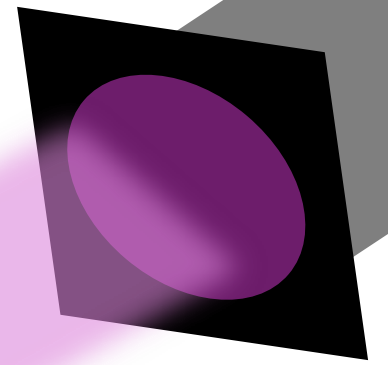


North Lincolnshire
**CHILDREN'S
MULTI-AGENCY
RESILIENCE &
SAFEGUARDING
BOARD**



In the Spotlight...

Teenage Relationship Abuse

In this Spotlight...

In this edition of the Spotlight you can find information about...

- Prevalence
- Key tools and resources
- Contacts

The focus of this edition of the Children's MARS Spotlight is Teenage Relationship Abuse.

Teenage relationship abuse is not a term that is defined by the Domestic Abuse Act 2021, or elsewhere in law, but if the victim and perpetrator are at least 16 years old abuse in their relationship will come under the statutory definition of domestic abuse set out in the Domestic Abuse Act.

Whilst young people under the age of 16 can experience behaviours which encompass domestic abuse, these would be considered child abuse. These can include a wide range of incidents or patterns of incidents of controlling or coercive behaviour, violence or abuse between teenagers (and may involve children younger than 13) who are, or have been, in an intimate relationship. This abuse can encompass, but is not limited to, psychological, physical, sexual, economic or emotional abuse.

For teenagers in particular, this abuse can often occur through technology. For instance, technology may be used to harass and control victims, including social media, or location-based tracking apps. Young people's lives are often heavily online-based and perpetrators of abuse may exploit this, demanding access to passwords or monitoring online activity. Young people may also experience intimate image abuse within their relationships, including threats to expose intimate images.

Prevalence

According to a 'Tech Abuse in Teen Relationships' study...

Among dating teens, 30% have had a partner email or text them between 10 and 30 times an hour to check on them. One-quarter of dating teens had a partner make unwanted text or phone contact with the intent of making them upset. Almost 20% had a partner spread rumours about them using electronic communication or make them afraid not to respond. And 5% of dating teens had a partner use spyware to track their internet activity.

Research from the University of Bristol and the NSPCC shows that:

- 25% of girls aged 13-17, and 17% of boys, have experienced the use of physical force (pushing, slapping, hitting or being held down) in a relationship
- More severe physical force (punching, strangling, being beaten up or being hit with an object) had been experienced by 11% of girls and 4% of boys
- 72% of girls and 51% of boys had experienced emotional violence (most commonly “being made fun of” and “constantly being checked up on”)

Overwhelmingly, young people keep these incidents within their peer group, talking to friends rather than to parents or carers or to other adults.

['Standing on my own two feet': disadvantaged teenagers, intimate partner violence and coercive control](#)
 [\(nspcc.org.uk\)](https://www.nspcc.org.uk)

Key tools and resources

[Safe Lives 'Your Best Friend'](#) project aims to empowering young people with the knowledge and confidence to spot abuse in relationships and support their friends.

[Talking to young people about relationships – guidance for parents on controlling behaviours](#)
This guide will help parents recognise if their child is being controlled by their partner, help them to talk about healthy behaviour in relationships with their child, show them how to collect evidence of coercive control and tell them where to go if their child needs help

The [Love Respect website](#) contains advice and resources for young people to identify unhealthy relationships

The [#FriendsCanTell campaign](#) aims to de-normalise the controlling behaviours that hundreds of young people told us are so common that they are considered normal. There are a number of resources, posters and videos on their website.

[Can You See Me – YouTube](#)
This video produced by Women's Aid is aimed at young people aged 15 and 16 and can be used in schools and other educational settings to explore the issue of domestic abuse in teenage relationships.

[Teen relationship abuse films](#)
A series of films which are intended to raise awareness & understanding about issues of power, control and coercion experienced by at least 40% of young people in teenage relationships.

The ['Is Your Relationship Healthy?'](#) quiz can be used with young people to help them identify abusive behaviours in their relationships

The ['Cool Not Cool?' quiz game](#) shows young people quiz cards where they choose whether the relationship related situation on the card is cool or not cool

The [Children's Society website](#) contains information and advice about identifying and responding to teenage relationship abuse

The [Teenage Power and Control Wheel](#) can be used to identify the behaviours seen in teenage relationships which are abusive

The [Teen Relationship Workbook](#) is for professionals working with young people to prevent or end relationship abuse. The workbook can be used in individual sessions, educational settings and psych-educational or support groups.

[Safe Lives – Practice briefing on working with young people experiencing teenage relationship abuse](#) provides information on the prevalence of teenage relationship abuse. It provides guidance on how to engage and risk assess young people and offers safety planning advice

The [Recognising and Intervening in Emotionally Abusive Teenage Relationships](#) article shares information about emotional abuse and how technology and social media can facilitate it in teenage relationships

Key tools and resources

[Healthy and unhealthy relationships](#) page from Childline brings together advice and guidance, along with videos to help young people consider what's right in relationships.

[Guidance for multi-agency forums: Supporting 16 and 17 year olds](#) – SafeLives, 2014. This guidance highlights the findings of the National MARAC Scrutiny Panel review of cases of 16 and 17 year old victims who'd been referred to MARAC, and includes key recommendations.

The [Respect UK website](#) contains information on responding to young people's use of violence in close relationships

[Disrespect NoBody](#) – PSHE Association, 2018. This detailed and important resource includes discussion guides and sessions plans aimed at preventing abuse in teenage relationships.

[Healthy Relationship Workbook](#) – The Arc of Spokane, 2013. This workbook is designed to assist someone with a learning disability or difficulty to learn about healthy relationships, identify and recognise abuse and know who to contact for help

This video animation below is to raise awareness of teenage relationship abuse. [Sunshine – Don't Confuse Love & Abuse – Day One](#) – YouTube

[Relationship safety resource for key stage 4-5](#) – PSHE Association with the Alice Ruggles Trust. This resource includes three lesson plans and accompanying materials to promote awareness of unhealthy relationship behaviours and stalking.

[Teenage Relationship Abuse: A teacher's guide to violence and abuse in teenage relationships](#) – Home Office and Women's Aid.

The [Hideout website](#) provides information to children and young people to understand domestic abuse and how to take positive action if it is happening to them.

[Hidden Hurt](#) aims to help children and young people understand the dynamics of an abusive relationship, the different types of abuse and the effect on both direct and indirect victims. A number of resources and personal stories are available to read on their website

The '[Tech Abuse in Teen Relationships](#)' study provides information on the prevalence of teenage relationship abuse perpetrated online

Contacts

The Children's MARS Board produces quarterly news updates which provide information on the work of the Board and includes updates on local and national guidance. We also promote new education and training opportunities, resources for professionals and volunteers, support for children and families and information relating to events and conferences through our communications email list.

If you wish to subscribe for Children's MARS communications emails, please complete the [communications sign up form](#).

A collection of our previous news updates can also be found on the [communications page](#).

The Children's MARS Board regularly post updates via the partnership social media pages Safe North Lincs. Support and advice for children and families can be found on our Facebook and Twitter pages.

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