

ASHLEY  
*Bendiksen*





here's me!

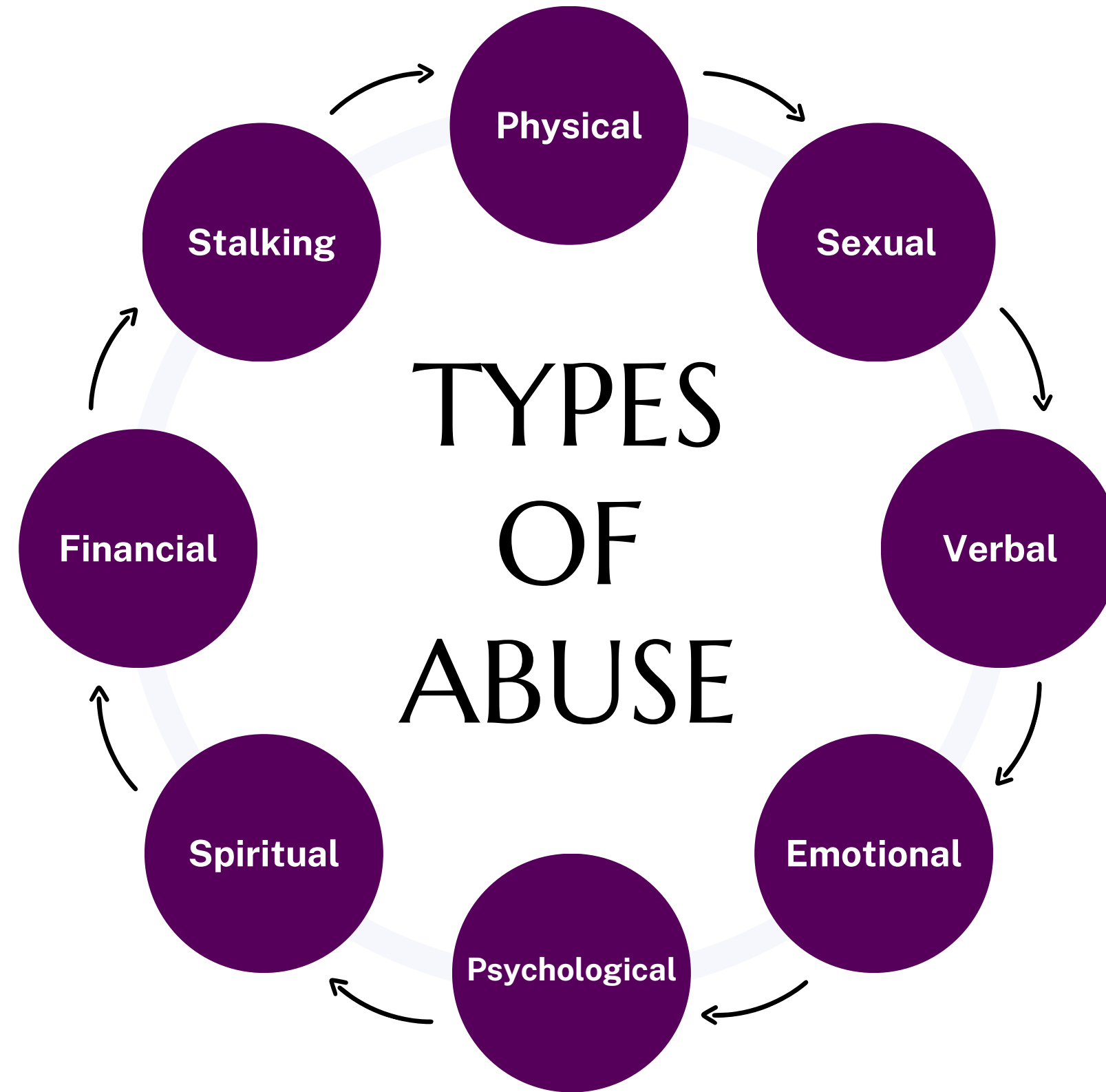


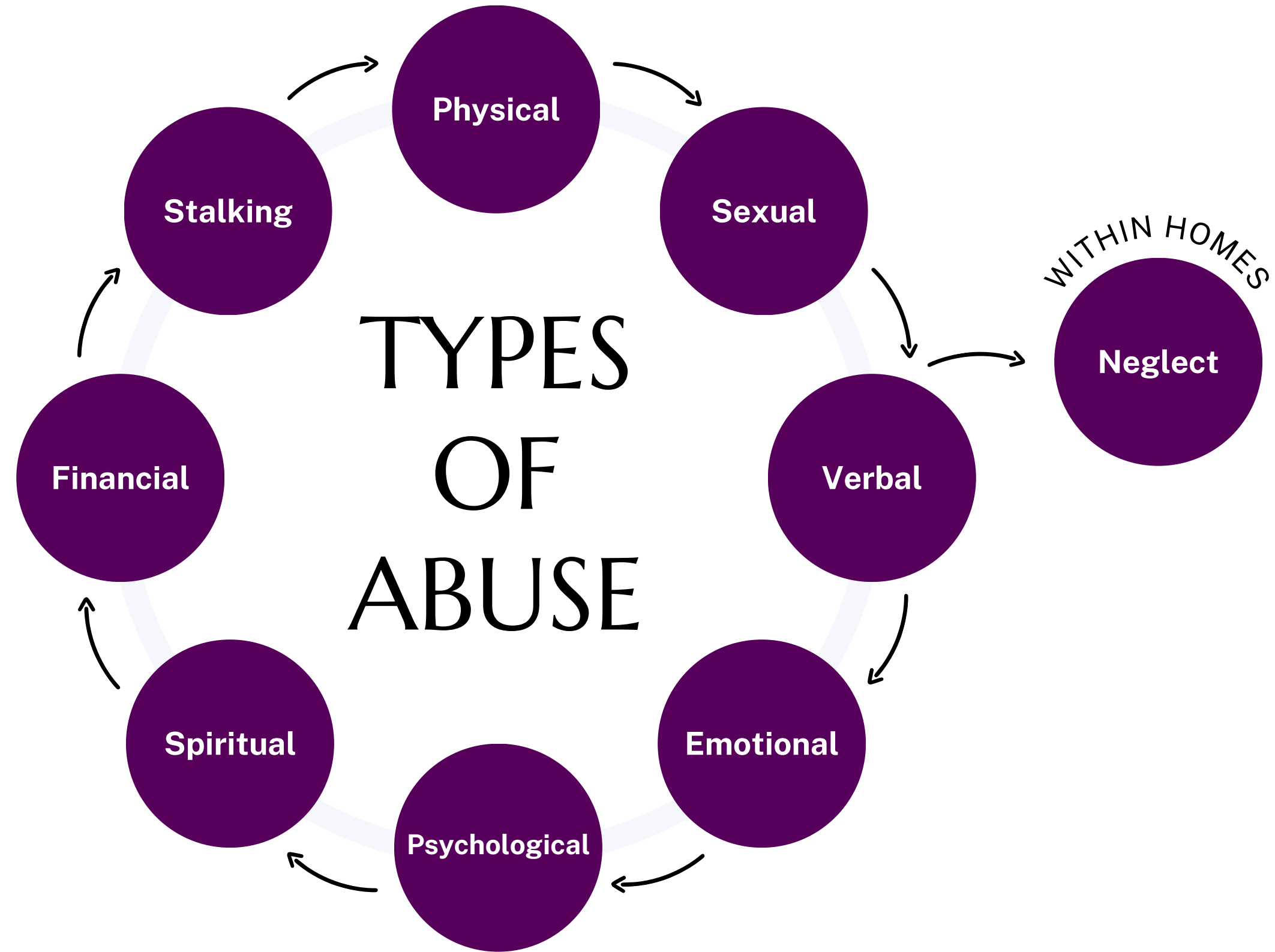


# Understanding Youth & Relationship Abuse

*Awareness Fuels Response*

When you think of the word *abuse*,  
what comes to mind?





DOMESTIC VIOLENCE ALONE IMPACTS:

1 in 4 women

1 in 9 men

3.3–10 Million U.S. children

43% college women

# 1 in 3 teens

(33% of *ALL* teens)  
will experience physical, sexual,  
or emotional abuse by someone  
they're in a relationship with  
before they become an adult



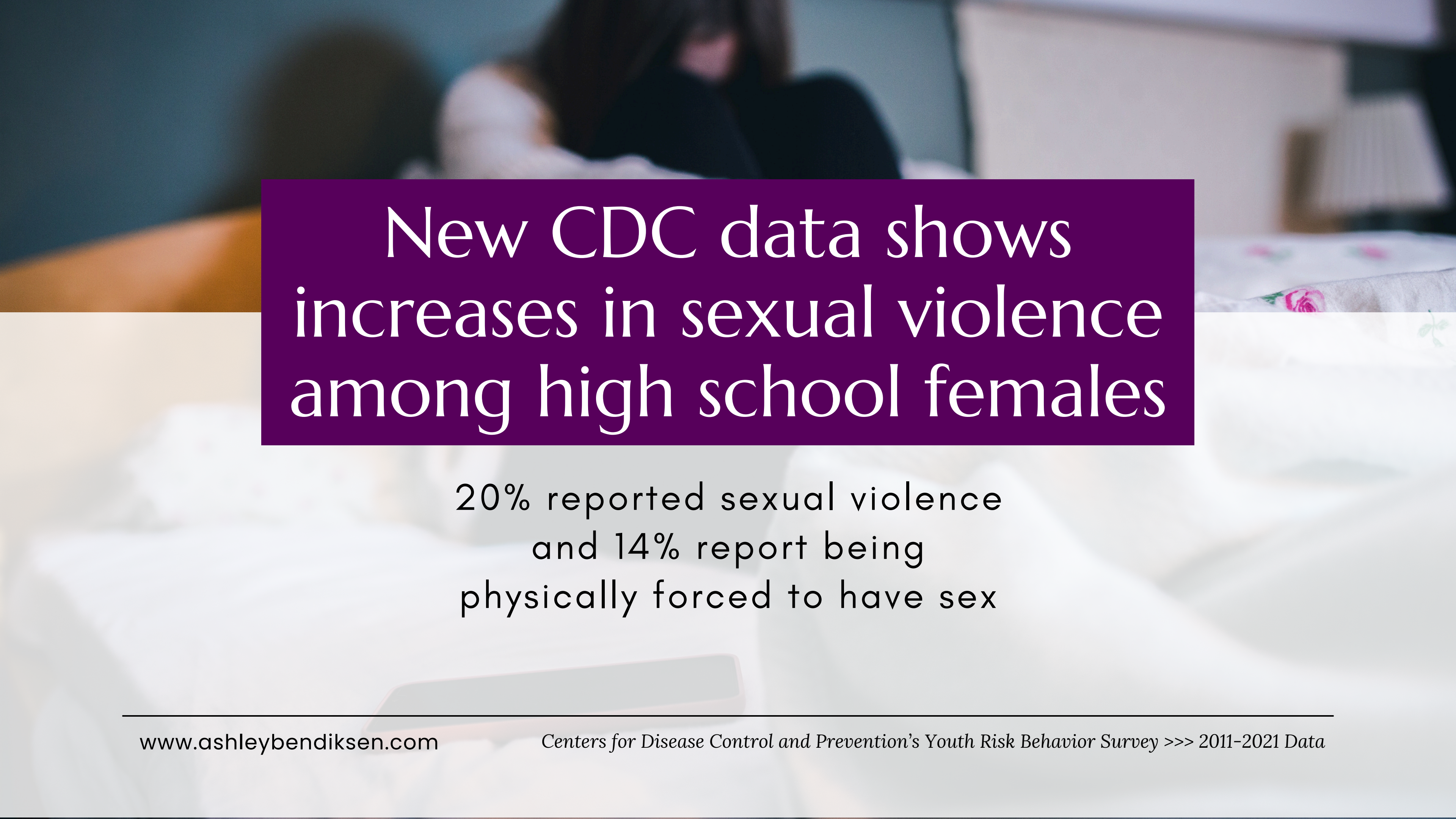


1 in 5

know a friend  
experiencing abuse <sup>1</sup>

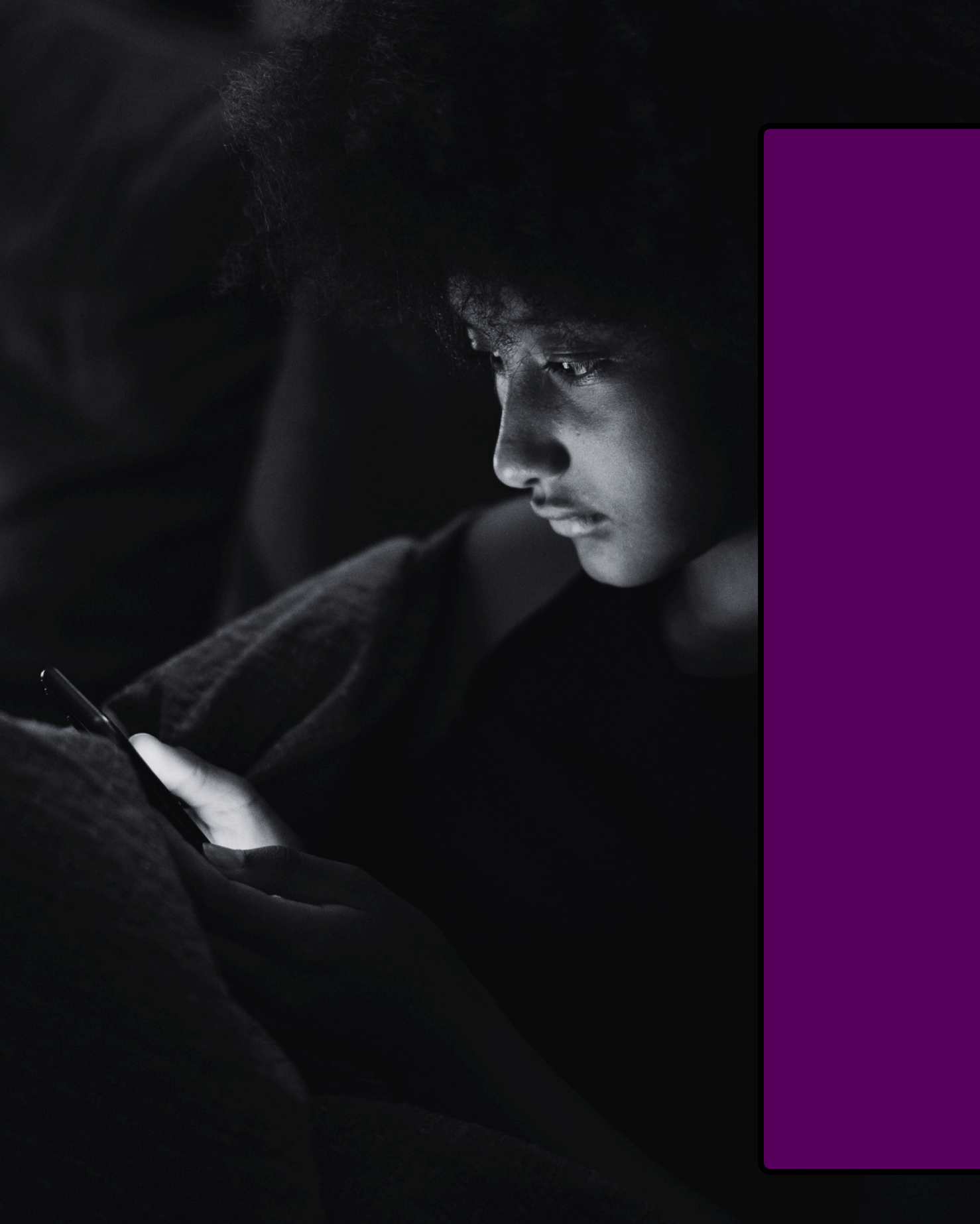
1 in 3

committed abuse  
themselves <sup>2</sup>



# New CDC data shows increases in sexual violence among high school females

20% reported sexual violence  
and 14% report being  
physically forced to have sex



78% of reports regarding  
online enticement  
involved girls and  
15% involved boys

In the U.S., two-thirds of children  
experience at least one  
traumatic event by the age of 16

# not just an 'event'

**TRAUMA** is a person's *response* to a deeply distressing or disturbing **event or series of events**.

Can be physical, emotional, psychological.  
Acute, chronic, or complex.

Impacts all people *differently*.

Affects **how a person thinks, feels, behaves, and relates to others** – even after the “event” has passed.

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

The ACES Study analyzes 10 “adverse childhood experiences” and their long-term effects

Higher ACE scores = significantly higher struggles and risks.

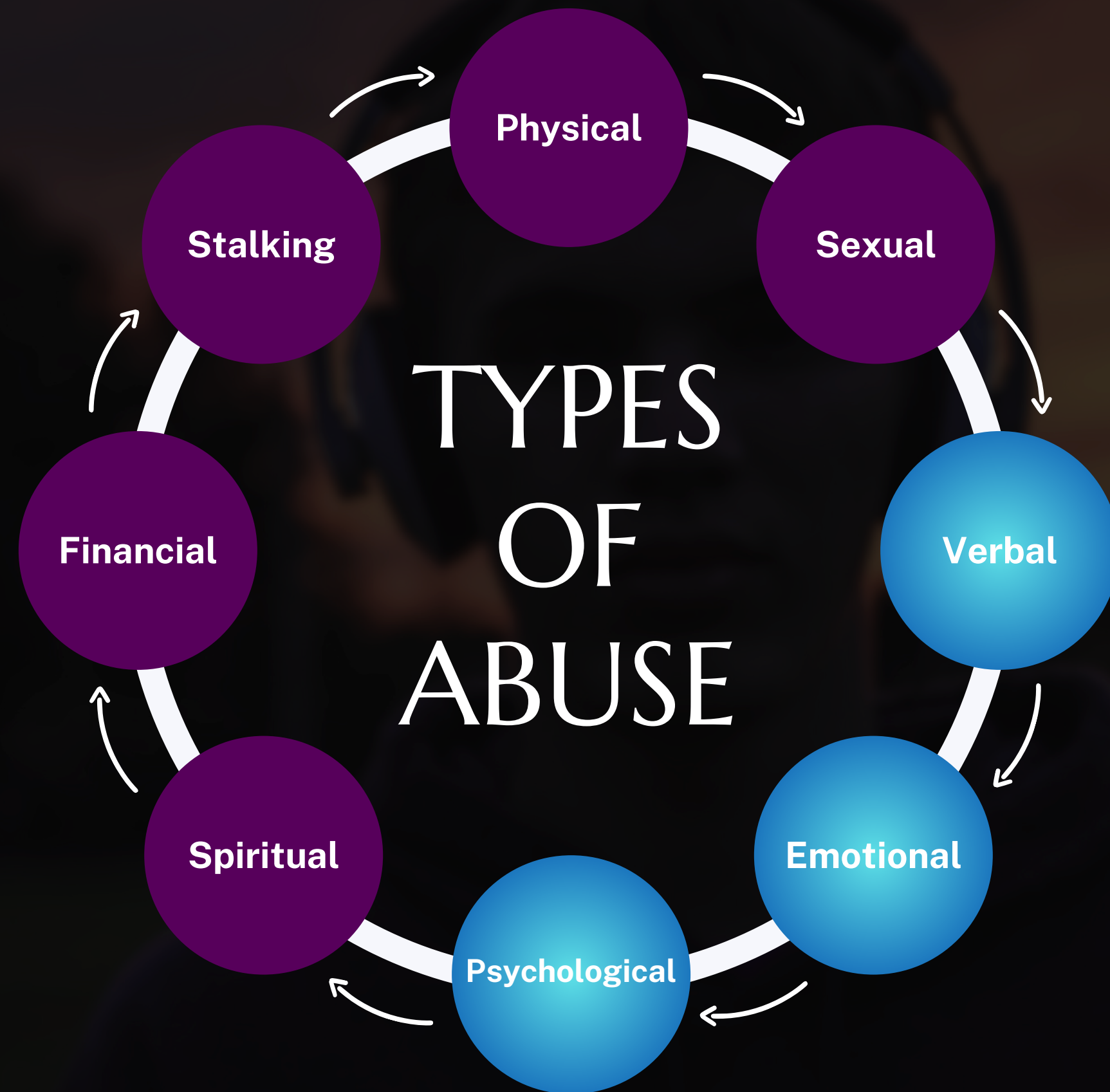


ACEs Score Calculator



Domestic/dating violence is a pattern  
of behaviors used to maintain  
power & control in a relationship.

We can also call this “coercive control”





How do you think youth experience  
abuse in *their dating relationships*?

WHAT DOES THIS LOOK LIKE?

Among **Teens**  
Emotional  
Abuse is the  
Most Common

ISOLATION



MANIPULATION



CONTROL



EXTREMES





**red flag no. 1**

# Isolation

---

- Wants to spend all of their time with you (and expects this)
- Puts down things, people, and hobbies that matter to you or don't involve them
- Slowly distances you from your friends and outside connections



**red flag no. 2**

# Control

---

- Who your friends are, what you wear, what clubs you join, etc.
- Your phone, technology, and social media usage
- Location monitoring, stalking, possessiveness
- Ignores your privacy, space, boundaries





**red flag no. 3**

# Manipulation

---

- Name calling, belittles, or criticizes you + uses your insecurities against you
- Guilt trips to get their way or blames you for their actions
- Mind games, minimizes things, makes you feel bad or crazy





**red flag no. 4**

# **Extreme mood swings & threats**



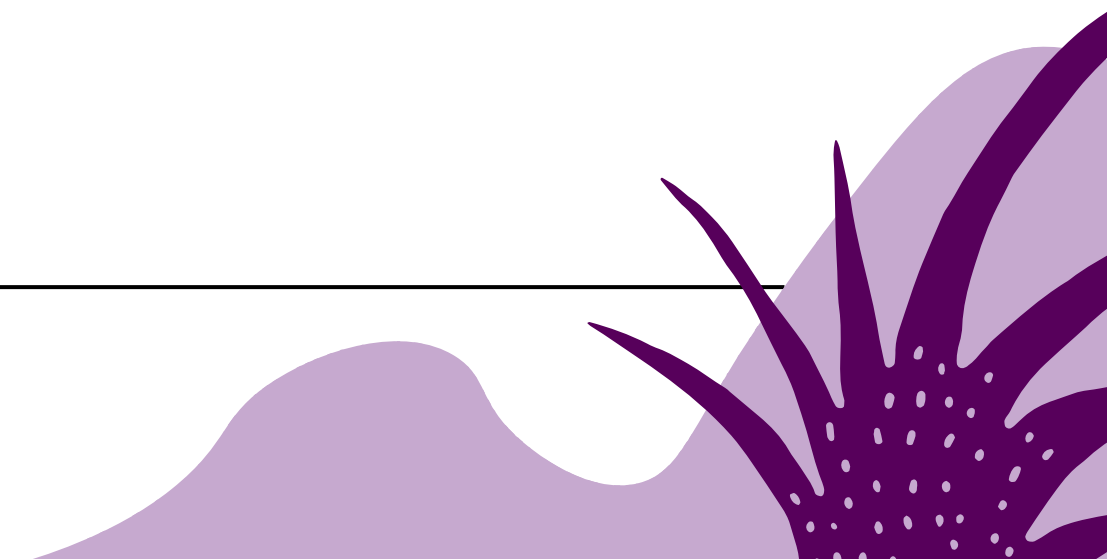
- Sudden anger, mood changes, intimidation, and volatility
- Threats to: post something online or reveal private info
- Threats to: hurt you, others, or hurt themselves

How many teens  
tell someone  
about it?

**A.** 75%

**B.** 51%

**C.** 33%

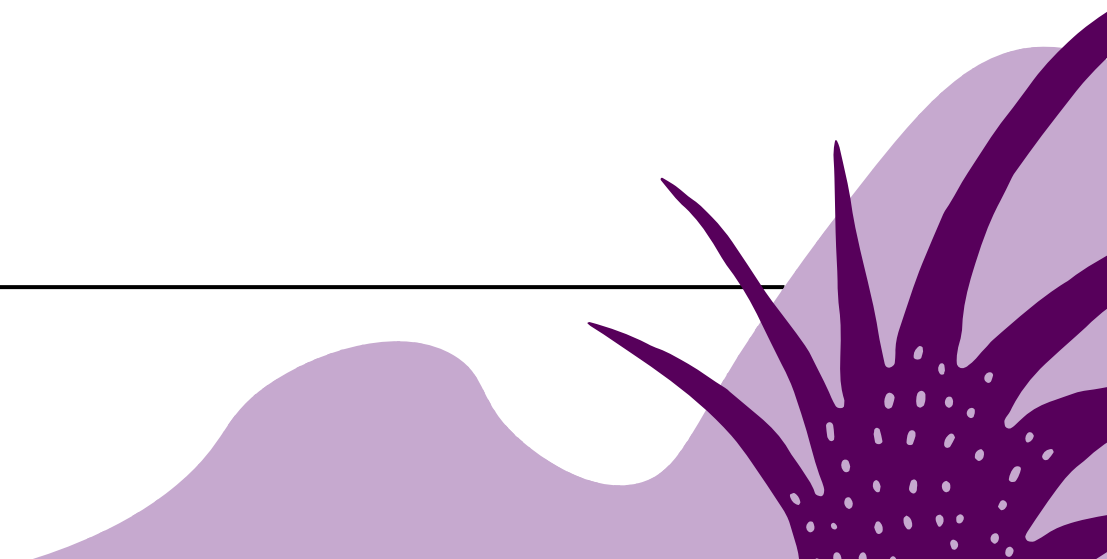


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A. 75%

B. 51%

C. 33%



What barriers might a  
young person face?

# Experiencing and/or witnessing abuse leads to:

- Decreased school attendance and academic performance <sup>1</sup>
- Higher risk for substance abuse, eating disorders, risky sexual behavior, depression, suicidal ideations and attempts, and further abuse <sup>2</sup>

Half of youth who have been victims of both dating violence and rape attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.

Domestic violence  
and abuse are a  
root cause for:

- Depression
- Anxiety
- Self-Esteem
- Eating Disorders
- Mental Health Issues
- Substance Abuse
- Self-Harm
- School Struggles
- Addiction
- Repeat Abuse
- Suicide
- Homicide

# Deeper Core Wounds

Learned Powerlessness

Identity Disruption

Loss of Agency

Loss of Autonomy

Loss of Trust

ashes

*ACEs & trauma can make kids feel like:*

**The world isn't safe**

**Adults can't be trusted**

**I have to stay on guard at all times**

**No one understands what I'm going through**

**It's hard to focus or care about school**

***I don't have a choice***

**I'll never succeed like other people**

**I'm broken, or it's my fault**



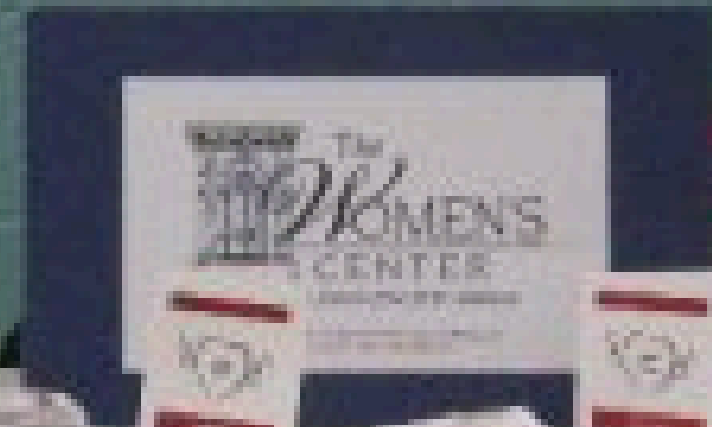


WHAT DO YOU EXPECT?!

INVEST



BATH



Providing domestic violence, sexual assault & child trauma services  
The Women's Center





STATISTICS

- Large sample sizes are used to estimate the population mean.
- The Central Limit Theorem states that the sampling distribution of the sample mean will be approximately normal, regardless of the population distribution, as long as the sample size is large enough.
- The standard error of the mean is the standard deviation of the sampling distribution of the sample mean.
- The standard error of the mean is calculated as the standard deviation of the population divided by the square root of the sample size.





DESC



194

NAME TAG









Miss  
ERICA  
2009

MISS  
NEW  
JERSEY



Salve Regina University  
**EMPOWERMENT MARCH**  
2019

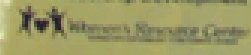
- Female Empowerment Organization
- Women Gender Inequality Studies
- Black Student Union
- Chemistry Club
- Stargazing
- Outdoors
- Multisport Library
- Student Senate Club
- Salve Snapshots
- Salve SAVES
- Alliance
- CAR
- Mosaic
- SGA
- SMEC

Willow Literary Journal  
Office of Multicultural Programs and Retention  
Navigator Leadership Development Program



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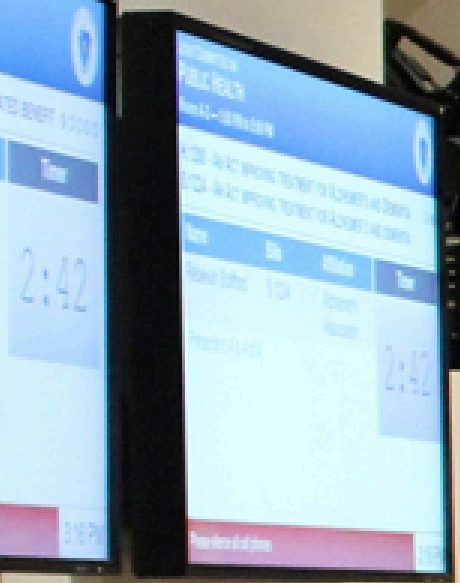
Willow Literary Journal  
Office of Multicultural Programs and Retention  
Navigator Leadership Development Program



FEMAL  
Empowerment Orga  
性权



REPRESENTATIVE  
Joseph P. Kennedy, III  
Massachusetts  
1218









**EYEWITNESS NEWS**









CROWNE PLAZA

AN IHG HOTEL

ALBERTA - THE GEMSTONE HOTEL

@ashleybendiksen

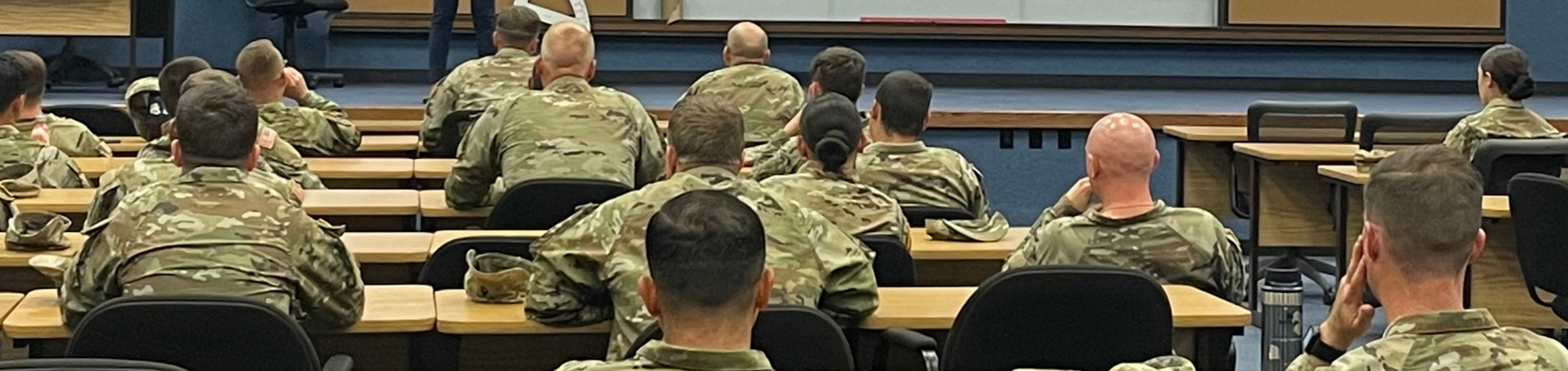
SHERIFF  
MADISON COUNTY

*Understanding Domestic Violence*  
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A woman with long brown hair, wearing a white tank top and blue jeans, stands on a stage in front of the left projection screen, holding a small black object in her right hand.

*Understanding Domestic Violence*  
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#LOVE IS RESPECT


LOVE IS RESPECT

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LOVE IS RESPECT

LOVE IS RESPECT

LOVE IS RESPECT

LOVE IS RESPECT

someone whose been by a boy



# Real Stories From Survivors

CASTING A LIGHT ON ABUSE

[SHARE YOUR STORY HERE!](#)

Island *YOUTH*  
COACHING

We specialize in  
helping teens and  
young adults thrive.

[WWW.ISLANDYOUTHCOACHING.COM](http://WWW.ISLANDYOUTHCOACHING.COM)





*Survivor*





# Caring Adults as Lifelines

How to Prevent & Heal Relational Harms

# Detection & Intervention

*Spotting Red Flags & Checking In*

# Common Red Flags

*Obvious + Subtle Signs  
Uncharacteristic Behaviors  
Gut Feelings*



**RELATIONAL**



**SOCIAL**



**PHYSICAL**



**BEHAVIORAL**



**ACADEMIC**

# Initiating Conversations

1. Choose a comfortable, safe setting
2. Show genuine concern.
3. Validate why + keep it clear and direct

**"I've noticed you've seemed extra stressed lately. Is there something you'd like to talk about?"**

# Fostering Conversations

1. Show empathy and nonjudgment
2. Lead with curiosity and open-ended questions
3. Look for red flags (spot non-verbal cues)
4. Practice active and reflective listening
5. Caution not to diminish/dismiss/invalidate
6. Be clear on mandated reporting

*When concerned, **refer, refer, refer.***



You do not need all the answers.  
You just need to extend a lifeline.

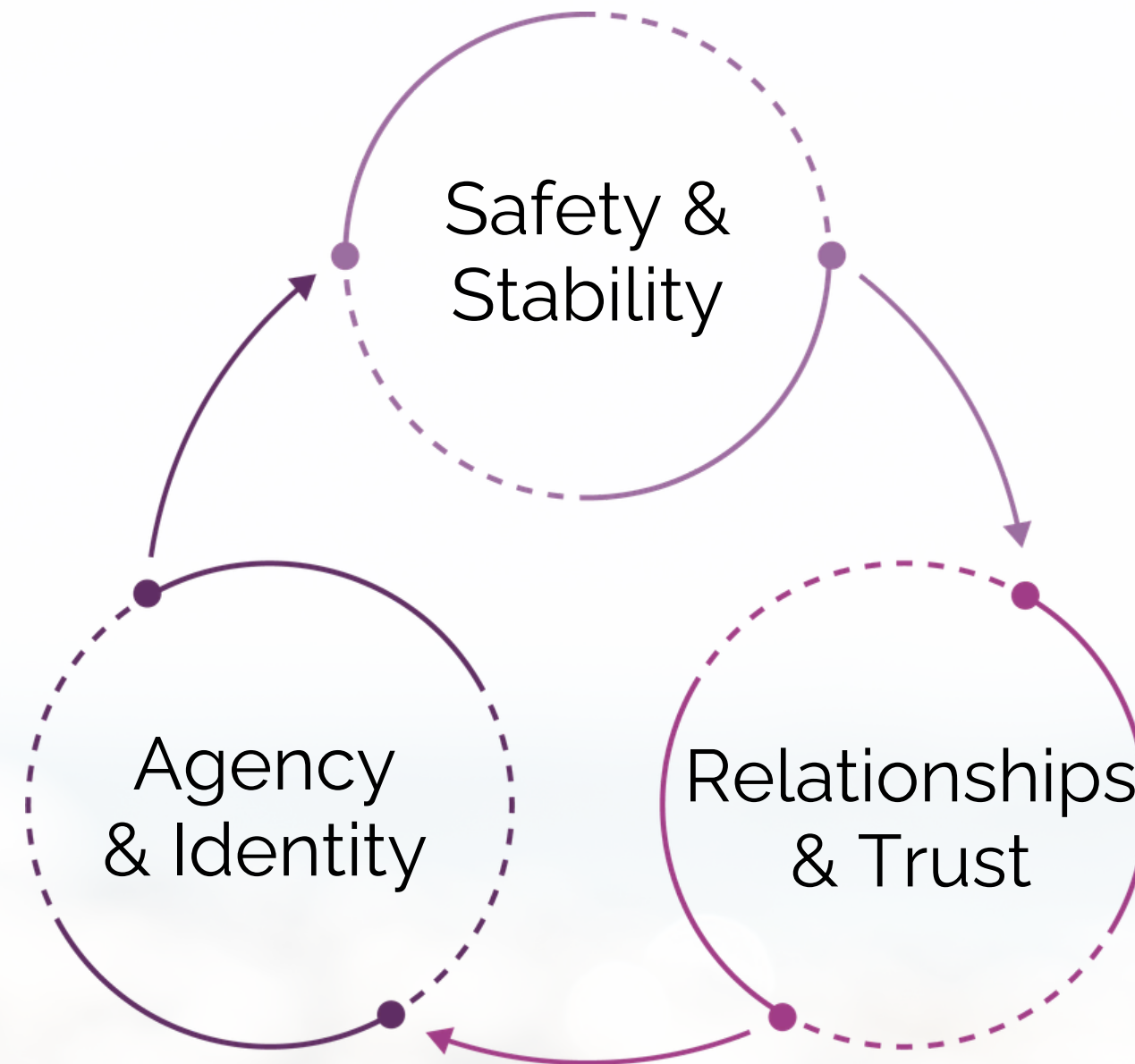
# Support & Resilience

*Helping Abused & Trauma-Affected Youth*



What are some things a young person might need to **hear or experience** to help them *believe* they can build safe, respectful, and healthy relationships — even after harm?

# Pillars of Healing & Trauma Resilience



**“TRUST IS BUILT  
ONE MARBLE  
AT A TIME.”**  
-BRENE BROWN



What approaches might you use to help a young person build a sense of **agency and identity**?

# Building Agency & Identity



- Incorporate and honor their voice and choices (big & small!)
  - **Provide choices and options as often as possible**
- Involve them in decisions
- Co-create and collaborate - from decisions to discipline
- Encourage them to self-advocate and express opinions
- Help them explore who *they* are
- Resilience-building everywhere possible
- **Creating “pathways” thinking (goals with steps)**
- Recognition and celebration
- *Surrender control!* Become adaptable and flexible instead.

# Proactive Prevention

*Empowering Youth to Build Healthy  
Relationships & Avoid Harm*

**Teach** what  
you now know!

Give **language**  
to things

Use **media**:  
movies, TV, social



**Model** healthy  
relationships  
*(and self-regulation!)*

Try **third person**  
conversation prompts

# Healthy. Relationships Are Built On:

- **Respect**
- **Equality**
- **Trust**
- **Balance**
- **Support**
- **Independence**
- **Communication**
- **Accountability**



a powerful skill

Teach and empower youth to  
recognize internal red flags.

# Internal Red Flags *feeling...*

- bad about yourself
- like you've changed negatively
- nervous or afraid
- controlled / like you can't say no
- silenced or forced to keep a secret

# Do I feel...

## Safe

Feeling physically and emotionally safe. You **can be yourself** without fear of judgment or harm. You **feel secure** expressing your thoughts, feelings, and boundaries without facing ridicule or manipulation.

## Supported

Emotional support during challenging times, plus you are **encouraged** to pursue your interests and goals. Your experiences and feelings are **validated**. Your partner **supports you** as your own person.



# Supporting Yourself in the Same Way

What do YOU need in all of this?

Your caring, safe presence alone  
is a protective factor.

for **you**

# Two Free Downloads

PRESENTATION SUMMARY

## Be a Lifeline

### GUIDING YOUTH THROUGH RED FLAGS, RESILIENCE, AND RELATIONSHIP SAFETY

This resource summarizes main points previously offered in Ashley Bendiksen's live presentation/keynote. It is not intended to be comprehensive nor complete, but will serve as a quick reference for future support. This is not to be reproduced.

In every community, unlimited numbers of youth and children silently experience abuse. Despite this high prevalence, these issues are often overlooked. Warning signs are often subtle or misunderstood by adults. This lack of intervention leaves youth at risk for further harm, as well as serious short- and long-term consequences. For many, it also becomes an adverse childhood experience that negatively impacts not just their present, but future life. Adults, therefore, play a crucial role in recognizing harm to safeguard the lives of vulnerable youth. With improved awareness and skills, early detection and intervention can save a life and change a child's path.

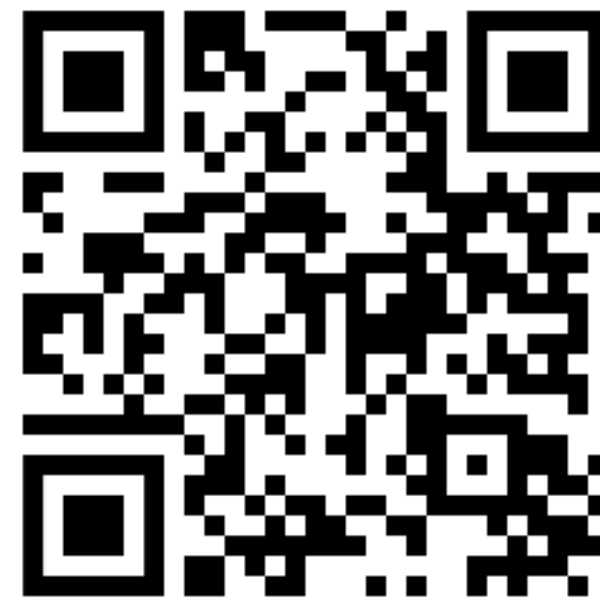
#### PREVALENCE: UNDERSTANDING THE REALITY OF TEEN DATING VIOLENCE

- 1 in 3 teens will experience physical, sexual, or emotional abuse by someone they're in a relationship with before they become an adult
  - This includes all genders, gender identities, races, religions, and socio-economic backgrounds, and also impacts the LGBTQ+ community at the same or higher rates.
- 1 in 5 high school students know a friend experiencing abuse
- In a national survey, 1 in 3 teens were found to have committed acts of relationship violence
- New CDC data found alarming increases in sexual violence among high school females; 20% reported sexual violence and 14% reported being physically forced to have sex
- Only 33% of teens in a violent relationship ever tell anyone about the abuse.

Abuse is not just physical, but rather takes on many forms. Among teens, emotional abuse is often the most common, and typically overlooked. Dating violence and domestic violence simply refer to one person using tactics and employing a pattern of behavior to maintain power and control. This "power and control" can be achieved by various forms of abuse - from physical to emotional and psychological. No one type is worse or better than any other. All inflict pain and harm.

ASHLEY Bendiksen

www.ashleybendiksen.com



## A PARENT'S GUIDE TO SAFE TEEN DATING

WHAT EVERY PARENT NEEDS TO KNOW

A Critical "How To" on Discussing Dating and Relationships, and Spotting the Red Flags of Dating Abuse

ASHLEY BENDIKSEN

E-BOOK FOR PARENTS

How Teens Experience Abuse

Experiencing Abuse

What Emotional Abuse

ISOLATION

CONTROL

Look Out For

ASHLEY BENDIKSEN

for **your community**



VOL. II

VOL. IV



SWIFT'S AUTO AUTO

WARNING TO THE PUBLIC  
DO NOT TOUCH THE  
FRESH BREAD



sur·vi·vor  
n. she who rises

# Connect or Ask Q's:

[www.AshleyBendiksen.com](http://www.AshleyBendiksen.com)

[ashley@ashleybendiksen.com](mailto:ashley@ashleybendiksen.com)

Social: LinkedIn or Instagram

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[www.ashleybendiksen.com](http://www.ashleybendiksen.com)

## Book Me to Speak in Your Community!



**Preview & Inquire**

- or -

**Forward This Page!**

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