How to Support Youth in Domestic Violence Households

October 14, 2020, 10:00-11:30 am PST
Hello!

I am Lori Jump

(Sault Ste. Marie Tribe of Chippewa Indians)

I love Fall. It’s my favorite season.

You can find me at ljump@strongheartshelpline.org
Hello!

Hey Uncle Paige Smith here!
(Paiute, Modoc, Wasco, Shoshone - Warm Springs)

I love getting outside and embracing the day.

You can find me at psmith@npaihb.org
Let us Start with a Blessing

“Life isn’t about finding yourself. Life is about creating yourself.”
~Unknown
Live Virtual Training Logistics

Logistics
- You are muted
- If comfortable, share video

Engagement
- Breakout rooms
- Chat box
- Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

★ Name, Tribe, Pronouns
★ Role & Organization
★ Email address
★ How comfortable are you with the DV topic?
Group Agreements

★ Participate Fully
★ Delay Distractions
★ Honor Different Experiences
★ Be Brave & Explore
★ Others? (Type in the chat)
We’ve Got Goals!

Ensure everyone of the call is aware of:

- DV resources and prevention activities
- What to do if a youth discloses, or you suspect they are in a DV household or relationship
- How to continue to support youth and the community about DV
Where we are going

1. What I need to know about DV
2. My Role as the Trusted Adult
3. Safety Planning Tips & Tools
4. Breakout Session
5. Let’s Talk About it!
Wellness Moment

Let’s Take Some Deep Breaths Together
1. What I need to know about DV

Let’s get some background here...
### Types of Abuse

- Physical
- Sexual
- Emotional
- Economic
- Psychological
- Threats
- Stalking
- Cyberstalking
- Cultural

### Survivors are now recognized as:

**Spouses**
- Sexual/Dating/Intimate partners
- Family members
- Children
- Cohabitants

**High Risk of DV**
- Native Women & Men
- 2SLGBTQ
- Foster care
- COVID-19
Recognizing the Signs

- Behavior Change
- School
- Over representation in juvenile justice system
- Early pregnancies
- Aggression
- Perpetrators and Victims
Mentimeter Speech Bubbles

Use the link in the chat box to join...

What are your takeaways from the DVPI video?
Wellness Moment
Positive Self-Statements or Affirmations
2. My Role as the Trusted Adult

Let’s start talking about what you can do...
## What Does & Doesn’t Work

<table>
<thead>
<tr>
<th>Do</th>
<th>Don’t</th>
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<tbody>
<tr>
<td>● Listen</td>
<td>● Dismiss their Feelings</td>
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<tr>
<td>● Help Identify Feelings</td>
<td>● Overreact</td>
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<tr>
<td>● Help to Process Experience/ Feelings</td>
<td>● Blame</td>
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<tr>
<td>● Provide Info &amp; Resources</td>
<td>● Use Scare Tactics</td>
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</table>
How Are You Feeling Today?

- Exhausted
- Confused
- Tired
- Guilty
- Suspicious
- Angry
- Hysterical
- Irritated
- Sad
- Comfort
- Disorganized
- Happy
- Insecure
- Dazed
- Frightened
- Engaged
- Ashamed
- Outrageous
- Smug
- Stressed
- Overwhelmed
- Hopeful
- Lonely
- Lonestruck
- Jealous
- Bored
- Surprised
- Anxious
- Shocked
- Shy

Help Identify Feelings
We asked Native Youth to write letters to themselves.

https://youtu.be/b6MGTv-9-5s (3:37)
https://youtu.be/sFujnFUnDo (1:11)
Mentimeter Word cloud

Use the link in the chat box to join...

What did you think about the video?
Questions, Ask Away!
Wellness Moment

Hand Tracing While Deep Breathing
3. Safety Planning Tips & Tools

Now we’re ready to start planning...
Safety Plan

- Personalized
- Practical

Can help you avoid dangerous situations and know the best way to react when you are in danger.
Safety Plan Resources

**DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN**

Name: ______________________ Date: __________

The following steps represent my plan for increasing my safety and preparing in advance for the possibility that further violence. Although I do not have control over my partner’s violence, I do have a choice about how to respond to it, and how to best get myself and my children to safety.

**STEPS:** Safety planning is a violent incident. Review personal safety-related violent incidents to ensure safety. It is an ongoing process, with steps to prepare in case of an emergency.

I. Make a personalized safety plan.

A. Identify key steps in the following strategies:
   1. Identify a safe place: Think of a safe place to go when you are in an emergency. Make sure it is a place where your partner is unlikely to find you. It can be a friend’s house, a family member’s house, or a shelter. Keep a list of safe places in your phone that is accessible to your children.
   2. Create a safety plan: Write down a safety plan for yourself and your children. Include the steps you will take in case of an emergency.
   3. Make a list of people you can trust: Write down the names of people you can trust to help you in an emergency. Include friends, family members, and neighbors.

B. Develop a safety plan that includes:
   1. A plan for yourself: Make a plan for how you will protect yourself in an emergency.
   2. A plan for your children: Make a plan for how you will protect your children in an emergency.

C. Review and update your plan regularly: Make sure your safety plan is up-to-date and that you have the necessary resources to implement it.

D. Keep your safety plan with you: Make sure your safety plan is easily accessible to you and your children.

**Personalized Safety Plan**

Although you can’t control your partner’s use of violence, you can plan how you will respond to future abusive or violent incidents. Prepare for the possibility of an incident happening, and plan how you will get to safety.

Ask yourself the following questions:

1. When I have to call the abuser, I can ________________
2. When I call the phone with the abuser, I can ________________
3. I can make up an ‘safe word’ for my family, co-workers, friends and/or counselor so they know when to call for help for me. My safe word is ________________
4. When I feel as if I am getting there who to call or need help with the kids, I can ________________
5. I can tell my family, co-workers, boss, counselor or a friend about my situation. Feel safe doing ________________
6. I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails. I can ask friends, family members or coworkers to help me screen my calls. I can ask these people for help ________________
7. I can tell any of the following people for assistance or support if necessary and ask them if they will notice if anything abnormal happens: ________________

**National Center on Domestic and Sexual Violence**

**National Coalition Against Domestic Violence**

**Women’s Law**
Energizer Time!

Model with your youth...Popcorn Movement
THE RELATIONSHIP SPECTRUM

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

**Healthy**
A healthy relationship means that both you and your partner(s) demonstrate:

- **Respect** - Treating one another as an equal and whole human being. Valuing each other’s thoughts, feelings and opinions.

- **Communication** - Talks openly about problems and listens in a non-judgmental way. Affirms and understand each other’s thoughts, feelings and opinions.

- **Trust and Support** - Believing what one another says. Supporting each other’s choice of friends, activities, goals and opinions.

- **Honesty and Accountability** - Communicates openly, truthfully and respectfully. Acknowledges and accepts responsibility for one’s own actions and words.

- **Equality and Fairness** - Making decisions together and mutually agreeing on conflict resolutions where each other’s needs are equally met.

- **Enjoying Personal Time** - Enjoys spending time with one another while respecting each other’s space and privacy when needed.

- **Making Mutual Sexual Choices** - Talks openly about consent to one’s sexual activities, choices, boundaries and birth control methods.

- **Cultural and Spiritual Respect** - Recognize and honor one another’s cultural traditions and tribal beliefs.

**Unhealthy**
You may be in an unhealthy relationship if one or more partners engages in:

- **Disrespect** - One partner (or both partners) does not always consider the other in the relationship.

- **Poor Communication** - Unwilling to talk openly about relationship issues without a fight or not talking about problems at all. Not listening to, affirming or understanding one another’s thoughts, feelings or opinions.

- **Lack of Trust and Support** - Not believing one’s feelings or opinions. Not supportive of one’s choice of friends, activities or goals.

- **Dishonesty and Lack of Accountability** - One partner (or both partners) is not truthful. Unwilling to acknowledge or accept responsibility for one’s own actions and words.

- **Takes Control or Unequal Resolutions** - Not making decisions together. One partner thinks their desires are more important.

- **Feeling Crowded or Not Spending Time With Others** - Only spends time with their partner or limits partner from seeing others.

- **Pressed Into Sexual Activity** - One partner tries to convince the other that they should have sex.

- **Cultural Disrespect** - Uses racial slurs or stereotypes toward their partner’s culture, traditions or beliefs.

- **Spiritual Disrespect** - Uses stereotypes, or is judgmental, misrepresents, or belittles one’s spiritual beliefs or practices.

**Abusive**
Abuse is present in the relationship if one partner:

- **Mistreats The Other** - One partner (or both partners) does not respect the feelings or physical safety of the other.

- **Communicates In A Way That Is Meant To Be Hurtful** - Criticizes, belittles or humiliates their partner.

- **No Trust or Support** - Accuse one another of flirting or cheating when it’s not true. Refusing to give support in a physical or verbal way to hurt the other person as a result.

- **Gaslighting and No Accountability** - Denies or blames the other for any abusive actions or uses manipulation to avoid accountability.

- **Controls The Other** - No equality in the relationship. One partner makes all the decisions in the relationship and has all of the power.

- **Isolates The Other Partner** - One partner controls where the other can go, see or who they talk to.

- **Sexual Assault** - One partner forces sexual activity on the other without their consent.

- **Pattern of Disrespect Toward One’s Culture** - Intentionally falsify, misrepresent or use racial slurs or stereotypes toward their partner’s cultural traditions or beliefs.

- **Restricts One From Honoring Their Spiritual Beliefs and Practices** - Uses intimidation or punishment toward their partner to keep them from participating in spiritual beliefs or practices.

Adapted from National Indigenous Women’s Resource Center’s “Natural Life-Supporting Power” and National Domestic Violence Hotline’s “Relationship Spectrum.” April 2018.
Meet Sally
4. Breakout Groups

Sally’s Story

Let’s practice what we’ve learned...

Where does this relationship lie on the Healthy Relationship Spectrum?

What forms of abuse did you identify?

What would you tell Sally?

Be prepared to share your great ideas with the larger group!
Group Agreements

★ Participate Fully

★ Delay Distractions

★ Honor Different Experiences

★ Be Brave & Explore

★ Others? (Type in the chat)
5. Let’s Talk About it!

Logistics
- Share Your Video
- Use the Chatfeed

Engagement
- Use the Chatfeed
- ASL
- Zoom Reactions
Practice in Action

Taking it back home!
Find Curricula on Healthy Native Youth

★★ Filter & Compare Tool
★★ All Materials Needed to Implement
★★ Enhancement Activities
★★ Resources & Support
★★ Upload & Submit Your Own Curricula
For Adults:
Text “Empower” to 97779
★ Tips & Resources for Talking to Youth About Sexual Health
★ Need some help getting the convo started?
For Youth: Text “Caring” to 65664

★ To get regular reminders about how awesome you are from people who care and who’ve got your back!
Sign up for the Healthy Native Youth Newsletter!
★ Stay up to Date with the Latest...
Leave Your Email in Chatbox

We welcome you to join in Healthy Native Youth’s Community of Practice monthly virtual gatherings that include new resources and opportunities to engage with topical experts and others!

How to Join:
Access the link via
HealthyNativeYouth.org
/communiyo/practice
or
Text HEALTHY to 97779 to
receive monthly reminders

COMMUNITY OF PRACTICE
2020-2021 Schedule

Sept. 9, 2020  Preparing & Planning for Virtual and In-Person Learning
Oct. 14, 2020  How to Support Youth Living in Domestic Violence Households
Nov. 18, 2020  Mental Health & Wellness: Suicide Prevention
Dec. 9, 2020  How to Support Youth through COVID-19
Jan. 13, 2021  Substance Misuse and Help-seeking Skills
Feb. 10, 2021  Connecting our Past to our Present Re-traumatization
March 10, 2021  Culture as Prevention
April 14, 2021  Supporting Youth Identity: We R Native!
May 12, 2021  Circles of Support: Create a Q&A Service like “Ask Auntie/Ask Uncle”
June 9, 2021  2SLGBTQ: Level up the Inclusion
July 14, 2021  Text Messaging Campaigns

Second Wednesday of Every Month
10-11:30 A.M. PST
We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA
Four Square

Instructions: Share something in the chat feed for each box.

<table>
<thead>
<tr>
<th>Reflections</th>
<th>Unanswered Questions</th>
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<tbody>
<tr>
<td>&quot;Aha!&quot; Moments</td>
<td>Random</td>
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</tbody>
</table>
Thank you!

You can find us at:
Amanda Gaston
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Michelle Singer
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Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary’s Minority AIDS Initiative Fund.
Let us Close with a Blessing

IndigiLOVE begins with “I” - we need to take care of ourselves to take care of others, and that includes our youth! Thank you for being that caring adult to raise healthy native youth!