



**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

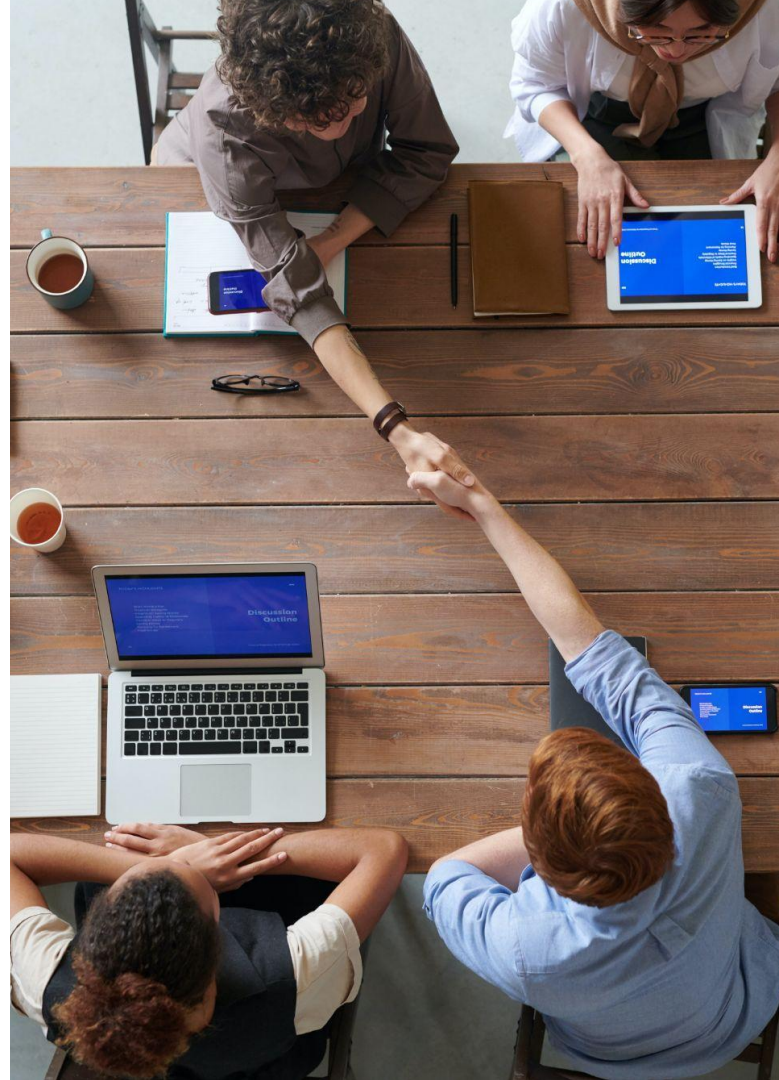
IOU chapter members will recall the definitions and prevalence of dating/intimate partner violence.

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.

INTRODUCTIONS



SELF-CARE CHECK



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.

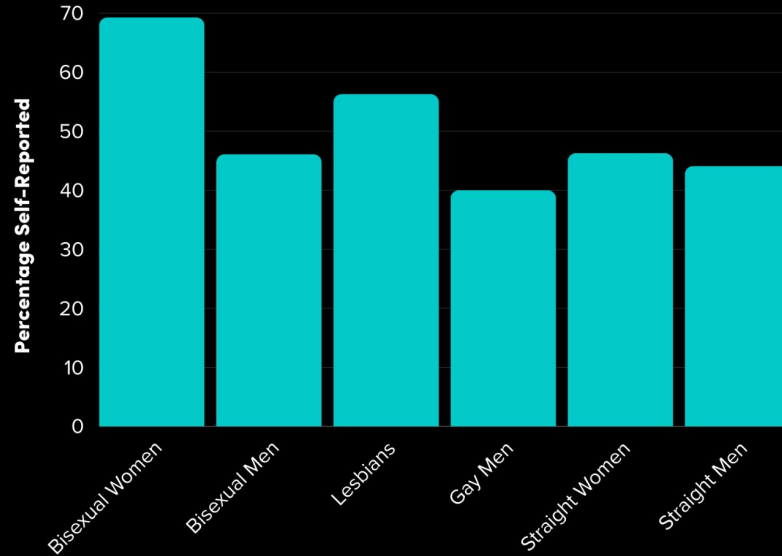
Domestic violence can be physical, sexual, emotional, economic, psychological, or technological actions, or threats of actions, or other patterns of coercive behavior that influence another person within an intimate partner relationship.

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

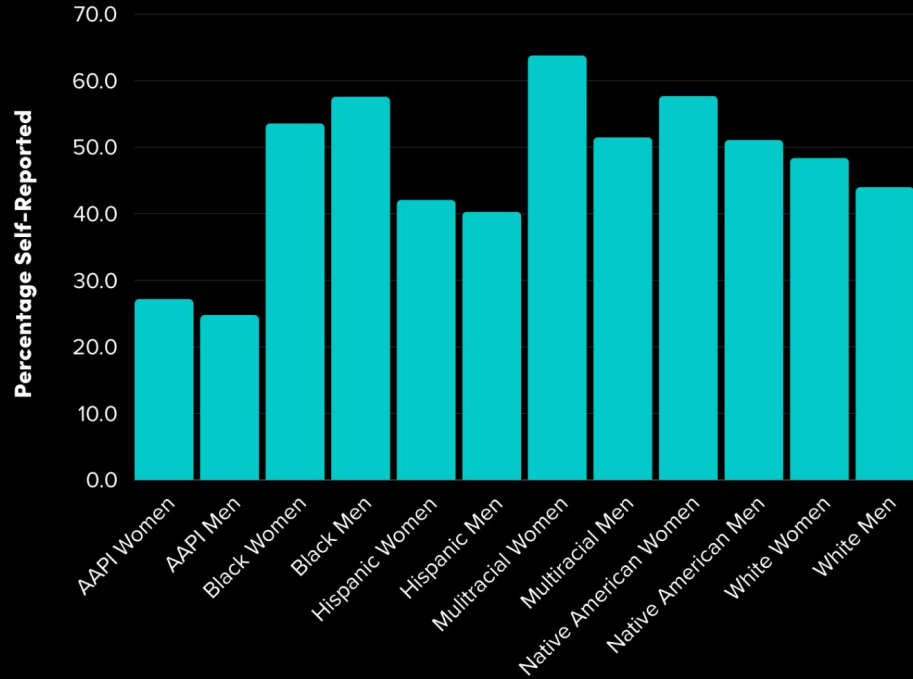
- 1 in 2 women (47.3%)
- 1 in 2 trans people (**54%**)
- 2 in 5 men (44.2%)



US Rates of Intimate Partner Violence:

Gender X Race

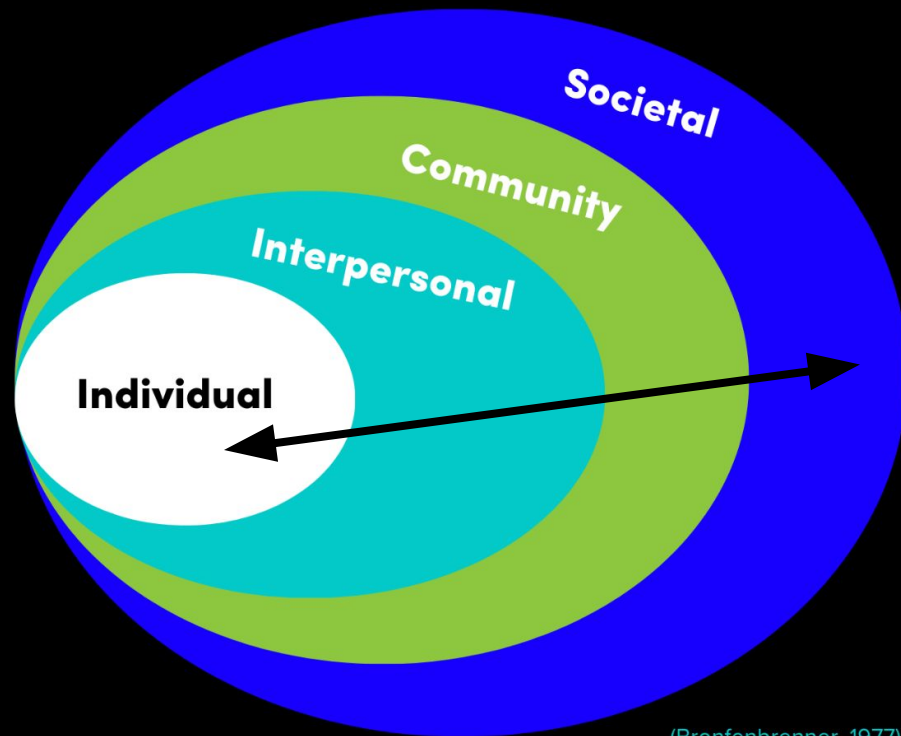
**Most IPV is “intraracial”,
meaning that it is between
people of the same race.**



UNDERSTANDING PERPETRATION



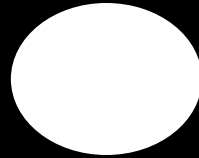
Sexual Assault Perpetration Risk



(Bronfenbrenner, 1977)

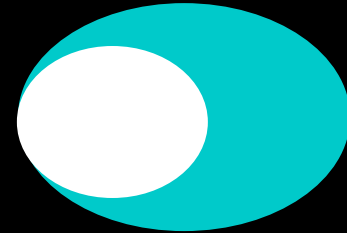
Individual Level Risk Factors

- 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

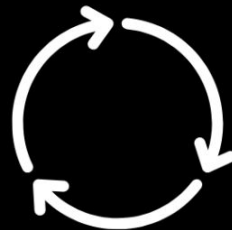


**POWER
CONTROL
DOMINANCE**

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



Escalation



Cyclical

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 can be systemic or personal

SOCIETAL

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

PERSONAL

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

IPV is an Escalation

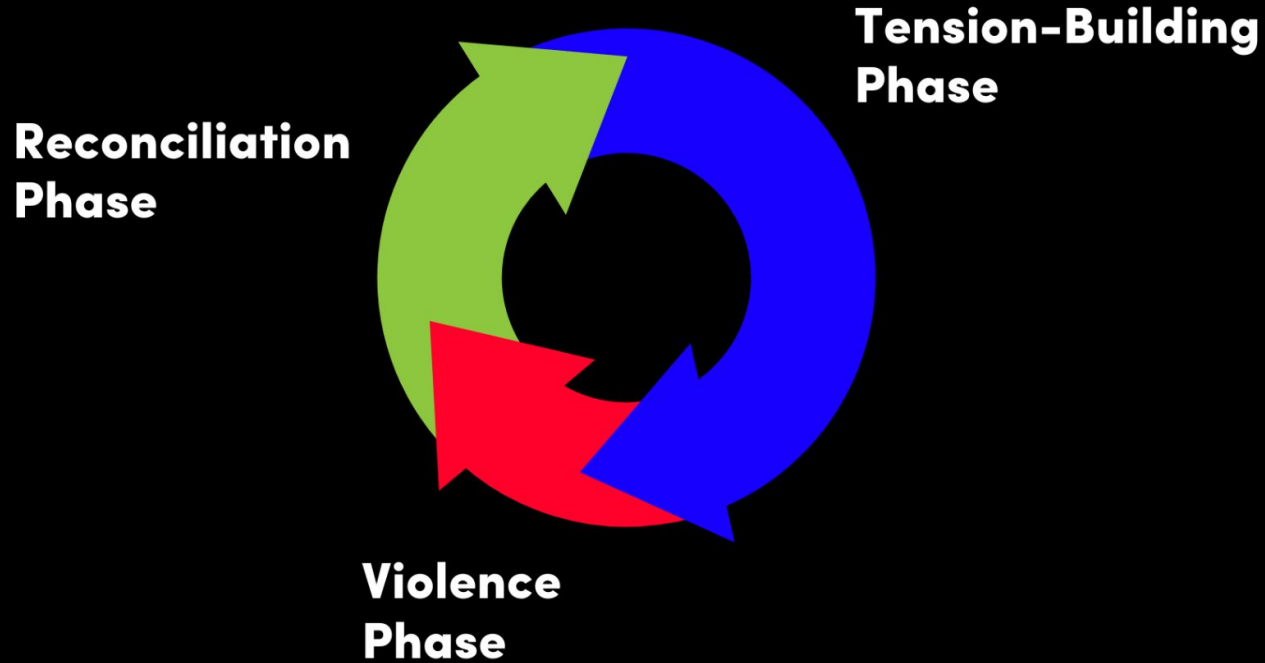
- Abuse starts with less noticeable behaviors intended to test boundaries.
- Once those behaviors are normalized, the person committing abuse will intensify their behaviors by being more cruel and leaning further into abuse tactics.
- This can escalate to psychological, physical, or sexual violence.

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



Escalation

IPV is an Cyclical



HEALTHY VS. UNHEALTHY VS. ABUSIVE RELATIONSHIPS



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 PACE | The relationship grows at a pace that feels comfortable.

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 truthful and open with each other knowing the other person will respond with kindness, respect, and love.

N°4 INDEPENDENCE | You each have the space and time to be your own person outside of the relationship.

N°5 RESPECT | You value each others' beliefs and opinions, and love one another for who you are as a person.

N°6 EQUALITY | The relationship feels balanced. You each put the same amount of effort into the relationship.

N°7 KINDNESS | You are caring and empathetic to one another.

N°8 ACCOUNTABILITY | You each take responsibility for your own actions and words.

N°9 HEALTHY CONFLICT | You openly, respectfully, and non-judgmentally discussing issues.

N°10 FUN | You enjoy spending time together! You bring out the best in each other.

PREVENTION ACTIVITIES





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.