

Teen Partner Abuse, Sexual Bullying and Gendered Violence: A Guide to Resources for Educators and Youth Workers



This guide for educators, youth workers and professionals working with young people, begins with an acknowledgement that exploring or challenging; bullying, abuse and violence, either inside educational or support settings, or in the wider community, can provoke strong reactions for many different reasons.

However, a recent NSPCC study reveals that teen partner abuse presents a significant threat to young people and that physical, sexual and emotional violence all impact negatively on a young person's well-being. Being safe, healthy and happy is crucial if young people are to be effective learners.

'It's hard to get good music out of an unhappy choirboy [or girl].'

– *Edward Higginbottom, Director of the Choir of New College, Oxford.*

As professionals working with young people, you will no doubt be aware that addressing issues of teen partner abuse, sexual bullying and gendered violence can be a sensitive and complex area. However, a recent UK study of teen abuse amongst 13-17 year olds revealed:

- 1 in 4 girls experienced some form of physical partner violence
- 1 in 9 girls reported severe partner violence
- 1 in 3 girls reported some form of sexual partner violence
- $\frac{3}{4}$ of all girls reported some form of emotional partner violence
- Physical, sexual and emotional violence were all shown to negatively affect the girls' well-being

(University of Bristol and NSPCC, 2009)

In light of this, to ensure the emotional, physical and sexual health and well-being of our young people, it is vital that as educators and youth workers we make intelligent and sensitive efforts to support this learning.

Guidance for Professionals

White Ribbon Campaign UK recognises that you are the experts on the young people with whom you work. Some of these resources will work well with one group of young people, in one setting and less well in another. Therefore, when choosing a resource, we recommend:

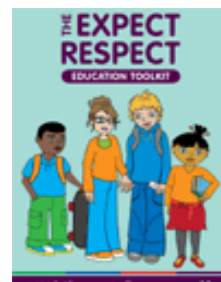
1. Fully familiarising yourself with the resource. For example, if it is a film watch it all the way through.
2. Consider how your young people will react to the content of the resource. For example, is it likely to provoke strong reactions and, if so, how can these best be managed.
3. Consider whether it would be advisable to liaise with colleagues before using the resource or have it pre-approved by your line manager.
4. Consider whether you need to consult with parents or carers before using the resource.
5. Consider whether the resource is appropriate for the age group with whom you work.
6. Consider whether you need to adapt the resource in any way so that it better meets the needs of the group or individuals you are working with.
7. Consider whether you are prepared to deal with any disclosures arising from the work (see Tender's guidance on how to deal with children who make disclosures of abuse at:
<http://www.tender.org.uk/files/Guidance%20On%20Responding%20To%20A%20Child%20Disclosing%20Abuse%20compressed.PDF>)
8. Consider whether you are prepared to signpost students to other agencies and sources of support (see our **Guide to Sources of Support**).

Resources for work with Teenagers

The following resources have been found to be helpful and informative by White Ribbon Campaign UK and its partner groups.

Expect Respect Toolkit

The Expect Respect Toolkit by Women's Aid consists of one easy to use core lesson for each year group from Reception to Year 13. It can be used in a variety of settings such as youth clubs and play schemes as well as schools. The lesson plans and resources are mapped to the curriculum and are based on themes which have been found to be effective in tackling domestic abuse. Available at:



<http://www.womensaid.org.uk/page.asp?section=0001000100280001§ionTitle=Education+Toolkit>

Expect Respect: A Toolkit for addressing Teenage Relationship Abuse in Key Stages 3, 4 and 5

Expect Respect: A Toolkit for addressing Teenage Relationship Abuse in Key Stages 3, 4 and 5 by Women's Aid contains teachers' notes, six lesson plans and supporting resources and is designed to challenge the attitudes of teenagers to violence and abuse in relationships. Available at:



<http://www.womensaid.org.uk/page.asp?section=0001000100280001§ionTitle=Education+Toolkit>

Spiralling



Spiralling by Bristol Domestic Abuse Forum is an educational film and toolkit which offers activities for children aged 4 to adults designed to prevent relationship abuse in the next generation. It enables learners to; recognise safe and potentially abusive relationships, know how to help themselves and support their friends, develop conflict resolution skills, have respectful, trusting and equal relationships and understand the law and how it can protect victims. *Spiralling* can be used in a wide range of education and support settings. Available at:

<http://www.bdaf.org.uk/professionals/spiralling-dvd-and-toolkit>

Crush

Crush by the Scottish Government is a short film lasting 28 minutes, divided into chapters, which supports students through an exploration of teen partner abuse, gender stereotyping and bullying and the issues these present for young people. It is accompanied by *Crush: A Teaching Resource Pack* containing; lesson plans, supporting materials and printable resources to accompany the film and contextualise its content. Available at:

<http://www.dartsscotland.org/resources/teaching-resources/view/86/crush>



Respect Not Fear



Respect Not Fear by Nottinghamshire Domestic Violence Forum is an interactive website enabling learning on healthy and unhealthy relationships, including; an activity called *Consent and Consequence* which uses scenarios experienced by young people, to explore the emotional, health and legal consequences of different courses of action and a Pyramid Game helps young people reflect what they value in a relationship. The site contains information on gendered violence such as; forced marriage, honour-based violence and forced genital mutilation (FGM). Available at:

<http://www.respectnotfear.co.uk/>

Get Savi: Students Against Violence Initiative

Get Savi is a bystander intervention project developed by Scottish Women's Aid and Scottish White Ribbon which uses the model of successful American bystander education projects such as *Green Dot Project* at the University of Kentucky and *Bringing in the Bystander* at the University of New Hampshire. *Get Savi* was developed in response to the *Hidden Marks Report* revealing the extent of violence against women and girls within universities. *Get Savi* is presented as a resource pack complete with a six session scheme of learning and lesson plans. Its content is aimed at students, but can be adapted for use with younger teenagers. Available at: <http://togetherwecanstopit.org/get-savi-resources/>

GET SAVI
RESOURCES

Hip Hop: Beyond Beats and Rhymes

Hip Hop: Beyond Beats and Rhymes is a 50 minute documentary, by self-proclaimed Hip Hop Head and Mentor in Violence Prevention, Byron Hurt. In it, he presents a “loving critique” of Hip Hop music, paying tribute to the power and creativity of Hip Hop music, whilst questioning its representations of masculinity, violence against women and homophobia.

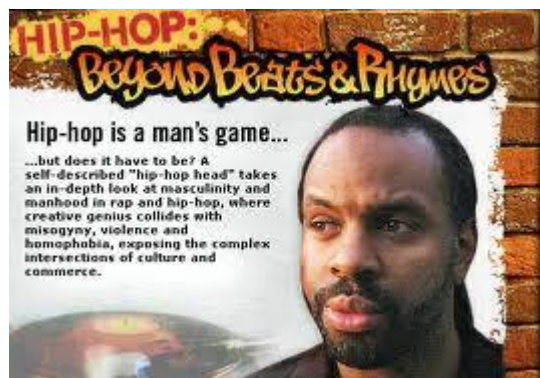
This film does contain adult content. It is supported by a resource guide containing various activities and a discussion guide.

Available at:

[http://video.google.com/videoplay?docid=-](http://video.google.com/videoplay?docid=-2020029531334253002)

[2020029531334253002](http://video.google.com/videoplay?docid=-2020029531334253002) and:

<http://archive.itvs.org/outreach/hiphop/>



This is Abuse

This is Abuse is an interactive website created by the Home Office which enables young people to understand that abuse is more than just physical violence and spot warning signs of emotional, psychological and sexual abuse through celebrity interviews, short films and



FAQs. It enables potential victims of teen partner abuse to question their partner's behaviour and potential perpetrators to question their own conduct. It also has comprehensive information on further sources of support. Available at:

<http://thisisabuse.direct.gov.uk/>

Is Your Partner Treating You Properly?

Is Your Partner Treating You Properly? by NHS Choices explains that abuse goes beyond physical violence including emotional and verbal abuse and other forms of control. It challenges the myths that surround the normalisation of abusive behaviour, explains the effects of abuse on the victim and asserts that there is no excuse for abusive behaviour. It contains information on how to support a friend and gives information on support services for victims and perpetrators. Available

at: <http://www.nhs.uk/Livewell/teengirls/Pages/relationshipviolence.aspx>



Teens Health



Teens Health by Nemours is an American site which still could be useful for young people in the UK. Using a conversational tone it discusses what makes a relationship healthy or unhealthy, using “real life” examples of how caring or abusive behaviours present themselves in relationships. It encourages young people to

look for those qualities they value in their friendships in their relationships and to foster those same qualities in themselves. It also supports learning around understanding warning signs and different forms of abuse. Available at:

http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html

Linking Lies: Sexual Bullying and Gender Conflict



Linking Lies: Sexual Bullying and Gender Conflict is a resource pack developed by Lewisham College in collaboration with Anti-Bullying Alliance (London region). It consists of a film and staff guide containing important information on the issues of sexual bullying and gender conflict and a number of activities for use before, during and after viewing the film. It is for use with 14-19 year olds, at the teacher’s discretion, in schools, colleges and other youth settings. Available at:

<http://www.excellencegateway.org.uk/page.aspx?o=325268>

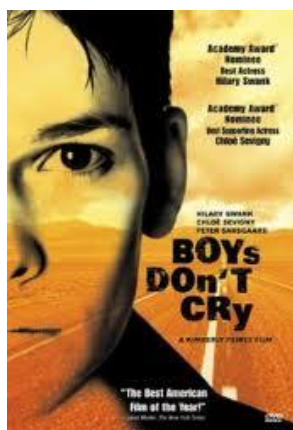
Pleasure Vs Profit: Growing Up in Pornified Scotland

Pleasure Vs Profit: Growing Up in Pornified Scotland is a 10 minute film and information pack containing further ideas on how we can challenge “porn culture”. Created by Zero Tolerance and the Women’s Support Project, with input from police, activists and young people, it exposes the porn industry’s manipulation of young people’s natural curiosity about sex, potentially preventing them from exploring their sexuality at their own pace and in their own way. Whilst this film focuses on Scotland, it would be equally useful in other parts of Britain. Available at:

<http://www.zerotolerance.org.uk/pleasurevsprofit>



Boys Don't Cry



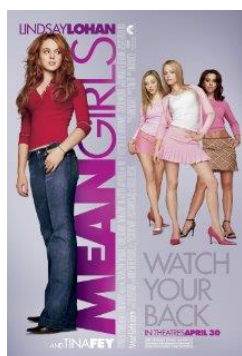
Boys Don't Cry (1999) tells the story of Brandon Teena who arrives in a small Nebraska town. Brandon soon makes friends and begins a relationship with a local girl named Lana. As the story progresses, the audience discovers that Brandon is wanted in other states for Grand Theft Auto and that he was born a woman named Teena Brandon. When some of his new friends find out his secret, Brandon faces violence and abuse. It could be used to support work on gender, identity and gendered violence with older teenagers. This film includes a rape scene, violence and drug use. Please observe the BBFC guidance with regards to showing this film to audiences.

Heathers

In *Heathers* (1989) Veronica maintains her popularity through her association with a clique of girls all named Heather. The Heathers are vain, shallow and cruel and Veronica often wishes them dead. A school newcomer named Jason Dean sets out to fulfil Veronica's wish. This film can be used to support work on bullying and the social politics of schools. Please observe the BBFC guidance with regards to showing this film to audiences.



Mean Girls



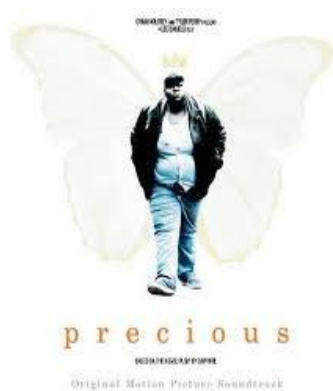
Mean Girls (2004) tells the story of Cady Heron who arrives in a new school and is a hit with a clique of teenage girls named the Plastics. Having been home-schooled and raised in the African bush, Cady struggles to maintain her loyalties to her new friends and preserve her popularity with the Plastics. This film could be used to open a discussion on themes of bullying and unwritten social rules within schools. Please observe the BBFC guidance with regards to showing this film to audiences.

Paper Heart

Paper Heart (2009) weaves together documentary and fantasy. American comedian, Charlyne Yi sets out to make a documentary about love and talks to everyone from scientists to Hell's Angels in order to get some insights. Along the way, she begins a relationship with the actor Michael Cera. This film could be used to introduce learning on love and relationships. Please observe the BBFC guidance with regards to showing this film to audiences.



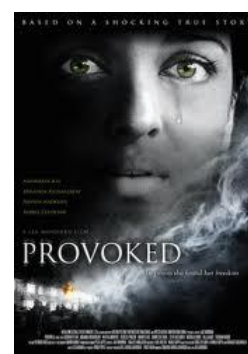
Precious



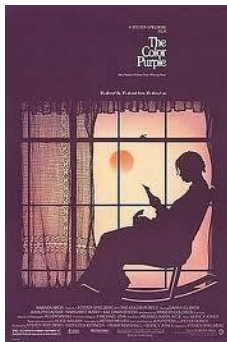
In *Precious* (2009) Claireece Precious Jones is abused by her mother for whom she acts as a carer and becomes pregnant by her father. She is poor and virtually illiterate and, in order to cope with the hardships of her life, she seeks refuge in a rich fantasy life. Claireece then meets a new teacher who encourages her to tell her own story in her own words. This film can be used to open a discussion on bullying and abuse and the effects of abuse on a young person. Please observe the BBFC guidance with regards to showing this film to audiences.

Provoked: A True Story

In *Provoked: A True Story* (2006) Kiranjit Ahluwalia is imprisoned for killing her abusive husband. Having been poorly treated by the police and the judicial system, Kiranjit finds a sense of freedom in prison and strikes up a friendship with a fellow inmate, named Veronica Scott. Meanwhile, Southall Black Sisters campaign for Kiranjit's release. This film is a realistic portrayal of a violent marriage and its aftermath and, as such, contains graphic scenes of violence. Please observe the BBFC guidance with regards to showing this film to audiences.



The Color Purple



The Color Purple (1985) tells the story of Celie a poor, black girl growing up in the Deep South in the early 20th century. Celie is raped and falls pregnant by the man she thought of as her father. Her baby is taken from her and she is forced into a loveless and abusive marriage. Over many years, Celie finds female friendship, solidarity and the strength to challenge abuse and prejudice. This film could be used to support debate around racism, sexuality and abuse. Please observe the BBFC guidance with regards to showing this film to audiences.

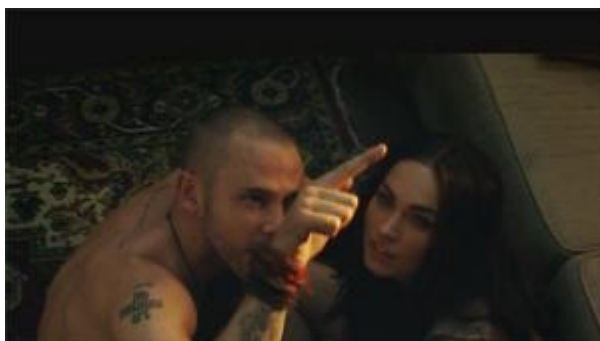
Time

Time a video by Chase and Status featuring Delilah has been made alongside *Refuge* and shows a realistic story of domestic abuse between a man and a woman and the effects on their two daughters. It shows the emotional rollercoaster of being with an abusive man who often can present as a loving person. It invites the viewer to



imagine the emotions and perspectives of all the characters. This story is presented alongside current dance music which makes it easy for young people to access. Available at: <http://www.youtube.com/watch?v=IWP9VvkeTmA>

Love the way you Lie



Love the way you Lie by Eminem featuring Rihanna is a music video that shows the emotions involved in an abusive relationship for both victim and perpetrator. It could be used to begin a consideration of these issues by learners and promote discussion. Similarly the lyrics could be used as a means of scaffolding discussions leading to deep

learning. **The song does include some swearing and should be used with discretion.**

Available at: www.youtube.com/watch?v=uelHwf8o7_U&ob=av3e

We Are Man- End Violence Against Women

We Are Man – End Violence Against Women is a video that shows men behaving in a “jackass” way, but then taking a positive stance and challenging street harassment and rape. Available at:

<http://www.youtube.com/watch?v=ZYhaodUPqSU>



Five Bottles of Shampoo



Five Bottles of Shampoo is a rap poem by The King Blues in which he challenges men’s abuse of women, the judicial system’s failure to convict rapists and the rigid ideas of femininity promoted by the media and consumerism. **The poem does include swearing and should be used with discretion.** Available at:

<http://www.youtube.com/watch?v=XJrzIJTtXT4>

This list is by no means exhaustive and should you have any suggestions of resources for tackling; teen partner abuse, sexual bullying or gendered violence, that you have found particularly useful when working with young people, please let us know. Your feedback is welcomed.

White Ribbon Campaign UK

Address: White Ribbon House, 1, New Road, Mytholmroyd, Hebden Bridge, West Yorks, HX7 5DZ.

Tel: 01422 886545

Website: www.whiteribboncampaign.co.uk

Email: info@whiteribboncampaign.co.uk

Registered Charity: 1123874