



**It's On Us Workshop:  
Intimate Partner Violence  
Prevention 101**

# Agenda

- Learning Outcomes
- Introductions
- Self-Care Check In
- Defining the Problem
- Understanding Perpetration
- Healthy vs. Unhealthy vs. Abusive Relationships
- Prevention Activities
- Toolkit Materials + Next Steps
- Self-Care Reminder
- Post-Training Survey

# Learning Outcomes

IOU chapter members will recall the definitions and prevalence of dating/intimate partner violence.

IOU chapter members will describe the risk factors of DV/IPV violence perpetration.

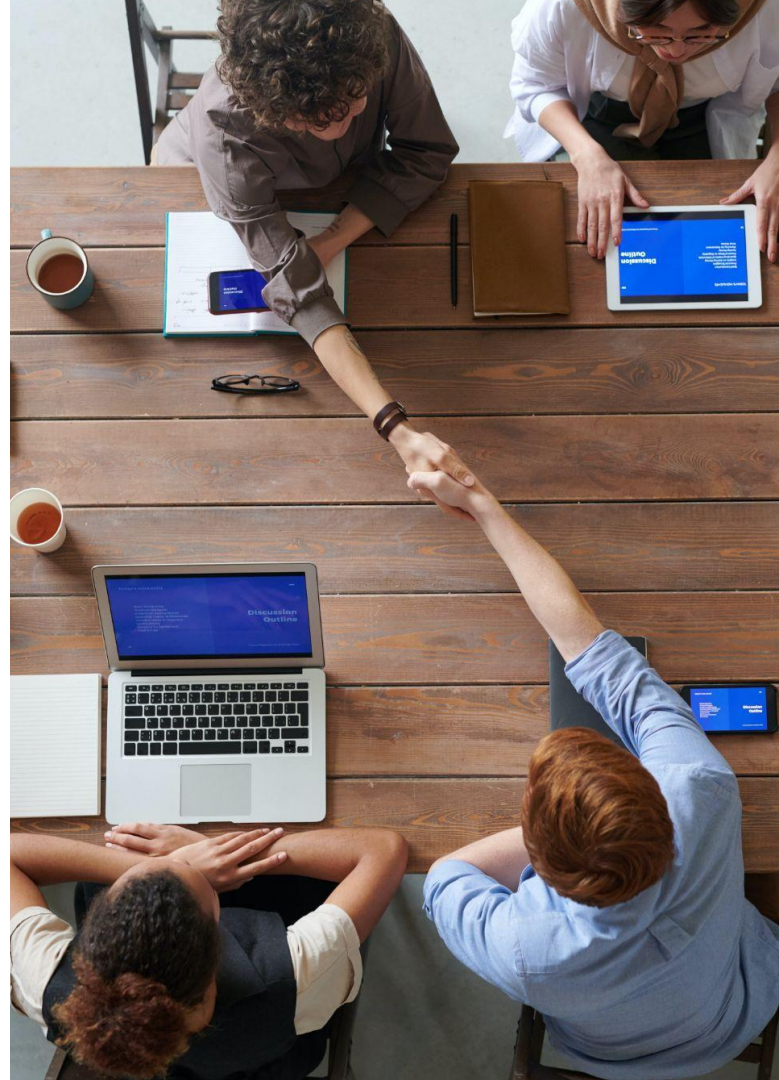
IOU chapter members will apply primary prevention strategy to DV/IPV.

IOU chapter members will be able to implement activities in healthy communication, creating a healthy connection, and mindfulness.

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# INTRODUCTIONS

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Chanel No 5



- is very cool
- but has no friends
- likes cats and sweaters

sock



- emo on the inside
- has poor eyesight
- gives relationship advice
- but is single

rob



- is dead

helen



- sends memes at 4am
- doesn't sleep
- likes milk

alastair albert albrecht



- is rich
- eats a lot of rice

creamsicle



- in a relationship with 57 bees
- likes cereal and partying
- ugly on the outside
- but great personality

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# SELF-CARE CHECK

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# Defining Intimate Partner Violence (IPV)

A pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

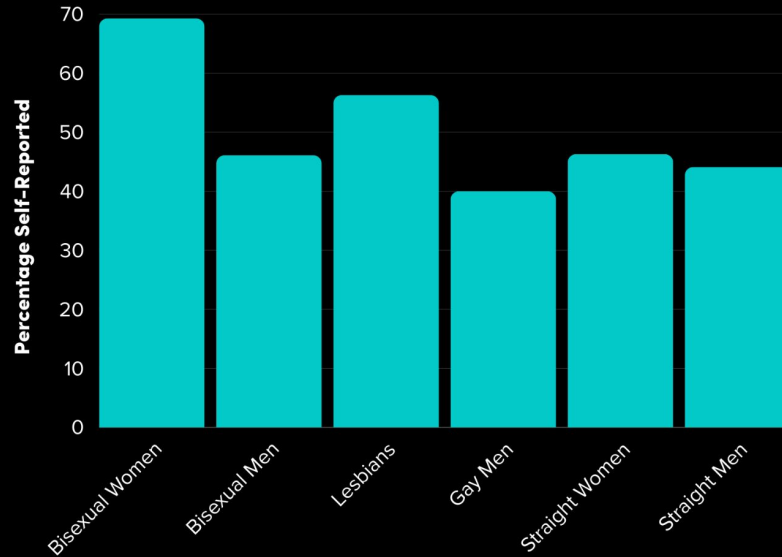
Domestic violence can be physical, sexual, emotional, economic, psychological, or technological actions, or threats of actions, or other patterns of coercive behavior that influence another person within an intimate partner relationship.

This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

-U.S. Department of Justice

# US Rates of Intimate Partner Violence: Gender X Sexual Orientation

- 1 in 2 women (47.3%)
- 1 in 2 trans people (**54%**)
- 2 in 5 men (44.2%)

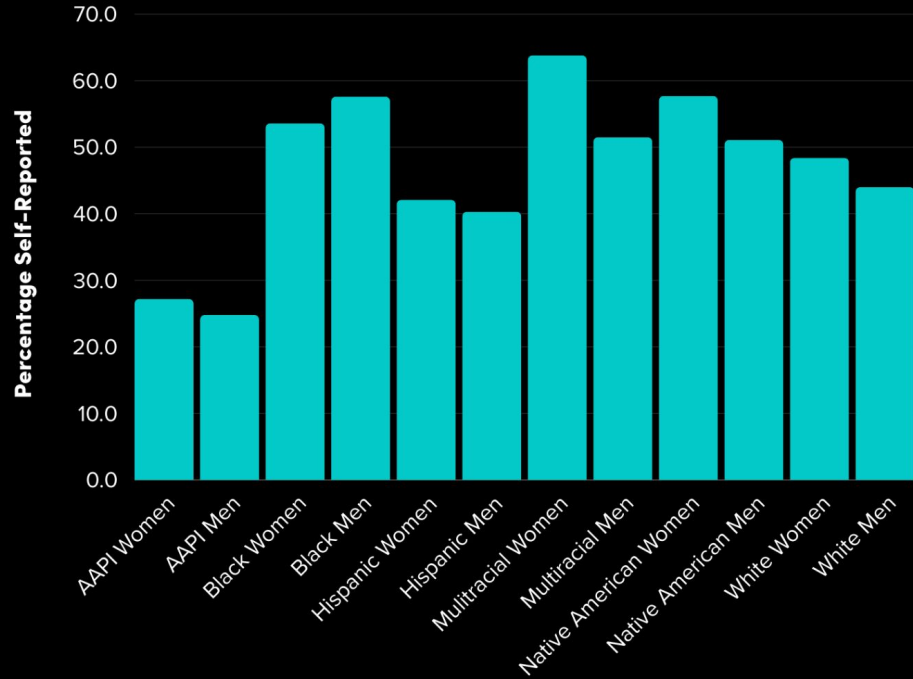




# US Rates of Intimate Partner Violence:

## Gender X Race

**Most IPV is “intraracial”,  
meaning that it is between  
people of the same race.**



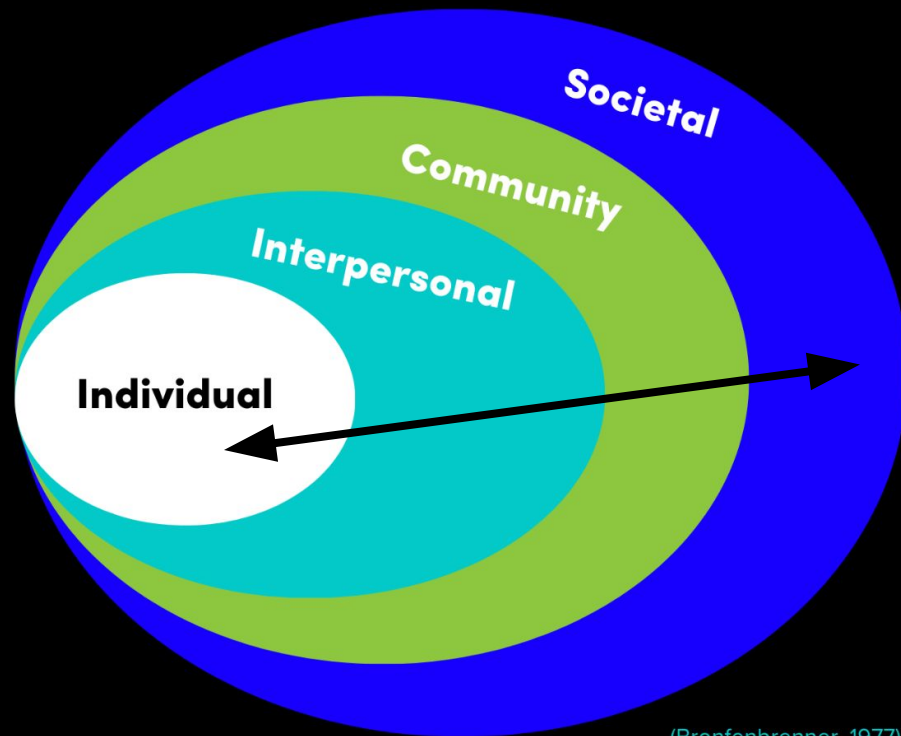
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# UNDERSTANDING PERPETRATION

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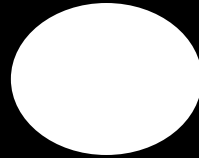
# Sexual Assault Perpetration Risk



(Bronfenbrenner, 1977)

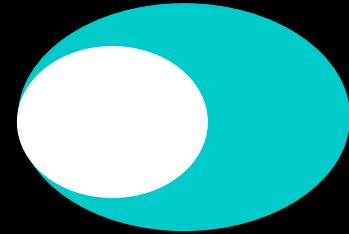
# Individual Level Risk Factors

- Relationship conflicts including jealousy, possessiveness, tension, divorce, or separations
- Dominance and control of the relationship by one partner over the other
- Families experiencing economic stress
- Unhealthy family relationships and interactions
- Association with antisocial and aggressive peers
- Parents with less than a high-school education
- Witnessing violence between parents as a child
- History of experiencing poor parenting as a child
- History of experiencing physical discipline as a child



# Relationship Level Risk Factors

- Low self-esteem
- Young age
- Aggressive or delinquent behavior as a youth
- Heavy alcohol and drug use
- Depression and suicide attempts
- Anger and hostility
- Lack of nonviolent social problem-solving skills
- Poor behavioral control and impulsiveness
- Having few friends and being isolated from other people
- Economic stress (e.g., unemployment)
- Emotional dependence and insecurity
- Belief in strict gender roles (e.g., male dominance and aggression in relationships)
- Desire for power and control in relationships
- Hostility towards women
- Attitudes accepting or justifying violence and aggression
- History of physical or emotional abuse in childhood



# **POWER** can be systemic or personal

## **SOCIETAL**

- Ability
- Age
- Class
- Gender
- Race
- Religion
- Sexuality

## **PERSONAL**

Based on a person's qualities, traits, or characteristics.

# Why Power, Control, & Dominance?

- People feel entitled to it because of their beliefs/attitudes.
- People have witnessed or experienced abuse themselves and see it as normal.
- People believe it's the social norm.
- People struggle to regulate their own emotions and feel out of control.

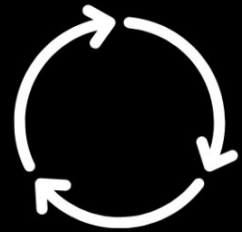
**People who abuse believe that what they are doing is justified behavior.**

**POWER  
CONTROL  
DOMINANCE**

Can be committed by  
**ANYONE** of **ANY** gender  
against **ANYONE**  
of **ANY** gender



**Escalation**



**Cyclical**



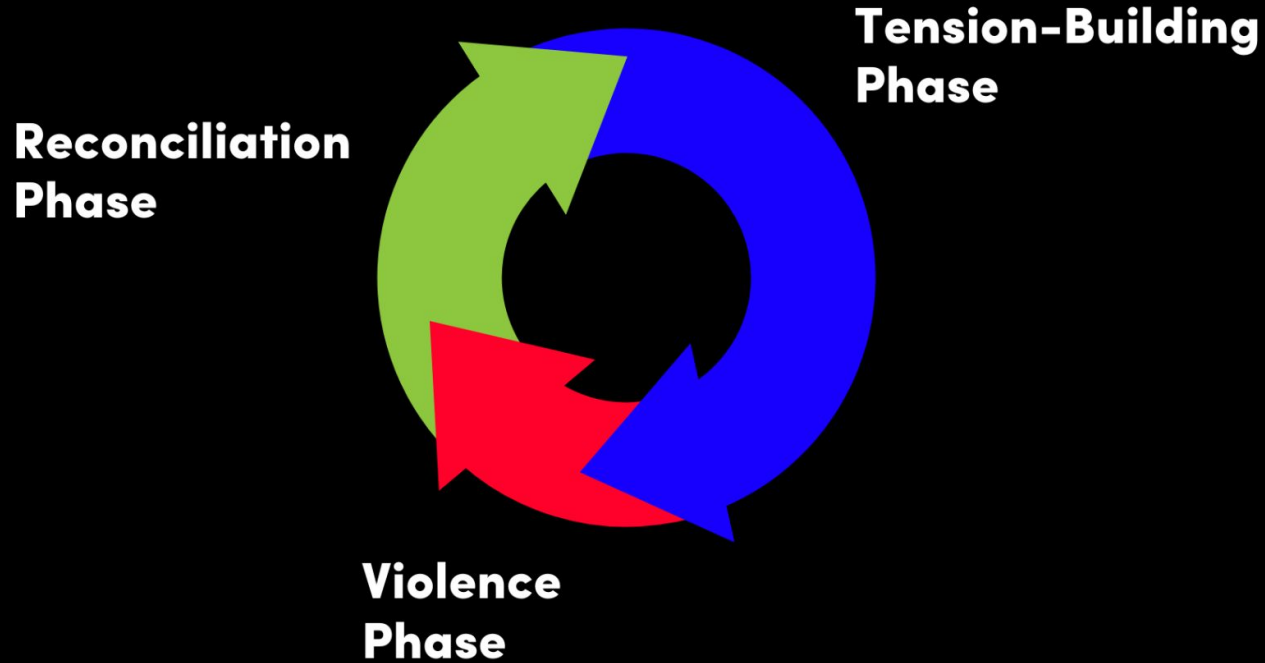
# IPV is an Escalation

- Abuse starts with less noticeable behaviors intended to test boundaries.
- Once those behaviors are normalized, the person committing abuse will intensify their behaviors by being more cruel and leaning further into abuse tactics.
- This can escalate to psychological, physical, or sexual violence.

**The escalation can happen over a short or long period of time.**



# IPV is an Cyclical



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# **HEALTHY VS. UNHEALTHY VS. ABUSIVE RELATIONSHIPS**

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# Relationships exist on a spectrum



## ABUSIVE

**Imbalance of power  
& control**

- Blame shifting
- Isolation
- Pressure/force
- Threatening/insulting

## UNHEALTHY

**Struggles for power**

- Hurtful or lacking communication
- Disrespect
- Dishonesty
- Not trusting

## HEALTHY

**Based on equality  
& respect**

- Strong communication
- Honesty
- Personal time
- Trust



# 9 SIGNS OF ABUSE

N°1 **IGNORING** YOU ON DAYS THEY ARE ANGRY.

N°2 **BLACKMAILING** YOU IF YOU REFUSE TO DO SOMETHING.

N°3 **HUMILIATING** OR PUTTING YOU DOWN.

N°4 **MANIPULATING** OR COERCING YOU INTO DOING OR SAYING SOMETHING.

N°5 **JEALOUSY** OVER EVERYTHING YOU DO.

N°6 **CONTROLLING** WHERE YOU GO OR HOW YOU LOOK.

N°7 **INTRUSION** BY GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION .

N°8 **ISOLATING** AND CUTTING YOU OFF FROM FRIENDS AND FAMILY.

N°9 **INTIMIDATION** BY CALLING YOU CRAZY AND INSTILLING FEAR.

# 10 SIGNS OF A HEALTHY RELATIONSHIP



**N°1 COMFORTABLE GROWTH** | The relationship grows at a pace that feels comfortable rather than rushed or forced.

**N°2 TRUST** | Confidence in each other that you will act in ways to strengthen the relationship and reduce harm to one another.

**N°3 HONESTY** | You can be open and truthful with each other, knowing the other person will listen and respond with understanding

**N°4 INDEPENDENCE** | You each have a social life, hopes, and dreams beyond the relationship.

**N°5 RESPECT** | You approach each other with intentionality. You value one another's perspectives. You accept each other for exactly who you are.

**N°6 SHARED RESPONSIBILITY** | You take mutual responsibility for contributing to the relationship. You make decisions together. You each put in effort.

**N°7 KINDNESS AND PERSONAL GROWTH** | You express care and empathy to each other. You support one another's individual growth. You validate each other's self worth.

**N°8 ACCOUNTABILITY** | You each take responsibility for your own actions and words. You both take steps to do better next time.

**N°9 COMMUNICATION** | You openly, respectfully, and non-judgmentally discuss issues. Treating disagreements as something to resolve together.

**N°10 JOY** | You have fun together! You look forward to seeing each other and find joy in one another's presence.

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# PREVENTION ACTIVITIES

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**ACTIVITY!**

**AGREE**

**DISAGREE**





**A healthy relationship  
has no problems.**



**Success in relationships  
is determined by how long  
the relationship lasts.**



**Love is all you need.**



**People can change.**



**You, and you alone, are responsible  
for your own happiness.**



**Relationships get boring over time.**



**Communication and physical intimacy  
are equally important in dating  
relationships.**



**There is one person out there  
who is made for you.**





**Your partner should check  
all your boxes.**



**A relationship will complete you.**

**YSL Beauty X It's On Us**

**ABUSE IS NOT LOVE**

**WORKSHOPS**

**Recognizing Signs  
of an Abusive Relationship**

**Decoding Relationships:**  
Understanding Your Needs and  
Boundaries for a Healthy Relationship

**Mastering the Art of Conflict  
in Relationships:**  
Building Skills to Prevent Abuse

**Make Up or Break Up:**  
Supporting Friends Through  
Ending Relationships

**YSL Beauty X It's On Us**  
**ABUSE IS NOT LOVE**  
**WORKSHOPS**  
**LGBTQ+ FOCUS**

**Bisexual**

Combating Myths and  
Stereotypes to Prevent Abuse  
Against Bisexuals

**Gay and  
Lesbian**

Recognizing and Preventing  
Abuse in Gay and Lesbian  
Relationships

**Trans and  
Nonbinary**

Recognizing and Preventing  
Abuse in Trans and Nonbinary  
Relationships

# Host it Date Night style!

Invite people to come with their current partner(s), a friend, or roommate. Make it a date night event by hosting it as a picnic or potluck. You could offer free food for dinner or dessert. Have people bring blankets or seat everyone at tables with space inbetween chairs.

YSL Beauty X It's On Us

## **ABUSE IS NOT LOVE CARD GAME**

As a part of our collaboration with YSL Beauty, we have developed a flash card game that you can use at tabling events or other visibility events.

# Speed Dating Event

Attendees are set up in a speed dating circle. On each table, people are given pre-written questions about their values, communication style, and boundaries to answer with their “date.”

The speed dating round is followed by a peer educator-led discussion.

## **Learning outcomes:**

Attendees will compare and contrast how different conversations made them feel more connected vs. not.

Attendees will assess when they have similar vs. different values from someone.

## DAILY HABITS



- Drinking enough water
- Eating filling foods
- Getting enough sleep
- Talking to friends or family

**Taking care of basic needs is the beginning!**

## SELF-SOOTHING



- Taking a bubble bath
- Getting a massage
- Zoning out on social media
- Cooking a cozy meal
- Doing something fun with others

**Take time to tune out daily stressors.**

## MANAGE EMOTIONS



- Meditating or spiritual practices
- Exercising
- Snuggling up to a favorite movie
- Listening to calming music
- Venting to a friend

**Practice regulating your nervous system with familiar things.**

## EMOTIONAL WORK



- Journaling
- Counseling & therapy
- Reflecting
- Feeling emotions fully
- Practicing coping skills

**Work through your emotions towards healing.**

## HEALING WITH COMMUNITY



- Participating in cultural practices
- Engaging in spiritual or religious gatherings
- Group dancing or singing
- Advocacy and activism
- Group discussion or reflection
- Sharing a meal

**Intentional community with others is the ultimate path to healing!**



# Post-Training Survey

