

It Ends With Us: Relational Violence Prevention for School Counselors

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WEBINAR ONE:

Title: It Ends With Us: Teen Dating Violence Prevention

Learning Intentions:

School counselors will increase their knowledge of teen dating violence and will learn developmentally appropriate prevention strategies for students K-12.

WEBINAR TWO:

Title: It Ends With Us: The Impact of Family Violence on Children & Adolescents

Learning Intentions:

School counselors will gain knowledge of general factors that put students at risk for violence and how they can support those students in schools. Special attention will be given to family factors - culture, communication styles, substance abuse, mental health and intimate partner violence.

WEBINAR THREE:

Title: It Ends With Us: Fostering Resilience

Learning Intentions: School counselors will be provided a refresher of ACES, the brain stress and trauma and strategies to promote resilience. Additionally, school counselors will increase their knowledge of the impact of educator stress on student mental health.

KEY TAKE-AWAYS:

- A critical element in preventing teen dating violence is education for all students about healthy relationships and communication skills
- As change agents and prevention specialists, school counselors must be knowledgeable about:
 - What teen dating violence is
 - Identify warning signs, risk factors, protective factors, etc.
 - General factors that put students at greater risk for violence and how they can support at-risk students in schools
 - Family factors - culture, communication styles, substance abuse, mental health, intimate partner violence, etc.
 - Education and prevention strategies to scaffold resilience in children
 - Teaching communication skills, defining healthy relationships, partnering with other stakeholders and community agencies, etc.

REFLECTION QUESTIONS:

- On a scale of 1-5 rate your comfort level regarding working with children and teens around issues of intimate partner/domestic violence.
 - a. What actions can you take to move yourself one point up the scale?
- When teaching about healthy relationships and communication, do I intentionally make a connection between the importance of good communication and healthy boundaries in friendship and love relationships?
- Do I encourage students to explore the dynamics of healthy friendships and love relationships?
- As a secondary counselor, do I provide lessons on healthy relationships, dating violence, consent, etc.?
- Are there other educators I could partner with in my school (health teachers, etc.) to provide more robust information about communication skills and healthy relationships?
- Am I comfortable talking with students about intimate partner violence they are witnessing in their home?
- How knowledgeable am I about the effects of trauma on learning, behavior and communication?
- How knowledgeable am I about expressions of trauma in children and teens?
- Do I have resources for children, parents, teachers and other caregivers that deal with family/dating violence?

ADDITIONAL RESOURCES:

- [The Virginia Sexual and Domestic Violence Action Alliance](#) is Virginia's leading voice on sexual and intimate partner violence
- [Virginia Department of Social Services Domestic Violence Prevention Programs](#)
 - Family Violence & Sexual Assault Hotline 1-800-838-8238
- **Centers for Disease Control (CDC)** As the nation's health protection agency, CDC saves lives and protects people from health, safety, and security threats
 - [CDC Dating Matters](#) - a comprehensive teen dating violence prevention model developed by CDC to stop teen dating violence before it starts.
 - [CDC Intimate Partner Violence](#)
 - [CDC Preventing Intimate Partner Violence Across the Lifespan](#)
- [National Domestic Violence Hotline](#)
 - 800.799.SAFE
 - Text 'START' to 88788
- [One Love](#) - Educate young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better.
 - <https://www.joinonelove.org/>

REFERENCES

- Centers for Disease Control [CDC], (2018) Dating Matters
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/datingmatters/index.html>
- CDC (2020) Intimate Partner Violence
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html>
- CDC (2020) National Intimate Partner and Sexual Violence Survey (NISVS)
<https://www.cdc.gov/violenceprevention/datasources/nisvs/index.html>
- CDC (2017) Preventing Intimate Partner Violence Across the Lifespan
<https://www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf>
- CDC (2021) Preventing Teen Dating Violence
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>
- CDC Preventing Teen Dating Violence Fact Sheet
https://www.cdc.gov/violenceprevention/pdf/ipv/TDV-factsheet_508.pdf
- CDC (2019) Youth Risk Behavior Survey
<https://www.cdc.gov/healthyyouth/data/yrbs/results.htm>
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