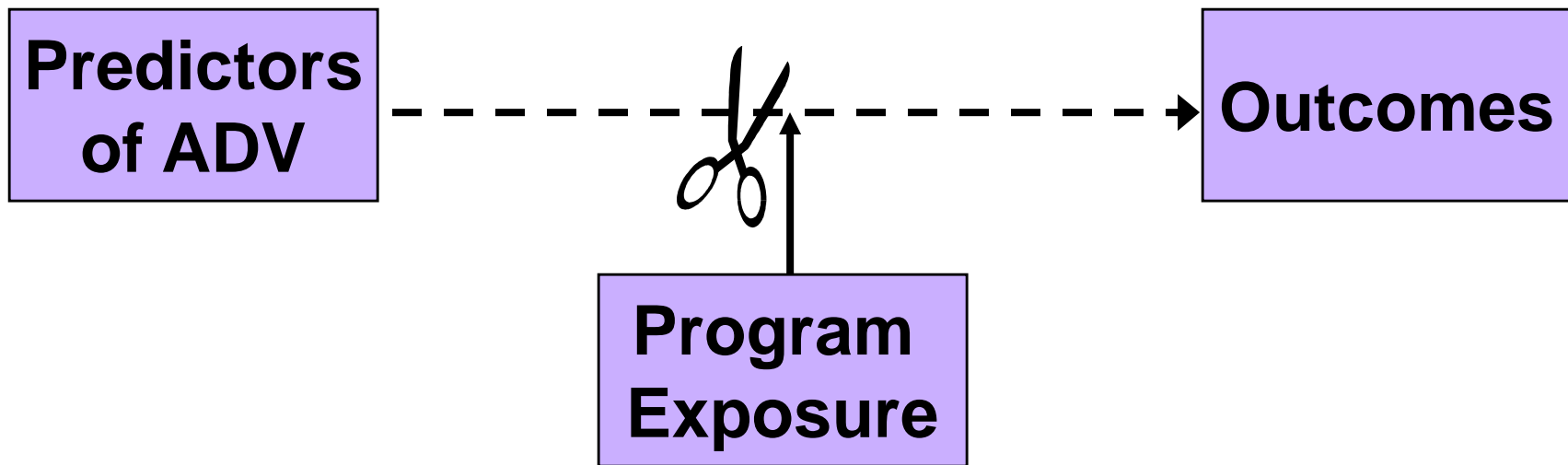
Whom to Target with Selective Programs?

- No strong evidence of demographic correlates of adolescent dating abuse
 - SES rarely associated with adolescent DA
 - Adolescent boys and girls report being victims and perpetrators of dating abuse
 - Some accumulated evidence that adolescent DA perpetration is greatest among African American youth, then Latino youth, then White youth, and then Asian youth (controlling for SES)

Whom to Target with Indicated Programs?

- ❑ Children who have been maltreated
- ❑ Children who have witnessed domestic violence
- ❑ Children exhibiting conduct disorders

How to Do It



Predictors of adolescent dating abuse perpetration (based on longitudinal studies)

□ **Predictors for male perpetration**

- Trauma symptoms
- Late childhood and early adolescent antisocial behavior, delinquency, substance use
- Attitudes that are accepting of dating abuse
- Having a friend involved as a victim or perpetrator of dating abuse
- Exposure to harsh parenting practices
- Exposure to inconsistent discipline
- Lack of parental supervision, monitoring, and warmth

Predictors of adolescent dating abuse perpetration (based on longitudinal studies)

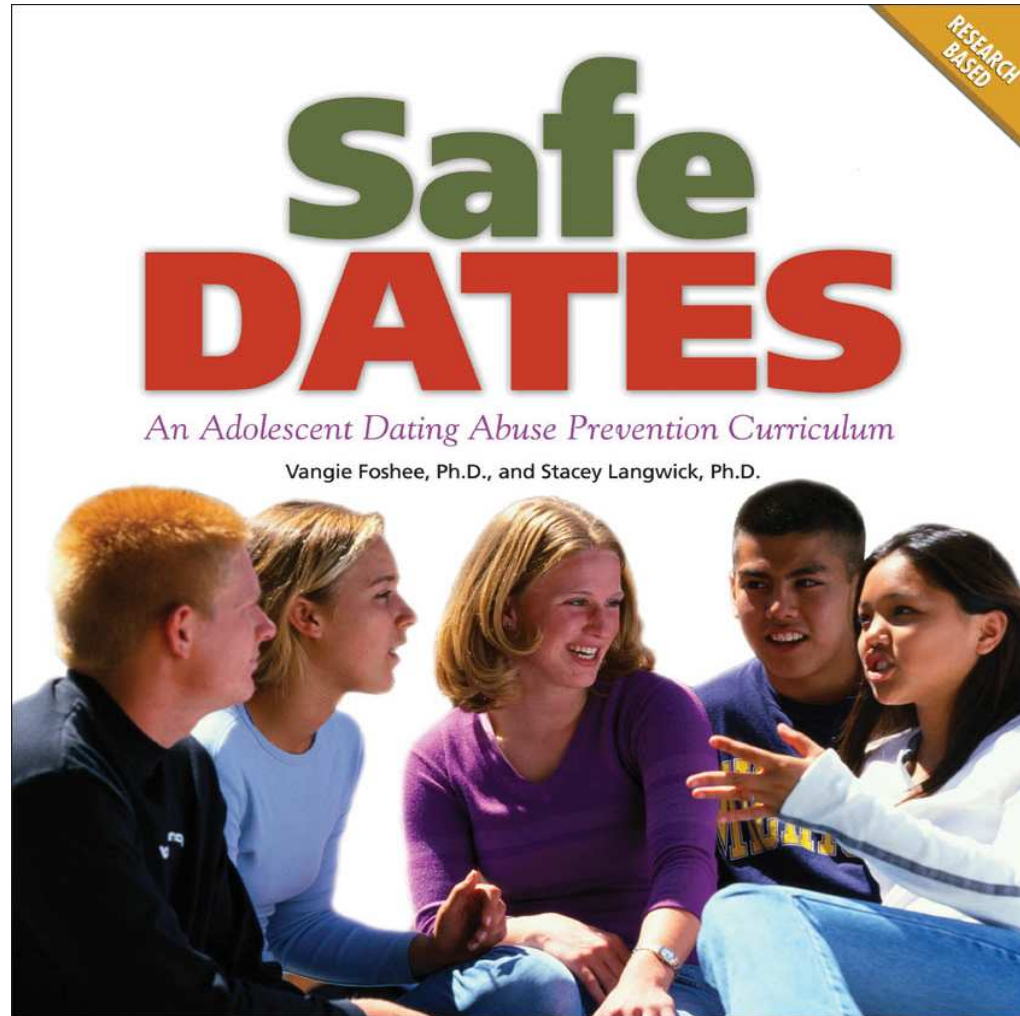
□ **Predictors for female perpetration**

- Trauma symptoms (especially anger)
- Depression
- Alcohol use
- Marijuana use
- Aggression against peers
- Having a friend involved as a victim or perpetrator of dating abuse

Evidenced-Based Teen Dating Abuse Prevention Programs

- Safe Dates
- Families for Safe Dates
- Fourth R
- Youth Relationships Project

The Safe Dates Program



The Safe Dates Program

Safe Dates is a School-Based Program:

- A Play
- 10-session curriculum
- A media contest

Characteristics of the Safe Dates Program

- ❑ Universal program
- ❑ Designed to be delivered by Health and PE teachers or staff at DV agencies
- ❑ Designed for 8th and 9th graders
- ❑ Targets primary and secondary prevention
- ❑ Aimed at preventing both victimization and perpetration
- ❑ Considers both boys and girls to be potential perpetrators and victims
- ❑ Targets changes in theoretically and empirically based predictors of dating abuse

Topics Covered in the Safe Dates Curriculum

Day 1: Defining caring relationships

Day 2: Defining dating abuse

Day 3: Why do people abuse?

Day 4: How to help a friend

Day 5: Helping friends

Day 6: Overcoming gender stereotypes

Day 7: Equal power through communication

Day 8: How we feel, How we deal

Day 9: Preventing dating sexual abuse

Day 10: Reviewing Safe Dates and setting up
the media contest

Effects of Safe Dates on Dating Abuse Perpetration

Dating abuse behavior	Wave 2 (2-mos. post)	Wave 3 (1-year post)	Wave 4 (2-year post)	Wave 5 (3-year post)	Wave 6 (4-year post)
Psycholog.	***	***	***	***	NS
Moderate Physical	*	*	*	*	*
Severe Physical	*** no prior SDA ** some prior SDA NS a lot of prior SDA	*** no prior SDA ** some prior SDA NS a lot of prior SDA	*** no prior SDA ** some prior SDA NS a lot of prior SDA	*** no prior SDA ** some prior SDA NS a lot of prior SDA	**
Sexual	*	*	*	*	*

* <= .05

** <= .01

*** p <= .001

NS=not significant

Mediators of Safe Dates Program Effects

- Safe Dates program effects were empirically mediated by changes in:
 - acceptance of dating abuse and DA norms
 - gender-based expectations and norms
 - awareness of community services
- Safe Dates program effects were NOT empirically mediated by changes in
 - conflict resolution skills
 - beliefs in the need for help

Families for Safe Dates



Characteristics of *Families for Safe Dates*

- Universal program
- Only family-based dating abuse prevention program that is evidenced-based
- Designed to be convenient for busy families:
 - 6 booklets of activities that caregivers and teens do together in their homes.
 - Followed by a telephone contact with a health educator who answers questions, motivates participation, and provides additional information if needed.

Comments from Families for Safe Dates Participants

- ❑ After doing all of the *Families for Safe Dates* booklets, one parent said,
"My daughter and I opened up a discussion that probably should have taken place a long time ago. But as a parent, I did not know how to start that conversation. I am going to go back to my older daughter with these books."
- ❑ After completing *Families for Safe Dates*, one teenage girl said,
"This is the first time I've ever really talked to my mom about boys and it got somewhere. Usually we argue, but this time it was constructive. That is why I liked this program."
- ❑ Recognizing that talking about dating with caregivers can be uncomfortable, one teenage boy who completed *Families for Safe Dates* said,
"It was helpful in breaking the ice with my parents. It helped us get a lot of those uncomfortable feelings about talking about stuff out of the way so now we can all talk about that kind of stuff."

Significant *Families for Safe Dates* Program Effects (Mediating Variables)

□ Caregiver Changes

- perceived severity of dating abuse
- Belief that discussing dating abuse with their teen may help prevent dating abuse
- self-efficacy for talking about dating abuse
- knowledge of dating abuse
- caregiver acceptance of dating abuse
- caregiver beliefs in the importance of being involved in male teen dating

Significant *Families for Safe Dates* Program Effects (Mediating Variables)

□ Teen Changes

- teen acceptance of dating abuse, especially for black adolescents

□ Family Changes

- negative communication
- caregiver-to-caregiver communication


Significant *Families for Safe Dates* Program Effects (Dating Abuse Behaviors)

- **Physical dating abuse victimization** (OR = 0.26, $p = .04$)
 - Treatment group: 3% became a victim between baseline and follow-up
 - Control group: 11% became a victim between baseline and follow-up

- **Physical dating abuse perpetration** (OR 0.48, $p = .25$)
 - Treatment group: 4% became a perpetrator between baseline and follow-up
 - Control group: 8% became a perpetrator between baseline and follow-up

For Information on Obtaining *Safe Dates* or *Families for Safe Dates*

- www.hazelden.org/safedates
- or call 1-800-328-9000.

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- ▣ *Moms and Teens for Safe Dates-* National Institutes of Justice, Centers for Disease Control and Prevention
 - ▣ *NOVIOlencia: Preparing our Teens for Healthy and Safe Dating-* Centers for Disease Control and Prevention

Characteristics of The Fourth R: Skills for Youth Relationships

- ❑ Universal program school-based program
- ❑ Curriculum for 9th graders
- ❑ Designed to be taught in Health and PE courses
- ❑ 21-session
- ❑ School-based comprehensive prevention approach

- ❑ Addresses core relationship issues and pressures that early adolescents face. Teaches skills to promote safer decision making.
 - Peer and dating violence (7, 75 minute sessions)
 - Substance use & abuse (7, 75 minute sessions)
 - Healthy growth and sexuality
(7, 75 minute sessions)



Significant Fourth R Program Effects (at 2.5 year follow-up)

- ▣ Significantly less **physical dating violence perpetration** by boys in treatment than control group.
- ▣ Significantly more **condom use** by sexually active boys in treatment than control group.

Characteristics of the Youth Relationship Project

- ❑ Indicated program: Designed for 14 – 16 year old adolescents with a history of maltreatment
- ❑ 18 -- two hour long-- sessions for after school groups led by a trained male and female facilitator
- ❑ Focuses on teaching adaptive non-violent communication and problem solving skills and altering gender-based role expectations
- ❑ Three components:
 - Education and awareness of abuse and power dynamics in close relationships
 - Skills development
 - Social action (learn skills for seeking help from community agencies and pairs conduct a community project with proceeds going to DV agencies)

Significant Youth Relationship Project Program Effects

- Significant treatment effects over time on:
 - physical dating abuse victimization (greater effects for boys than girls)
 - emotional dating abuse victimization
 - victimization from threatening behaviors

- Significant treatment effects over time on:
 - physical abuse perpetration (but not emotional abuse or threatening behavior perpetration)



For information on obtaining *Fourth R*
or Youth Relationship Project

www.youthrelationships.org

Conclusion

- ❑ We need more rigorous evaluations of adolescent dating abuse prevention programs!
- ❑ We can prevent adolescent dating abuse and contribute toward breaking the cycle of family violence that causes so many of societies social and public health problems

