



# 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](mailto:ljump@strongheartshelpline.org)



NATIVE

# 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@npaih.org](mailto:psmith@npaih.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)

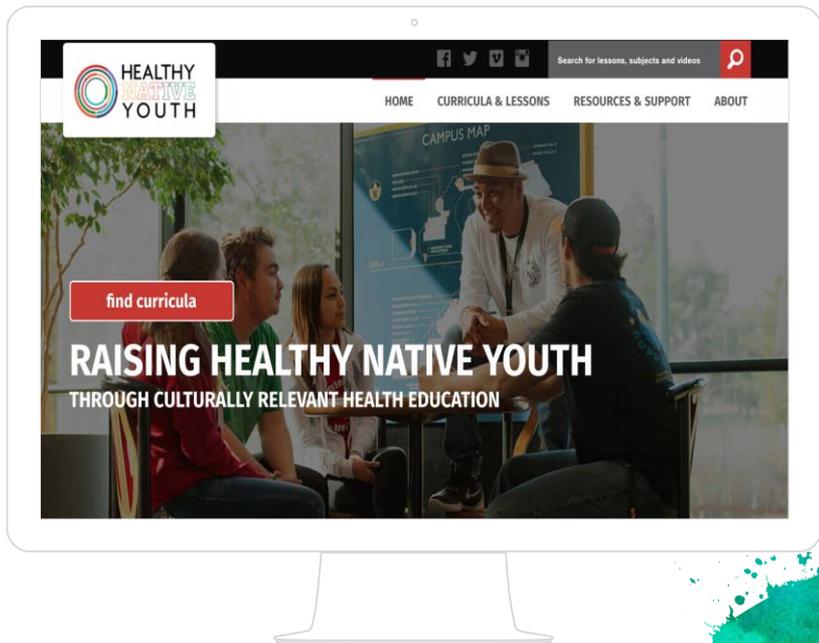




# Welcome, Welcome, Welcome!

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	Survivors are now recognized as:
<ul style="list-style-type: none"><li>● Physical</li><li>● Sexual</li><li>● Emotional</li><li>● Economic</li><li>● Psychological</li><li>● Threats</li><li>● Stalking</li><li>● Cyberstalking</li><li>● Cultural</li></ul>	<p>Spouses</p> <ul style="list-style-type: none"><li>● Sexual/Dating/Intimate partners</li><li>● Family members</li><li>● Children</li><li>● Cohabitants</li></ul> <p>High Risk of DV</p> <ul style="list-style-type: none"><li>● Native Women &amp; Men</li><li>● 2SLGBTQ</li><li>● Foster care</li><li>● COVID-19</li></ul>

# DV Overview

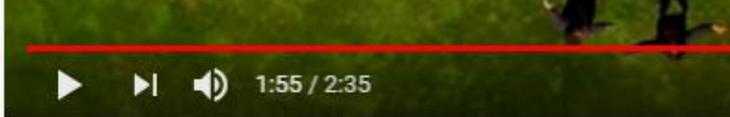




# Recognizing the Signs

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





Siletz DVPI PSA

<https://www.youtube.com/watch?v=eb3s3uqCz4c&t=1s> (2:35)

If you need to talk,  
call the StrongHearts Native Helpline at  
1-844-7NATIVE (762-8483)  
for free, confidential support and resources.



Available daily from 7 a.m. to 10 p.m. CST  
[strongheartshelpline.org](http://strongheartshelpline.org)



# Siletz DVPI PSA Video



# 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...

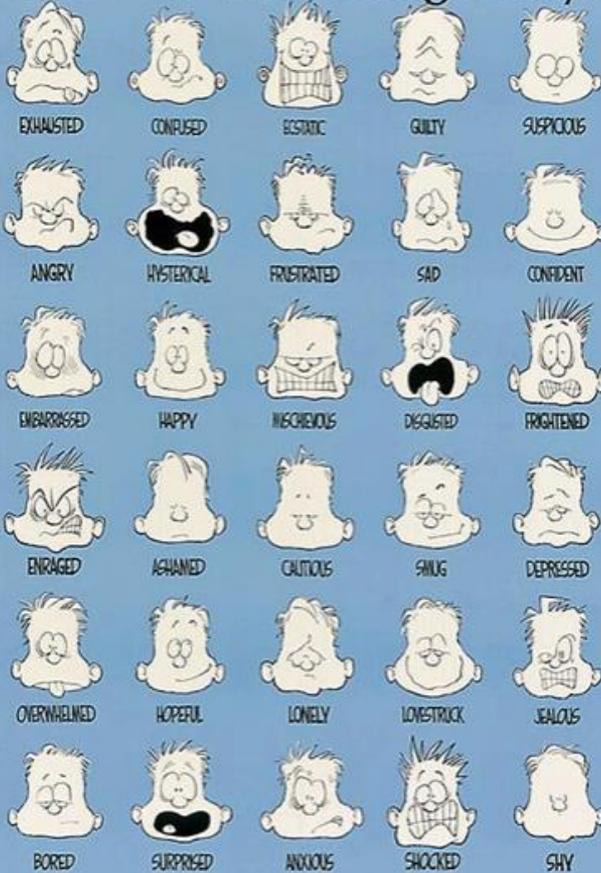


# What Does & Doesn't Work



Do	Don't
<ul style="list-style-type: none"><li>• Listen</li><li>• Help Identify Feelings</li><li>• Help to Process Experience/ Feelings</li><li>• Provide Info &amp; Resources</li></ul>	<ul style="list-style-type: none"><li>• Dismiss their Feelings</li><li>• Overreact</li><li>• Blame</li><li>• Use Scare Tactics</li></ul>

# How Are You Feeling Today?



# Help Identify Feelings



We asked Native Youth  
to write letters to themselves.



<https://youtu.be/b6MGTv-9-5s> (3:37)

<https://youtu.be/sFujnFUlnDo> (1:11)

# Response Circle Consent Video





# Mentimeter Word cloud

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

What did you  
think about the  
video?





*Questions, Ask  
Away!*





Deep breathing  
using your hand.



# 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 for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

**STEP 1: Safety during a violent incident. Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.**

I can use some of the following strategies:

- If I decide to leave, I will \_\_\_\_\_  
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
- I can keep my purse and car keys ready and put them (location) \_\_\_\_\_ in order to leave quickly.
- I can tell \_\_\_\_\_ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house.
- I can teach my children how to use the telephone to contact the police, the fire department, and 911.
- I will use \_\_\_\_\_ as my code with my children or my friends so they can call for help.
- If I have to leave my home, I will go to \_\_\_\_\_  
(Decide this even if you don't think there will be a next time.)
- I can also teach some of these strategies to some or all of my children.
- When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as \_\_\_\_\_ (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)
- I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we \_\_\_\_\_

**STEP 2: Safety when preparing to leave. Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Battered women often strike back when they believe that a battered woman is leaving a relationship.**

I can use some or all of the following strategies:

- I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.
- I will keep copies of important documents or keys at \_\_\_\_\_
- I will open a savings account by \_\_\_\_\_ to increase my independence.
- Other things I can do to increase my independence include: \_\_\_\_\_

1 of 5

National Center on Domestic and Sexual Violence

## Personalized Safety Plan

Although you can't control an abuser'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 to get to safety. It is your decision if and when you tell others that you have been abused, or that you are still at risk. Friends, family, and coworkers can help with your safety plan if they are aware of the situation and want to help.

**Ask yourself the following questions:**

- When I have to talk to the abuser, I can \_\_\_\_\_.
- When I talk on the phone with the abuser, I can \_\_\_\_\_.
- I can make up a "code word" for my family, co-workers, friends and counselor so they know when to call for help for me. My code word is \_\_\_\_\_.
- When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as \_\_\_\_\_ (at work) \_\_\_\_\_ (at home) or \_\_\_\_\_ (in public).
- I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling \_\_\_\_\_.
- 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 co-workers to help me screen my contacts. I can ask these people for help: \_\_\_\_\_.
- I can call any of the following people for assistance or support if necessary and ask them to call the police if they see the abuser harassing me.

National Coalition Against Domestic Violence

The screenshot shows the Women's Law website with the following content:

- Header:** WomensLaw.org. Because knowledge is power.
- Navigation:** About Us, Legal Information, About Abuse, Places that Help, Donate.
- Section:** About Abuse
- Sub-section:** Safety Planning with Children
- Updated:** October 3, 2017
- Text:** No one deserves to be abused and no child should have to witness domestic violence against a parent. Our hope is that if you are being abused, you will be able to find a way to protect yourself and your children. This page offers tips on safeguarding your children's physical and emotional health while still in an abusive relationship as well as legal and other considerations if you plan to leave the abuser.
- What to tell your children:**
  - During the violence:** Getting to safety. Legal considerations when taking your children with you.
  - Setting up your children:** Legal considerations when taking your children with you.
  - What to tell your children:** Create a plan with your children for when violence happens. You can explain to them that it is important not to talk to the abuser about what you are discussing. However, plan ahead for what you will do if your children tell your partner about your safety plan or if your partner finds out about your plan some other way.

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.



**STRONGHEARTS**  
Native Helpline

## 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.

**Pressured 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)



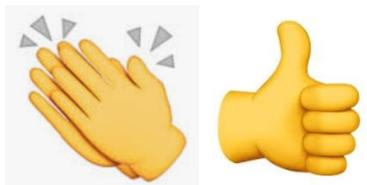
# 5. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



# Practice in Action

Taking it back home!

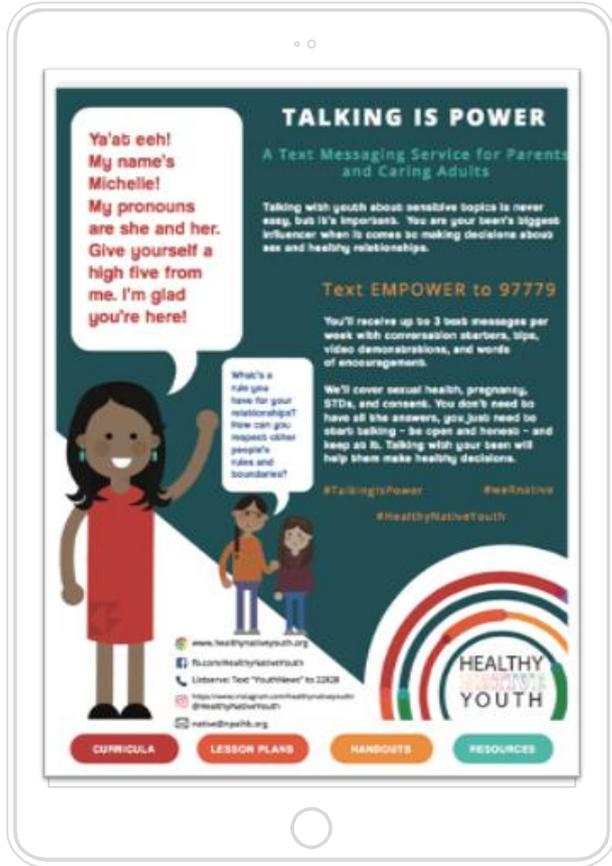




# Find Curricula on *Healthy Native Youth*

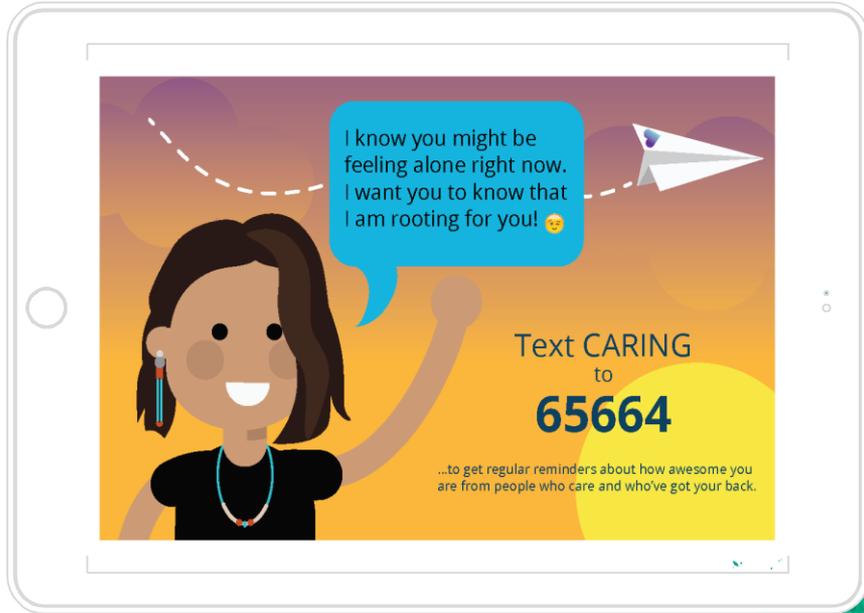


- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Upload & Submit Your Own Curricula



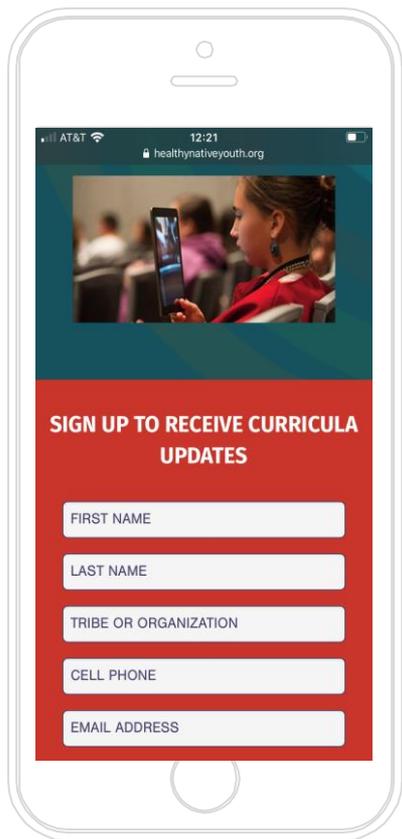
# For Adults: Text “Empower” to 97779

- ★ 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...

## 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

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!

### Second Wednesday of Every Month

10-11:30 A.M. PST



#### How to Join:

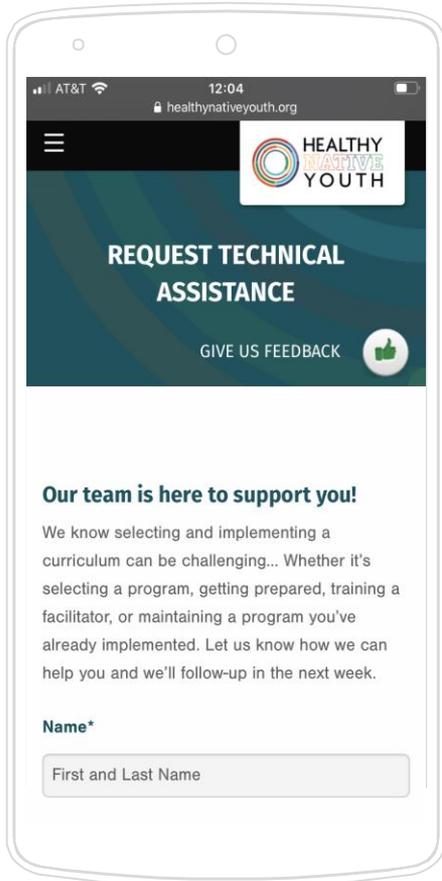
Access the link via

[HealthyNativeYouth.org  
/communityofpractice](https://HealthyNativeYouth.org/communityofpractice)

or

Text: **HEALTHY** to 97779 to  
receive monthly reminders

# Leave Your Email in Chatbox



# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

# Four Square

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

Reflections



Unanswered Questions



“Aha!” Moments



Random



# Thank you!

You can find us at:  
Amanda Gaston  
[agaston@npaihb.org](mailto:agaston@npaihb.org)

Michelle Singer  
[msinger@npaihb.org](mailto:msinger@npaihb.org)



# 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!

