

December 2, 2021

Mrs. Amy Wright
Park View High School Assistant Principal
205 Parkview Cir
South Hill, VA 23970

Subject: Seminar on Teen Dating Violence

Dear Mrs. Wright:

I am pleased to submit this proposal for your review. I look forward to partnering with you to provide Park View High School with an hour seminar to educate interested parties about teen dating violence (TDV) and preventative measures to keep students safe.

I am inquiring about the facility's use of the gymnasium to host the seminar and provide students with a safe space to express themselves. The identified problem that many teen students face is the inability to access supportive assistance when disclosing acts of teen dating violence. I plan to implement a well-planned info session for students and faculty to gain valuable information on what TDV is, signs of TDV, how to seek help, and how to support those experiencing TDV. I hope to hold this session annually on the terms and conditions of approval and success of the initial session to aid in the maintenance of safe, healthy relationships amongst high school teens.

I appreciate Park View High School's interest in empowering its students in seeking assistance with teen dating violence. Please reach out to me with any questions that you may have. Please call me, Kaitlyn Wilbur, at (434)-262-5974 or email Kaitlyn.Wilbur@live.longwood.edu.

Thank you.

Sincerely,

Kaitlyn Wilbur

A Senior at Longwood University

201 High Street

Farmville, VA 23901

Executive Summary

Public schools lack the educational conversations and training behind Teen Dating Violence (TDV). Statistically, 22% of females aged 11 to 17 years old have experienced TDV in some form. High school students are facing significant amounts of emotional and psychological abuse from their partners largely contributing to the idea that there is a lack of awareness and students are normalizing this destructive behavior. There is a lack of evidence alluding to the rates of TDV in Mecklenburg County, Virginia, which is why an informational seminar is needed. The hour-long informational seminar about Teen Dating Violence will discuss warning signs, unnatural dating behaviors, and how to seek help. The informational seminar is expected to be an annual recurrence. Evaluation forms will be given out to students, faculty, and staff of Park View High School to assess the impact of the seminar. The partnership of the facilitator, school guidance counselors, and the school resource officer will create a protective and empowering environment for students to disclose their experiences with teen dating violence. After reviewing the proposal, I hope that you consider the implementation of this informational seminar at Park View High school for students, faculty, and staff to acquire the proper tools for the prevention of teen dating violence within your school community.

Teen Dating Violence Info Session

Submitted to: Park View High School
And
The Park View High School Student Body

Date: December 2, 2021

Kaitlyn Wilbur
Longwood University
201 High Street
Farmville, VA 23901

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Introduction

Many young high school individuals struggle to maintain healthy intimate relationships with their partners. Teen dating violence (TDV) is a form of intimate partner violence and is believed to impact approximately 12 million women and men each year (Rome & Miller, 2020). Teen dating violence is physical violence, sexual violence, psychological violence, and stalking. According to a survey given by the CDC as well as the National Intimate Partner and Sexual Violence Survey, 1 in 11 female high school students and 1 in 14 male students experienced physical dating violence last year, and the numbers are greater as other forms of violence are explored (2021). An hour-long seminar to educate individuals about TDV is believed to pose a solution and prevent unhealthy relationships amongst high school students.

Problem in Detail

Teen dating violence can occur in physical violence, sexual violence, psychological abuse, Harassment, and stalking (CDC, 2020). Teen Dating Violence includes “any person ages 12 to 18 in the context of a past or present romantic or consensual relationship” (National Institute of Justice, n.d.). Seemingly small things like teasing and name-calling are considered psychological abuse. They can lead to more severe acts such as hitting, pushing, and forcing your partner to perform sexual acts. Stalking can show up as repeated unwanted phone calls, voicemails, text messages, IMs, emails, etc. TDV can affect individuals short-term or long-term and lead to symptoms of anxiety and depression, involvement of drugs and alcohol, and in some cases, thoughts about suicide (CDC, 2020). Significant numbers of high school students (as high as 96 percent) report emotional and psychological abuse in their dating relationships (Virginia Rules, n.d.). Nationally, 22% of females experience TDV between 11 and 17 years old (CDC, 2020). Dating violence among middle school and high school students ranges from 28 percent to

96 percent in Virginia (Virginia Rules, n.d.). The dating experiences of adolescents are very different from young adults. “Early intimate relationships are thought to be important as they have been found to shape and contribute to later relationship experiences” (Spencer et al., 2020). Additionally, peer relationships often model relationship expectations; students need to experience supportive peer relationships to decrease the likelihood of teen dating violence victimization (Spencer et al., 2020).

Plan

Teen dating violence is a significant problem amongst high school teens across the United States. I want to persuade the high school professionals of Park View High School to consider the benefit this hour-long seminar would give their students and staff in combating the high rates of TDV. Promoting healthy relationships includes educating teens about effective communication skills and how to manage their feelings. Additionally, students have a greater likelihood of developing high self-esteem when they are given the proper tools for effective communication (Spencer et al., 2020). The seminar will be educational and engaging for students and staff at Park View High School. Students and staff will engage in informational games about TDV. These games could include a Kahoot game, more practice scenarios, and perhaps a skit performed by two selected students and one teacher from the audience. Afterward, there will be an exit survey for students, faculty, and staff to complete to gauge their interest and take ways from the seminar. There will also be an optional, private link to a google forum sent out in an email for students to share their thoughts and feelings with the school guidance counselors and the school resource officer; see item 3 in the appendix for a sample of this forum.

Staffing

The hour-long seminar will be held in the Park View High School gymnasium and facilitated by Kaitlyn Wilbur, BSW. The Park View High School faculty and staff will ensure that students arrive safely to the gymnasium. At least one school guidance counselor and the school resource officer will be in attendance for students to utilize for their needs during or after the seminar.

Schedule

There is a scheduled meeting with the Assistant Principal on November 25, 2021, to discuss logistics and gain the school's interest in having a seminar about this topic. I will then meet with the principal in December to pitch the proposed seminar and its importance in a short PowerPoint presentation and discuss a tentative presentation date in February 2022 for TDV awareness month. The seminar will be given to the entire student body to draw their attention to this serious topic and make them aware that it can quickly happen to them. The seminar schedule is as follows; welcome students, faculty, and staff, brief introduction of myself, 30-minute mini-lecture on the statistics of TDV, 30 minutes to engage students in educational activities, take questions and finally give out surveys on their way back to class.

Evaluation Methods

The effectiveness of the seminar will be evaluated based on a short six-question Likert scale survey given to the students as they leave the gym. See item 1 in the appendix for a sample of the survey questionnaire. All surveys will be anonymous unless students wish to identify themselves. Student response will reflect a need for the reoccurrence of the seminar regarding TDV identification and experiences. Feedback about the session's effectiveness also demonstrates the students' comfortability to have meaningful conversations about TDV with

partners, peers, and trusted adults. There will also be a Likert scale survey for staff and faculty. See item 2 in the appendix for a sample of the survey questionnaire.

Sustainability

Feedback from students as well as faculty and staff will be a significant influence on the continuation of this session. The TDV info session is hopeful to continue annually and be presented at Park View High School and schools in surrounding counties. It is hopeful that the guidance counselors will partner with me and gain community buy-in for the seminar to be presented to the parents and guardians of Park View High school students. The informational session will be slightly adjusted to accommodate this audience and inform them of warning signs of TDV, how to seek information from their child, and provide support.

Detailed Line Item Budget

The info session will be held during the school day, so there is no extra payment to the faculty and staff of Park View High School. The informational seminar facilitator will be considered a guest speaker at the school and will not inquire about payment for their time.

Conclusion

Teen Dating Violence affects the lives of too many students for it to be ignored. This session will be given in hopes of sparking the conversation and giving students a voice. Schools are seen as risk factors and protective factors of teen dating violence. Students may see their partner more often during the school day than their caregivers may allow outside of school. Teens may also feel more comfortable disclosing victimization with faculty and staff out of fear of the reaction and opinions from their caregivers. This hour seminar would be beneficial to students, faculty, and staff at Park View High School in creating a space where students are able to build personal relationships based on trust, familiarity, and comfortability.

Works Cited

- “Cool Not Cool.” *Cool Not Cool*, www.coolnotcoolquiz.org/.
- “Hanging out or Hooking up?” *Futures Without Violence*, 19 Aug. 2014, www.futureswithoutviolence.org/hanging-out-or-hooking-up-2/.
- “Preventing Teen Dating Violence.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 9 Mar. 2020, www.cdc.gov/injury/features/dating-violence/index.html.
- “Preventing Teen Dating Violence |Violence Prevention|injury Center|CDC.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 5 Mar. 2021, www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html
- Spencer, Chelsea M., et al. “Risk Markers for Physical Teen Dating Violence Victimization in the United States: A Meta-Analysis.” *Journal of Youth & Adolescence*, vol. 49, no. 3, Mar. 2020, pp. 575–589. EBSCOhost, doi:10.1007/s10964-020-01194-1.
- “Teen Dating Violence.” *National Institute of Justice*, nij.ojp.gov/topics/crimes/teen-dating-violence.

Appendix

1. Evaluation form for students

Exit Form After TDV Informational Seminar

This ANONYMOUS form is for students to complete to inquire the importance, interest, and impact of the one hour Teen Dating Violence seminar.

Have you ever experienced/ Witnessed TDV?

Yes

No

Do you Currently feel safe?

Yes

No

Do you feel that you are capable of identifying the signs of TDV after this info session?

Yes

No

Maybe

How comfortable do you feel reporting signs of TDV to school faculty and staff after this info session?

1 2 3 4 5

Not likely to report Likely to report

How comfortable are you addressing TDV with your current/ future partner(s)

1 2 3 4 5

Not likely to address Likely to address

How comfortable are you talking with your peers about TDV

1 2 3 4 5

Not comfortable Comfortable

2. Evaluation Form for Faculty and Staff

Feedback Form for Faculty and Staff

This ANONYMOUS form is for Faculty and Staff to complete to Inquire the Importance, Interest, and Impact of the one hour Teen Dating Violence seminar.

Do you think that students on the campus see you as a trusted adult?

no

yes

Do you feel that you are capable of identifying signs of TDV after this Informational session?

1 2 3 4 5

cannot identify signs can confidently identify signs

How comfortable are you talking with a student who is victimized?

1 2 3 4 5

not comfortable comfortable

How likely are you to report TDV to school administration?

1 2 3 4 5

not likely very likely

3. Feedback form for Guidance and SRO

Speak to a Guidance Counselor or SRO

This ANONYMOUS form is for students to complete to explain the impact of the one hour Teen Dating Violence seminar and request a private meeting time.

Do you feel safe?

- Yes
- No
- Maybe
- Other...

Utilize the space below to express your concerns. One of the guidance counselors or the school resource officer will schedule a time to meet with you.

Long answer text

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