



**BUILDING CAPACITY
WITH YOUTH
LEADERS TO
PREVENT GENDER
BASED VIOLENCE**

**Meesh Vergara, she/her
Neba Zaidi, she/they**

WHOSE LAND ARE WE ON?

It is important before we begin that we acknowledge that most of us are living, learning, and working on occupied Duwamish Land, otherwise known as "Seattle." The Duwamish People have been the caretakers of this land for generations before us, and they continue to thrive in the face of historical and continued colonial violence. The Duwamish tribe signed a treaty with the US government in 1855. However European-American immigrants violated the treaty and the US government and continues to deny the Duwamish people land rights, resources, and other power that recognized tribes receive.

REAL RENT DUWAMISH

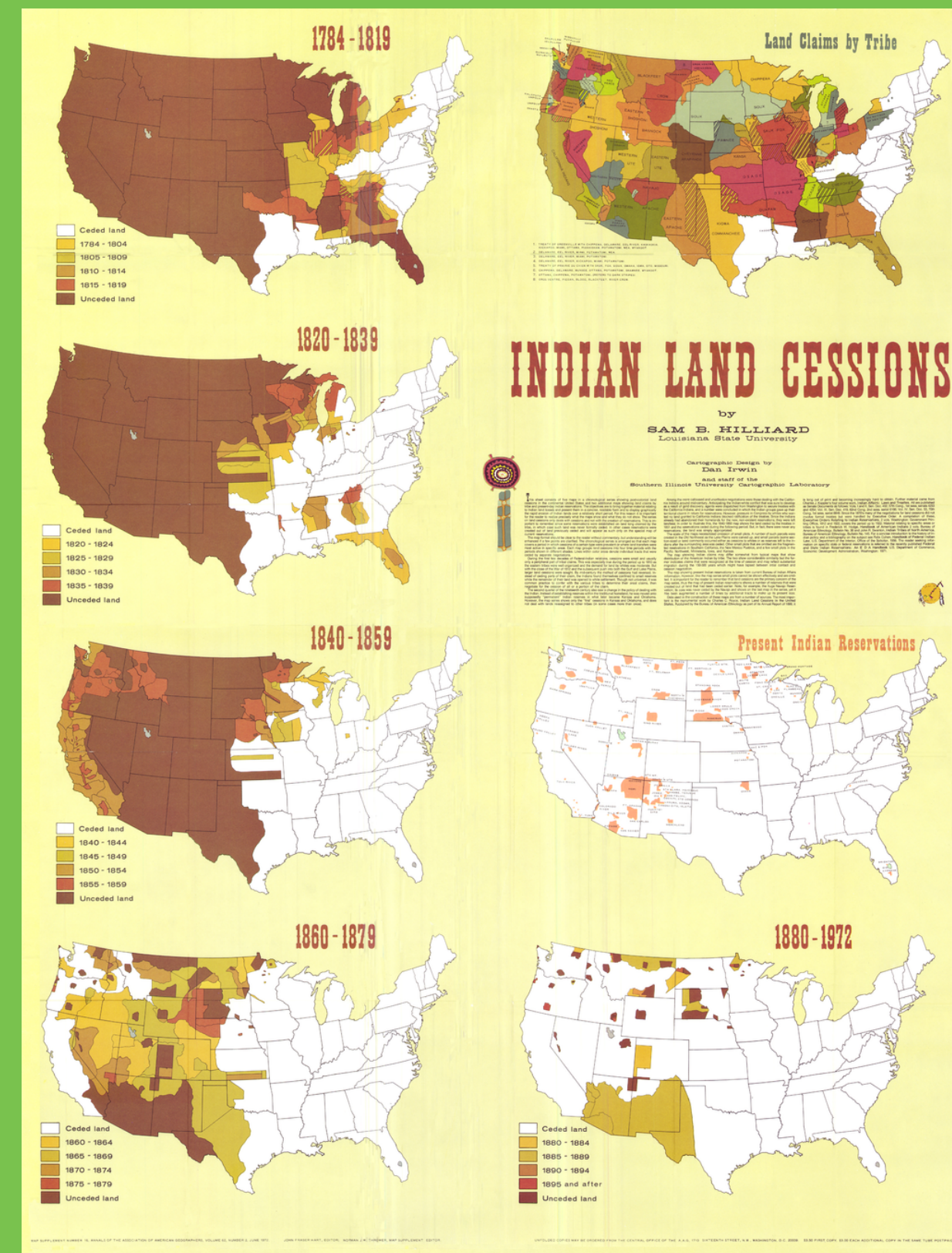
As such, acknowledging this land is not enough. You can go to duwamishtribe.org to learn more about the Duwamish and the history of this land, and how you can support Indigenous people. You can also make monthly contributions to the Duwamish tribe via realrentduwamish.org.



realrentduwamish.org



native-land.ca



Hello from New Beginnings!



**HILARY BOWKER,
MSW**

**SOCIAL CHANGE
PROGRAM MANAGER**

She/Her/Hers



**MEESH
VERGARA**

**PREVENTION
EDUCATOR**

She/Her/Hers



**VICTORIA
ORCUTT, MPH**

**PREVENTION
EDUCATOR**

She/Her/Hers



**NEBA
ZAIDI**

**COMMUNITY
ENGAGEMENT**

She/They

Programs

**24/7 DV
HOPELINE**

206-737-0242

**COMMUNITY
ADVOCACY**

BASIC NEEDS, EMOTIONAL,
LEGAL, TECH ABUSE SUPPORT

HOME SAFE

INDIVIDUAL UNIT HOUSING
WITH ADVOCACY SUPPORT

SOCIAL CHANGE

YOUTH PREVENTION,
AWARENESS, EDUCATION

CRUSHIN IT

12 WEEK PROGRAM FOR
MIDDLE SCHOOLERS OFFERED
IN # OF SCHOOLS

PEER CONSENT EDUCATORS

TEEN CLUB THAT EDUCATES
SHORECREST HS AND KELLOG
MS ON CONSENT 101

TEEN LEADERSHIP COUNCIL

PARTNERSHIP WITH ROBERT
EAGLE STAFF MIDDLE SCHOOL

YOUTH EMPOWERMENT RETREAT

201 LEVEL EDUCATION
DURING THE SUMMER

ROADMAP

- Warm Up
- TDV & Adulthood
- Teen Leadership Council
- Shorecrest PCE
- Youth Empowerment Retreat
- Reflect
- Resources



Think about when you were a teen:

- **What did you wish adults understood about you back then?**
- **What do you wish you had learned about relationships earlier?**

The image features a solid blue background. In the top right and bottom left corners, there are decorative elements consisting of three concentric, wavy lines. The outermost line is a dark orange-brown color, the middle line is a lighter orange, and the innermost line is a bright yellow. The text "What is teen dating violence?" is centered in the middle of the page in a white, bold, sans-serif font.

What is teen dating violence?



POWER & CONTROL

Minimize, Deny, Blame

Saying the abuse isn't that bad or didn't even happen. Making their partner doubt their experience and reality ("gaslight"). Transferring blame to their partner.

Belittling

Name calling, putting their partner down, yelling, causing humiliation, embarrassment or shame. Sharing secrets or spreading rumors.

Intimidation & Volatility

Using aggressive looks, actions, or gestures, damaging property, abusing pets, displaying weapons. Acting recklessly. Threatening or using physical violence.

Coercion

Using "Love," pressure or threats (self-harm, leaving) to guilt or manipulating their partner into something (sexual activity, pregnancy, drugs, staying together).

Sabotage

Ruining a partner's personal, educational, financial or professional opportunities, goals or success. Intentionally causing an unwanted pregnancy or loss of a job.

Using Privilege & Relationship

Using privilege (age, race, gender) to get their way and control decision (clothes, behavior, relationship status). Using social connections to control or torment their partner.

Stalking & Tracking

Showing up at their partner's home, school, or work without consent. Using technology to monitor behavior. Accessing their partner's phone or social media to gain leverage over them.

Isolation

Controlling where a partner goes, what they do, or who they talk to. Limiting involvement with friends, family or activities. Using jealousy to justify their actions.

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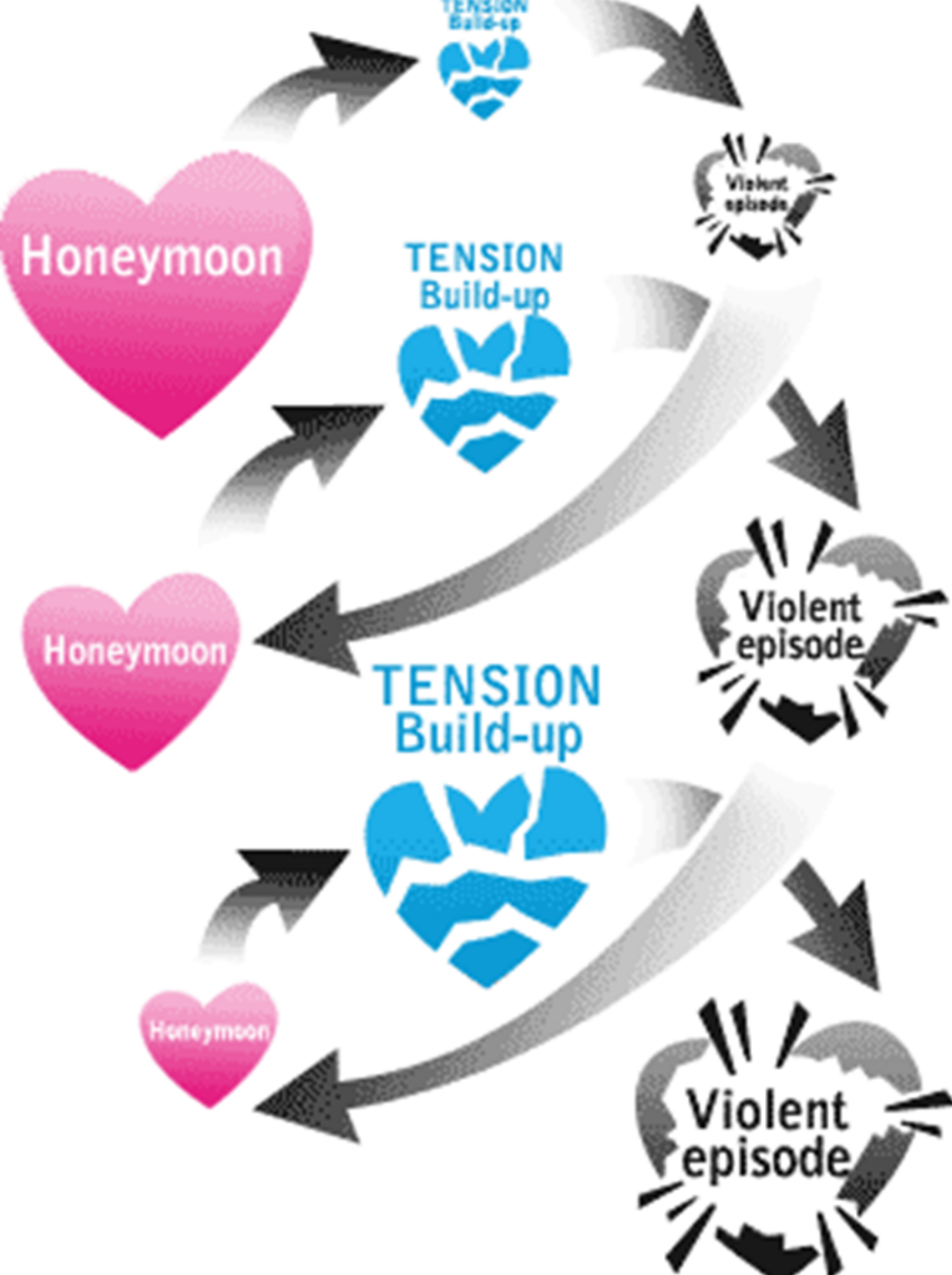
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IT'S A CYCLE

HONEYMOON

Renewed romance, apologies, gifts & promises

TENSION

Walking on eggshells, clearly out of honeymoon phase, bracing for incident

ABUSIVE INCIDENT

Obvious harmful actions take place

SOME STATISTICS



**ONE IN THREE ADOLESCENTS
IN THE U.S. IS A VICTIM OF
PHYSICAL, SEXUAL, EMOTIONAL OR
VERBAL ABUSE FROM A DATING PARTNER.**



**Relationship Violence:
Ages 16-24 are victims**

3X

national average

Department of Justice, Bureau of Justice and Statistics,
Intimate Partner Violence in the United States

WHY TEENS KEEP DATING ABUSE A SECRET

- Feel embarrassed, ashamed, or afraid of getting hurt.
 - Are convinced it is their fault and do not know that it is abuse.
- Feel afraid they will be forced to break up or of losing privileges.
 - Are afraid of losing friends. They may think friends would not believe this is happening, and they may feel alone after having lost touch with friends.
- Feel certain that being in a relationship is the most important thing in their life.
 - Know the abuser will act nice some of the time, and they are happy when this happens.
 - Confuse jealousy with love and think this is how it should be.
- Feel hopeful that things will get better and convinced that they can help or change their partner.

THE HARVARD GRADUATE SCHOOL OF EDUCATION SURVEYED 3000 YOUNG PEOPLE, AND THIS IS WHAT THEY FOUND:

- 76% HAD NEVER HAD A CONVERSATION WITH THEIR PARENTS ABOUT HOW TO AVOID SEXUALLY HARASSING OTHERS.
- 65% WISHED THAT THEY HAD RECEIVED GUIDANCE ON SOME EMOTIONAL ASPECT OF ROMANTIC RELATIONSHIPS IN A HEALTH OR SEX EDUCATION CLASS AT SCHOOL.
- 70% WISHED THEY HAD RECEIVED MORE INFORMATION FROM THEIR PARENTS ABOUT SOME EMOTIONAL ASPECT OF THEIR RELATIONSHIP.
- 62% DID NOT HAVE A CONVERSATION ABOUT THE IMPORTANCE OF NOT CONTINUING TO ASK SOMEONE TO HAVE SEX AFTER THEY HAVE SAID NO.
- 82% OF PARENTS FEEL CONFIDENT THAT THEY COULD RECOGNIZE THE SIGNS IF THEIR CHILD WAS EXPERIENCING DATING ABUSE, A MAJORITY OF PARENTS (58%) COULD NOT CORRECTLY IDENTIFY ALL THE WARNING SIGNS OF ABUSE



What is adultism?

Why does this matter for TDV?



Adultism is...

THE POWER AND CONTROL THAT ADULTS HAVE OVER CHILDREN AND TEENS.

ASSUMING THAT ADULTS ALWAYS KNOW BEST AND THAT YOUNG PEOPLE DO NOT.

"BEHAVIORS AND ATTITUDES THAT ARE BASED ON THE ASSUMPTION THAT ADULTS ARE BETTER THAN YOUNG PEOPLE AND ENTITLED TO ACT UPON THEM WITHOUT THEIR AGREEMENT." (5)

How does it relate to DV?

BELIEF THAT TEEN DATING VIOLENCE IS PART OF THE LEARNING PROCESS FOR YOUTH AND IGNORING IT

INCREASED SERVICES FOR ADULTS BUT NOT TEENS

BELIEF THAT ADULTS KNOW BETTER THAN TEENS ABOUT HEALTHY RELATIONSHIPS AND WE SHOULD CONTROL WHAT IS TAUGHT

PAID LABOR OF ADULTS IN PREVENTION WORK, TEENS VOLUNTEER

How does it relate to DV?

POTENTIAL FOR ADULTS/PARENTS/TEACHERS TO MODEL AND NORMALIZE CONTROLLING BEHAVIORS AND RELATIONSHIPS

HOW CAN TEACHERS PERPETUATE UNHEALTHY RELATIONSHIP BEHAVIORS? HAVE YOU SEEN THIS PLAY OUT IN THE CLASSROOM?

HOW CAN TEACHERS AND OTHER ADULTS MODEL PROTECTING STUDENTS, AND HOLDING THEM ACCOUNTABLE, WHILE STILL RESPECTING THEIR AGENCY?

THIS IS COMPLEX AND WE ARE ALL LEARNING!

Let's focus on 3 of our youth programs:

- **Teen Leadership Council**
- **Shorecrest Peer Consent Educators**
- **Youth Empowerment Retreat**

Teen Leadership Council

PILOT PROGRAM PARTNERSHIP WITH
ROBERT EAGLE STAFF MIDDLE SCHOOL AND
INGRAHAM HIGH SCHOOL

OBJECTIVES:

- PROMOTE HEALTHY RELATIONSHIPS AND VIOLENCE PREVENTION IN RES AND IHS
- BUILD UP STUDENT LEADERSHIP OF CRUSHIN IT PARTICIPANTS
- NEAR-PEER EDUCATION



**JOIN THE
TEEN LEADERSHIP
COUNCIL!**

Learn about **healthy relationships,**
violence prevention,
how to **teach your peers,**
and become a teen leader in your school!

LUNCH INFO SESSION

Interest Form: [Thurs, 1/4 | 12pm](#)
Room 101
There will be PIZZA! 🍕



✉ mvergara@newbegin.org 🌐 newbegin.org

New Beginnings
ENDING DOMESTIC VIOLENCE

Teen Leadership Council

CLOSE COLLABORATION WITH RES AND
IHS SOCIAL WORKER/COUNSELOR

BI-WEEKLY AFTER SCHOOL MEETINGS

RECRUITED RES CRUSHIN IT STUDENTS;
RECOMMENDED STUDENTS

CO-FACILITATED WITH INTERNS

CURRENTLY TRANSITIONED TO BEING
BASED IN INGRAHAM



Successes

STIPEND INCENTIVE

A FEW REALLY COMMITTED STUDENTS

SCHOOL-WIDE SURVEY ON HARASSMENT WITH 400+ RESULTS

SOCIAL MEDIA ENGAGEMENT ON OUR INSTAGRAM @NBCRUSHINIT

STUDENT HARASSMENT EXPERIENCE SURVEY

Presented by RES Teen Leadership Council

Anonymous

Reporting System

We heard this a lot. Could be a form you fill out if something happened to you or you saw something.

Peer Support Group

A place for people to talk about their experiences with harassment.

More education

For teachers, students, and parents on how to intervene with harassment.

More opportunities to talk to admin

So students can advocate for themselves!

Challenges

RETENTION - SEVERAL STUDENTS DROPPED OUT

**GETTING INGRAHAM STUDENTS TO RES, AND VICE
VERSA**

PROJECTS THAT WERE DOABLE YET IMPACTFUL

**BALANCING BETWEEN LETTING STUDENTS STEWARD
TLC VERSUS THE ADULTS GUIDING THEM**



Shorecrest HS Peer Consent Educators



Q: What specific policy(s) are you attempting to change?

A: The three specifics we are looking to address are improving education/prevention, support, and policy transparency. The specific policies we are looking at are also subject to change as we move forward and find what is working or not working.

Education/Prevention

- Improved and thorough sexual health curriculum for all ages, including sexual assault awareness and peer-to-peer consent education starting in elementary schools
- Improved and thorough training for staff on how to appropriately respond to reports of sexual assault

Support

- Trained, specialized sexual assault therapist available for all students
- Improved and thorough supportive measures offered for survivors following any type of report
- Hire a Title 9 coordinator → students involved in selection process

Transparency in Policy

- Transparent informal complaint review system from school admin
- When students make informal reports, admin makes sure they understand that things like schedule changes and suspension can't happen without a formal report
- Remove the 1 year deadline from incident for filing a formal complaint

Our motivations

INCREASE # OF COMMUNITY PREVENTIONISTS

IMPROVED CONSENT LITERACY FOR BOTH
EDUCATORS AND PARTICIPANTS

EMPOWER TEENS TO LEAD THEIR OWN
PREVENTION PROGRAMS

Training Timeline

SPRING 2022

First training with “Sexual Assault Council”

Covered holistic sex ed, consent 101

They facilitated workshops for seniors

FALL 2022

Renamed themselves as Peer Consent Educators

Introduced harm reduction and consent 201 discussions

SPRING 2023

Introduced facilitation and storytelling workshops

Facilitated workshops for ALL of Shorecrest HS and Kellogg MS

WINTER 2024 TRAINING SCHEDULED FOR FEB 3RD

Successes

**BROAD CONVERSATIONS ABOUT WHAT IS CONSIDERED SEX,
WHY PEOPLE HAVE IT, SEX FOR PLEASURE AND WELLBEING**

**NORMALIZING SEXTING AND ENGAGEMENT OF SEX OUTSIDE OF
RELATIONSHIPS**

**MULTI DIRECTIONAL LEARNING BETWEEN FACILITATORS AND
STUDENTS**

**DISCUSSING NUANCES OF CONSENT, HARM REDUCTION, AND
SAFETY PLANNING**

IDENTIFYING GAPS IN RESOURCES

Challenges

STUDENTS ARE MEETING DURING LUNCH/SCHOOL HOURS

NO PAYMENT FOR PREVENTION WORK DESPITE HIGH CAPACITY

CONSTANT ROTATION OF CO-FACILITATORS

CLUB LEADERS JUST BEGINNING TO INTERNALLY TRAIN NEW MEMBERS

NOT MUCH TIME TO PREP & FACILITATORS UNSURE HOW TO EDIT LESSON PLAN ON THE SPOT

SHORELINE ADMIN/DISTRICT PRESSURE TO LIMIT CONTENT

Youth Empowerment Retreat

PROVIDE YOUTH WITH A BREADTH OF INFORMATION
BEYOND OUR 12 WEEK CURRICULUM

CULTIVATING ACTIVISM & PEER EDUCATOR SKILLS FOR
YOUTH TO GAIN CONFIDENCE IN LEADERSHIP ROLES

EXPANDING YOUTH'S NETWORK BY CONNECTING THEM TO
OTHER YOUTH AND ORGANIZATIONS IN THE GBVP SPACE



Youth Leadership Retreat Youth Leadership Retreat Youth Leadership Retreat

AUG 23-25, 2022
9AM - 3:30PM

Meet other youth activists and learn about healthy relationships, social activism, peer education, & more!

Q's? Email Neba at nzaidi@newbegin.org



AGES 13-18 | LUNCH PROVIDED | SEATTLE

**REGISTER NOW AT
[TINYURL.COM/PEEREDUTRAINING](https://tinyurl.com/peeredutaining)**

[TEEN.NEWBEGIN.ORG](https://teen.newbegin.org)

DAY 1

9-9:30 AM

- REGISTRATION

9:30-10:20 AM

- WARM UP

10:30-12 PM

- HEALTHY RELATIONSHIPS
- OR
- CONSENT 101

12-1 PM

- LUNCH

1-2:30 PM

- SPEAKING YOUR AUTHENTIC TRUTH
- OR
- SOCIAL CHANGE THROUGH A CAMERA LENS

2:45-3:30 PM

- OUTDOOR ACTIVITIES



DAY 2

9-9:45 AM

- WARM UP

10-11:20 AM

- POWER & CONTROL
- OR
- HARM REDUCTION

11:30-12 PM

- FACILITATION PRACTICE 1

12-1 PM

- LUNCH

1-2:30 PM

- FACILITATION 101
- OR
- THE ACTIVIST'S TOOLKIT

2:45-3:15 PM

- FACILITATION PRACTICE 2

3:20-3:30 PM

- COOL DOWN



DAY 3

9-9:45 AM

- WARM UP

10-11:20 AM

- POWER & CONTROL
- OR
- HARM REDUCTION

11:30-12 PM

- FACILITATION PRACTICE 3

12-1 PM

- LUNCH

1-1:30 PM

- FACILITATION PRACTICE 3

2:45-3:15 PM

- CLOSE OUT





"Welcome to the Neighborhood"

Food from Razzi's
which offered GF
and vegan meals

NEW BEGINNINGS



Youth Empowerment Retreat

COMMUNITY - FOOD - ACTIVISM

WORKSHOPS BY:

NB TEEN LEADERSHIP COUNCIL
IT'S ABOUT RESPECT
POWERFUL VOICES
AND MORE!

CATHEDRAL
5449 BALLARD AVE NW
SEATTLE, WA 98107

AGES
12-18

AUG 22-24 2023 | 9AM-4PM | FREE



Tuesday Workshops

FLIRTING VS. SEXUAL HARRASSMENT EVA & CAROLINE DOWNSTAIRS

THIS WORKSHOP WILL USE ENGAGING INTERACTIVE ACTIVITIES TO DISCUSS AND LEARN ABOUT CONSENT, THE DIFFERENCE BETWEEN FLIRTING AND SEXUAL HARASSMENT, AND WHAT TO DO AS A BYSTANDER IF YOU WITNESS A POTENTIALLY DANGEROUS SITUATION.

BOUNDARIES & CONFLICT RESOLUTION VICTORIA & NEBA UPSTAIRS

WE CAN IMPROVE OUR WELLBEING AND RELATIONSHIP BY EXPRESSING BOUNDARIES. THROUGH GAMES AND DISCUSSIONS, WE'LL LEARN HOW TO IDENTIFY AND EXPRESS OUR BOUNDARIES. AFTERWARDS, WE'LL WORK ON OUR CONFLICT RESOLUTION SKILLS.

ART AS SOCIAL CHANGE BRENDA & JASMINE DOWNSTAIRS

LET'S TAKE A LOOK AT THE ROLE ART HAS IN CREATING SOCIAL CHANGE. HOW HAS ART BEEN USED TO EMPOWER STORIES, AND HOW CAN WE USE IT TO TELL OUR OWN TALES? IN THIS WORKSHOP, JASMINE DELGADO AND BRENDA PALMA WILL BE DISCUSSING THE WAY IN WHICH ART HAS HISTORICALLY BEEN USED TO CREATE SOCIAL IMPACT THROUGH THE USE OF STORYTELLING. JOIN US AS WE EXPLORE THIS IDEA FURTHER.

Wednesday Workshops

ACTIVISTS TOOLKIT MEESH DOWNSTAIRS

DO YOU HAVE THE TOOLS TO BUILD THE COMMUNITY YOU ENVISION? WE'LL UNBOX THE "ACTIVIST'S TOOLKIT" OF SKILLS THAT FURTHER A MOVEMENT. WE'LL DISCUSS DIFFERENT FORMS OF ACTIVISM, MINDFULNESS, BURN OUT & MORE.

HARM REDUCTION NEBA & VICTORIA DOWNSTAIRS

LIFE IS RISKY, BUT IT'S STILL WORTH ENJOYING. JOIN US AS WE CHAT ABOUT PRACTICING HARM REDUCTION, A SKILL THAT IDENTIFIES REAL LIFE RISKS AND THE TOOLS NEEDED TO LIMIT POSSIBLE NEGATIVE OUTCOMES. YOU'LL LEARN ABOUT DATING ABUSE, VICTIM BLAMING, AND HOW SAFETY PLANNING CAN HELP EVERYONE DATE MORE SAFELY.

IT'S ABOUT RESPECT: CO-DESIGNING A STATE CAMPAIGN (AGES 11-14) SHEENA & MER DOWNSTAIRS

CO-DESIGN (ALSO PARTICIPATORY DESIGN) IS A CREATIVE METHOD FOR SOLVING PROBLEMS TOGETHER BY SHARING KNOWLEDGE AND POWER. IN THIS SESSION, MER JOYCE, FOUNDER OF SEATTLE-BASED CO-DESIGN FIRM DO BIG GOOD, WILL GIVE AN INTERACTIVE INTRODUCTION TO CO-DESIGN, INCLUDING INTERACTIVE ACTIVITIES TO TRY OUT THE METHODS.

Thursday Workshops

INTRODUCTION TO CO-DESIGN MER JOYCE DOWNSTAIRS

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HONORING YOUR RELATIONSHIP WITH YOUR WITH YOUR SELF: A HEALING JUSTICE APPROACH TO SELF IMAGE

JENNIFER UPSTAIRS

OUR LONGEST AND DEEPEST RELATIONSHIP IN LIFE IS WITH OUR SELF. IN OUR TIME TOGETHER, WE WILL EXPLORE WHAT IT MEANS TO BE IN HARMONY WITH YOUR WHOLE SELF, REFLECT ON HOW THE WORLD NOURISHES YOUR WAY OF BEING, AND DIVE INTO WAYS YOU CAN HONOR WHO YOU ARE WHILE PROTECTING YOUR POWER





avtech2011@gmail.com
IG: @thatdumplingdough

Food from variety of restaurants



Successes

INVOLVING OTHER ORGS (POWERFUL VOICES, YOUTH IN FOCUS)

FACILITATION PRACTICE WITH CONSTRUCTIVE FEEDBACK

GOOD FOOD AND SNACKS

ALL AGES EDUCATION NORMALIZING THAT LEARNING ISN'T LINEAR

PAYING ADULT AND YOUTH FACILITATORS THE SAME

2ND YEAR: USING A VENUE INSTEAD OF OUR OWN OFFICE

Challenges

MISSED OUTDOOR CLASSROOM DESPITE NOISE CHALLENGE

TIME COMMITMENTS FROM YOUTH DUE TO JOBS

MARKETING. HAVE YET TO CRACK THE IDEAL CODE!

**TRANSPORTATION. HARD TO FIND CENTRAL LOCATION & FIGURE OUT
TRANSPORTATION STIPENDS**

LIMITED BUDGET FOR TRANSFORMATIVE JUSTICE WORKSHOPS

GUARANTEERING ALL PRESENTATIONS WILL BE EQUALLY ATTENDED

DECLINING ORGANIZER ENERGY AS THE DAYS GO BY

TBD: YER is turning into the Youth Summer Cohort

Instead of a 3 day long retreat, we will be doing a summer cohort so that teens can be in a consistent group and learn together over the course of the summer.

This will allow us to gather participant learning goals at the beginning of the program and plan the sessions accordingly.

Interested? Reach out to mvergara@newbegin.org



Reflecting....

**What aspects of your
youth programming
are you proud of?**





What can you improve?

**Who should be a part of this
change?**

Yourself? Finance? Funders? Your participants?



RESOURCES FOR TEENS

Teen Link: (800) TEENLINK (Answered by teen volunteers, ages 16 to 20, from 6 to 10pm every night)

New Beginnings (24/7): 206 -522-9472

NW Network (for LGBTQ+ survivors): 206-569-7777

Asian Counseling and Referral Services (ACRS): 206-292-5714

Love is Respect (24/7): 1.866.331.9474 | Text: loveis to 22522

RESOURCES FOR TEENS

- Teen.newbegin.org
- 100conversations.org
- LovelsRespect.org
- BreakTheCycle.org
- LovelsNotAbuse.com
- ThatsNotCool.com
- Joinonelove.org
- Scarleteen.com

SAFETY PLANNING
QUIZZES & CHECKLISTS
VIDEOS

CONVERSATION
STARTERS

CITATIONS

1. Weissbourd, Richard et al. 2017. The Talk: How Adults Can Promote Young People's Healthy Relationships and Prevent Misogyny and Sexual Harassment. Conducted by Making Caring Common Project.
2. Impact of the Economy and Parent/Teen Dialogue on Dating Relationships and Abuse. 2009. Conducted by Teenage Research Unlimited for the Family Violence Prevention Fund and Liz Claiborne.
3. Swahn MH, Simon TR, Arias I & Bossarte RM. 2008. Measuring Sex Differences in Violence Victimization and Perpetration Within Date and Same-Sex Peer Relationships. *Journal of Interpersonal Violence*. 2008;23(8):1120-1138.
4. Chamberlain PhD MPH, Linda. "Dating Violence Literature Review." *Futures Without Violence*. Accessed on April 22, 2014.
5. Bell, John. 1995. *Understanding Adulthood: A Key to Developing Positive Youth-Adult Relationships*. National Youth Rights Association reprint from YouthBuild. USA.

We're on the Interweb!



FACEBOOK

New Beginnings – Ending
Domestic Violence



New Beginnings

OUR SITES

Newbegin.org
Teen.newbegin.org



INSTAGRAM

@CrushinIt
@newbeginningsendingdv

Let's Talk

EMAIL

Meesh Vergara

mvergara@newbegin.org

Neba Zaidi

nzaidi@newbegin.org

24/7 DV Hopeline

206-737-0242

Crisis support

Safety planning

Legal clinic appts

TECC clinic appts

Referrals

& More!

