

Talk, Trust and Teen Love

Real Conversations and Practical Tools for
Guiding Teens Toward Safe, Respectful
Connections

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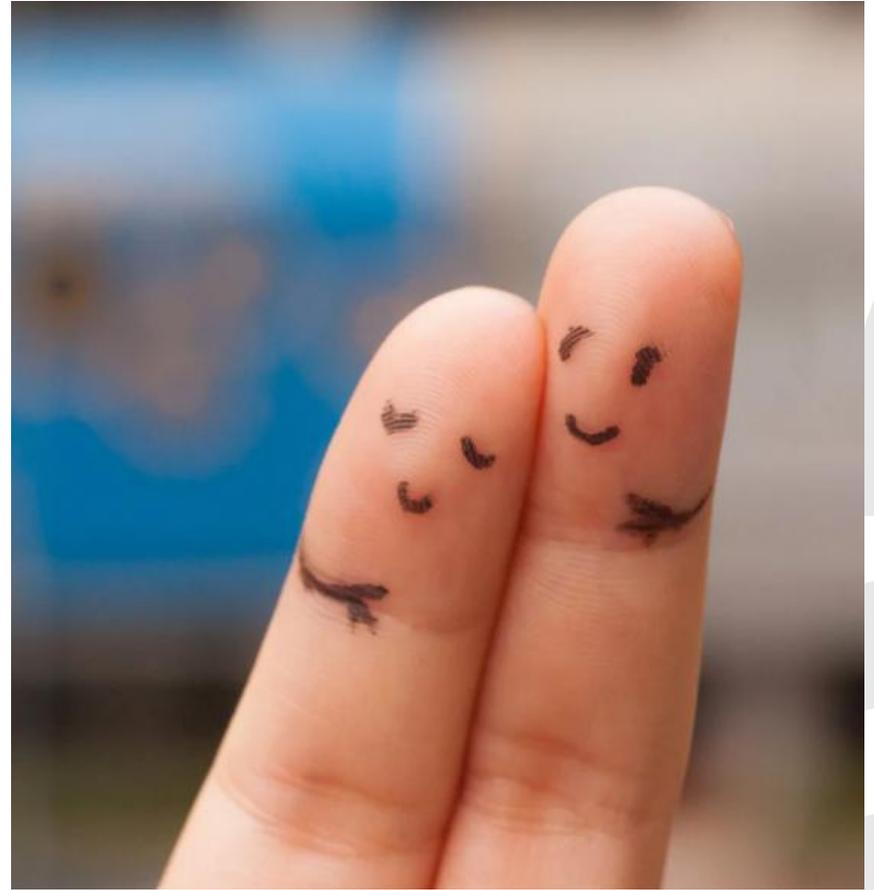
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Disclosures

Jen Robinson, MS, WHNP-
BC, CNM, RN is a
Nexplanon trainer for
Organon

Sheena Moe does not
have disclosures



Learning objectives

- 01** Review strategies to promote respectful, nonviolent dating relationships and decrease emotional, physical, and sexual dating violence among youth

- 02** Discuss how to support adolescents in unhealthy relationships

- 03** Share resources to support adolescents and their families in learning more about healthy relationships

Take good care of yourself <3

Unhealthy relationships and abuse is SO common

This topic impacts most of us personally

Use our humanity as a guide

Getting more comfy talking about relationships can help with authenticity, trust in clinical roles



Adolescent relationship abuse: Coercive and controlling behaviors within the context of an adolescent romantic or dating relationship



69% of 12–18-year-olds who are dating have experienced physical, sexual, or psychological relationship abuse in their life

(National Survey on Teen Relationships and Intimate Violence)

Collab with behavioral health (BH)

- BH not always available
- Young person not always willing or wanting BH services
- Respecting their autonomy in engaging with BH services is a way to model consent



Laying the foundation

Promoting respectful, nonviolent relationships in children of all ages



Teaching consent to children of any age

Model respect for boundaries by asking children for consent and accepting their answer. Examples!

- asking for a hug, high five, or wave
- sharing information about them with others



Teaching consent to children of any age



Help children to think about how their actions might make another person feel and to ask questions if they don't know.

Teaching consent to children of any age

Show young people ways to ask for consent by modeling the words and actions yourself.

Encourage youth to practice! (+ positive reinforcement)



Luna, 14 years old



- Presents to SBHC for fatigue and nausea
- Completes Just Health screening

Luna: Screening tools



How can unhealthy relationship dynamics present via screening tools we use in SBHCs?

For Luna, decreased interest in art club and spending time with friends.

How else could relationship dynamics present in our patients?

Physical symptoms

Increased conflict with support people

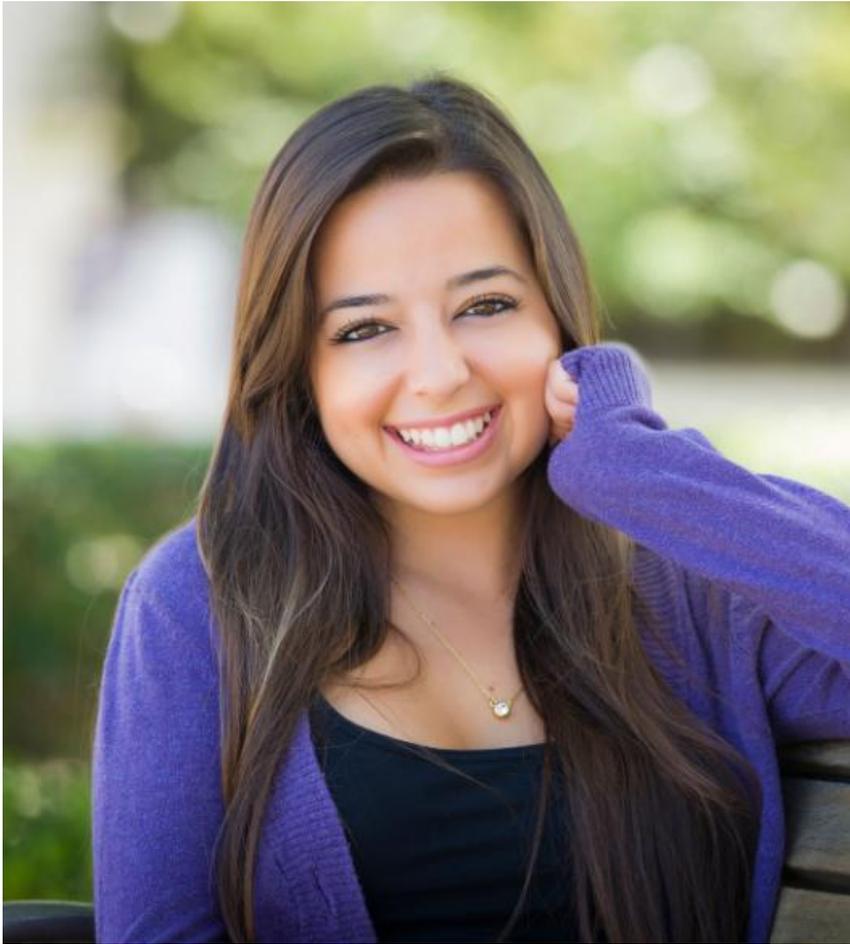
For Luna, fatigue + nausea.
Also, headaches and never feels hungry.



Step 1: Establish Safety and Trust

- Explain fully laws regarding minor consent and limits of confidentiality
- Follow through on what you say you are going to do
- Be reliable and consistent
- Show compassion, empathy and kindness

Luna: Establishing safety and trust



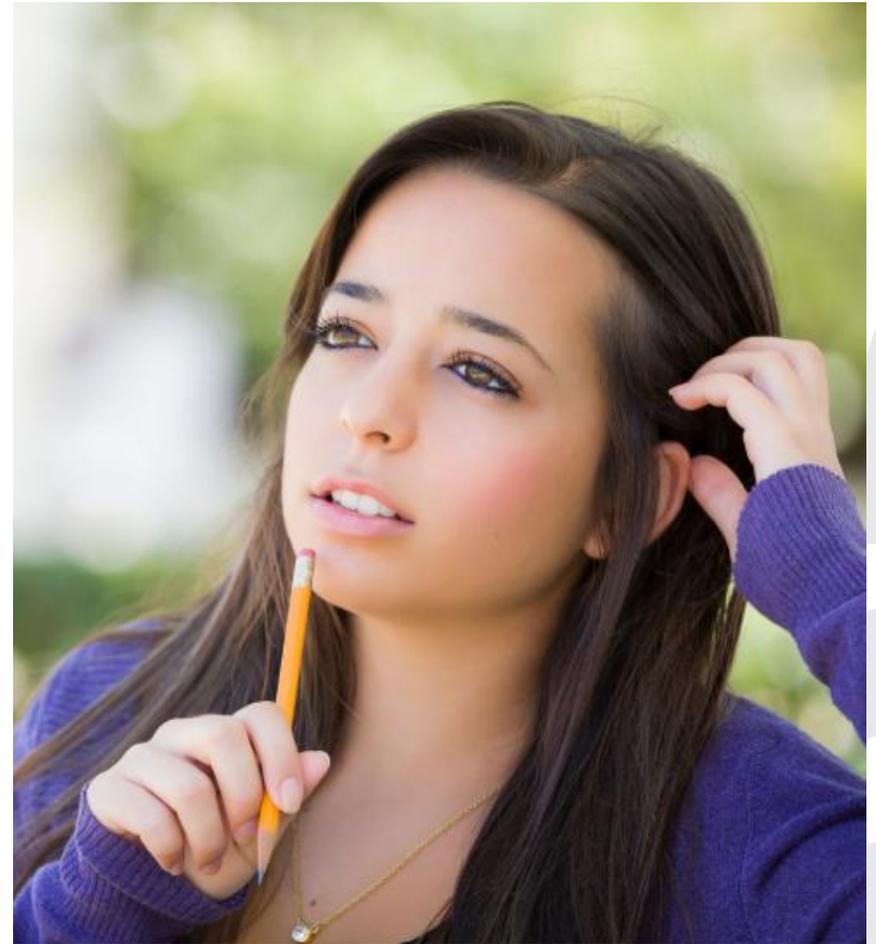
- State out loud that goal is providing support, info, and assessing health concern
- Goal is not disclosure

Step 2: Know the signs and listen carefully

- Provide Positive Reinforcement for Healthy Relationship behaviors
- Question Unhealthy Relationship behaviors from a place of curiosity and genuine concern without judgement
- If Abusive behaviors are reported, name it as abuse and support the student in establishing a safety plan.

Luna: Knowing the Signs

- “When did you start feeling more tired? What else changed around that time?”
- Reports she doesn’t really see her friends anymore because she’s so busy with her boyfriend
- Says her parents don’t like her boyfriend



Step 3: Provide Psychoeducation on the Relationship Spectrum

The relationship spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.



Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation

Relationship
spectrum - love is
respect



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love is
respect

Luna: Psychoeducation on relationship spectrum

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Step 4: Provide Psychoeducation on Abusive Relationship Behaviors



Power and Control Wheel- Teen

Luna – psychoeducation on abusive relationship behaviors

<https://www.loveisrespect.org/dating-basics-for-healthy-relationships/warning-signs-of-abuse/>



Is your relationship healthy?

Take the quiz



Call 1.866.331.9474



Chat live now



Text: LOVEIS to 22522

Visit our page for Privacy Policy. Msg&DataRatesMayApply. Text STOP to opt out.

Let's talk more about healthy relationships with adolescents [in clinics!]

11% of 11-14 year olds
&
24% of 15-18 year olds
spoke to pediatric
providers about
healthy relationships



Adolescent relationship abuse linked with:

- Suicidal ideation
- Sexual risk behaviors
- Substance use
- Depression
- Bullying
- Intimate partner violence in adulthood
- Homicide

Engage trusted adults and families

Parental communication around sexual + reproductive health and relationship abuse are linked with:

- delayed onset of sexual activity
- increased condom use
- decreased rates of adolescent relationship abuse victimization and perpetration



East et al, 2015; Khetarpal et al. 2022;
Dittus et al. 2015; Markham et al. 2010



Mitigating factors may reduce cyber dating violence

- Family support
- Community support and resilience
- Emotional regulation
- Self esteem
- Empathy

Marganski et al., 2022; Van Ouytsel et al., 2020; Lachapelle et al., 2022; Muñoz-Fernández & Sánchez-Jiménez, 2020; Cantu et al., 2023; Lancaster, 2020



Healthy vs Unhealthy Relationships



AMAZE Org ✓
293K subscribers

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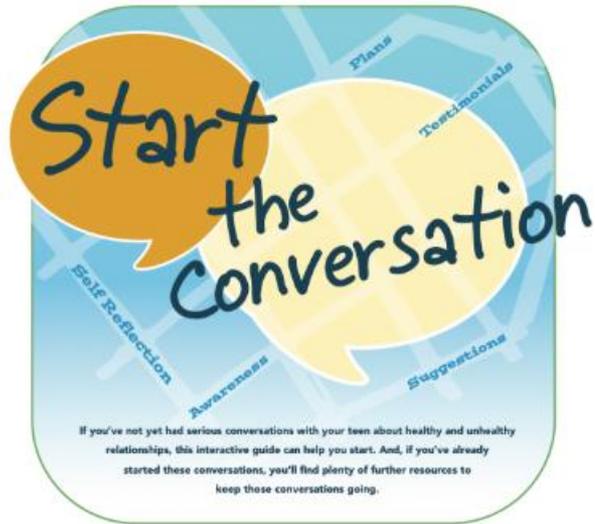
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<https://amaze.org/video/healthy-vs-unhealthy-relationships/> -

Psychoeducation for different age groups, Resources for parents and educators

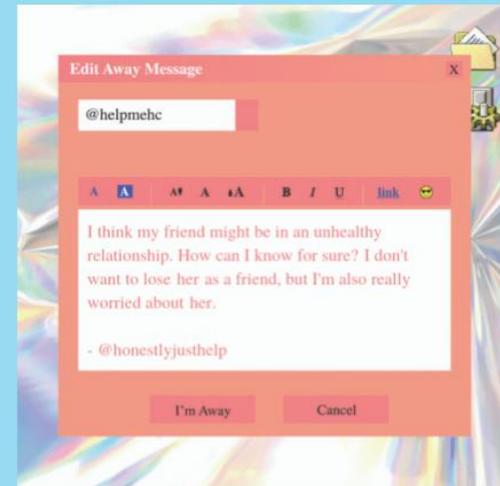


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Learn about Relationships - One Love Foundation– Teen specific resources, Parent & Caregiver Guide, Educator Guide, Youth Leadership Program



How To Help A Friend Who May Be Abusing Their Partner



**I DID A THING:
Is My Friend in an Abusive Relationship?**



Find ways to support others.



Support a friend or roommate

Support your partner

Support a family member

Support your child

Support a student

Warning signs of abuse

Healthy relationships for young adults | love is respect—

Information on boundaries, healthy relationships, unhealthy relationships, Safety Plan Guide, Chat Live and Text options

Empowering decisions for a safe path forward

Are you seeing red flags in a relationship with a current partner? Do you have a toxic ex? Do you have a friend, co-worker, or family member whose relationship worries you? You are not alone.



myPlan Teen - App for teens who may be in an abusive relationship

Additional Resources

- ❑ <https://amaze.org/video/healthy-vs-unhealthy-relationships/> - Psychoeducation for different age groups, Resources for parents and educators
- ❑ [Learn about Relationships - One Love Foundation](#)— Teen specific resources, Parent & Caregiver Guide, Educator Guide, Youth Leadership Program
- ❑ [Healthy relationships for young adults | love is respect](#)— Information on boundaries, healthy relationships, unhealthy relationships, Safety Plan Guide, Chat Live and Text options
- ❑ [myPlan Teen](#) - App for teens who may be in an abusive relationship



NEW MEXICO
ALLIANCE FOR
SCHOOL-BASED
HEALTH CARE

Redefining Health for Kids and Teens



FALL

SBHC LEARNING BURSTS



Wednesdays @ 3pm



CME/CE Available

Live attendance only



Video Recordings

*Available 2 weeks after
live session*

Or visit

www.nmasbhc.org/our-work/events-training/



Join us on the following Wednesdays at 3pm



- **Oct 29:** Extended Learning Burst: Healthy relationships in teens - Supporting the young people we serve (1 hour)
- **Dec 10:** What in the TikTok- Addressing health information from the apps

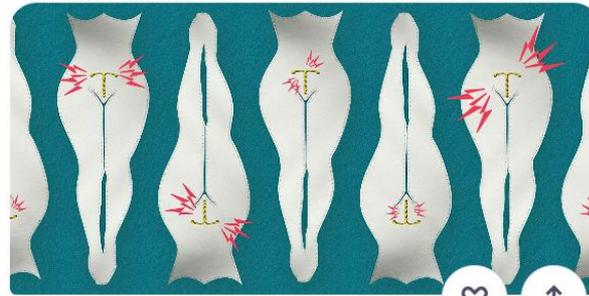
UNM Contraception Mentoring Program Webinars



Nov 13th- Premenstrual Disorders and Contraceptive Management

Thu, Nov 13 • 12:00 PM MST

Free



IUD Pain Management

Thu, Dec 11 • 12:00 PM MST

Free



January 8th- Protecting Patient Privacy: Tips For Using The EHR & Beyond

Thu, Jan 8 • 12:00 PM MST

Free



Perimenopause and Contraception

Thu, Feb 5 • 12:00 PM MST

Free



<https://www.eventbrite.com/o/contraception-mentoring-program-14848101209>



Monthly Sexual & Reproductive Health Update

Sign up to receive That Time of the Month

<https://lp.constantcontactpages.com/sl/VfWCDd8>

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Email our Adolescent Health Clinical Consultant, Jen Robinson, Jen@nmasbhc.org to setup additional trainings for your team or to schedule a 1:1 technical assistance call.