SERVICES
- Crisis Line
- Counseling
- Emergency Shelter
- Legal Advocacy
- Case Management
- Supervised Child Visitation and Safe Exchange
- Training and Education
- Transitional Housing

Gender, Culture, and Healthy Relationships
Loyola University Virtual Health Fair
October 7, 2020
Radhika Sharma, MPH CDVP
Manager of Education & Outreach
Apna Ghar, Inc apnaghar.org
Overview of Today’s Discussion

1. Identifying the messages we have received about intimacy
2. Comparing what our families and our peers say about intimacy
3. Clarifying our values around gender and intimacy
4. Reviewing what the research is telling us about college students and intimacy for students from immigrant families
5. Distinguishing between what is healthy and what is unhealthy in relationships
6. Identifying available resources for someone who is or has been in an unhealthy relationship
What relationships do we admire from characters in movies, television, or celebrities/politicians/sports figures?
Let’s Define Intimacy

When two or more people engage in sharing of space, personal information/images, bodily contact, and any type of physical, verbal, or digital sexual behavior.
Chat Question:
What has your family said about how a man should behave in a relationship?
Chat Question:
What has your family said about how a woman should behave in a relationship?
Chat Question:
What were the ideals that friends and peers promoted for how women should behave in relationships?

Think about your friends and peers. Since you were first talking to each other about girls/boys and women/men, you got messages about what is ideal or celebrated and what is punished/laughed at. Maybe you heard them commenting on real people, celebrities, or characters in movies, books, comics, and television.
What messages have you gotten from friends and peers about how men should behave in relationships?

Think about your friends and peers. Since you were first talking to each other about girls/boys and women/men, you got messages about what is ideal or celebrated and what is punished/laughed at. Maybe you heard them commenting on real people, celebrities, or characters in movies, books, comics, and television.
Chat Question

What are the major differences between your family’s gender norms and your peers’/society’s dating/relationship norms?
What does the research tell us about dating among 1st, 2nd, & 3rd generation immigrant college students?
Research on Immigrant Families and Dating

Youth's dating experiences are influenced by their gender, their birth order, and their family's acculturation. Second generation immigrants generally seek bicultural partners like themselves.

Dating and Mate Selection Among Young Adults from Immigrant Families Nesteruk & Gramescu, Marriage & Family Review 2012
A sample of ethnically diverse young adults (N = 628; Asian, Latino, and European background) reported on self and parent attitudes toward dating outside of one’s own culture, own current dating status, and disapproval and conflict with parents over current and past dating status. Analyses revealed three key findings.

1. Intercultural relationships were evenly distributed across ethnic and immigrant generation groups.

2. Participants of Asian background perceived greater attitudinal discrepancies with their parents toward intercultural dating than did participants of Latino and European background and were more likely to report intercultural dating conflict with their parents than Latino participants.

3. First-generation and second-generation participants were more likely to report intercultural dating conflict with parents than third-generation participants.

How comfortable would you be if your best friend said their intimate partner wants their email and Insta password?

Poll: What are your values around intimacy & gender? On a scale of 1 to 5, 1 = Very Comfortable and 5 = Very Uncomfortable
Poll: What are your values around intimacy & gender?
On a scale of 1 to 5, 1= Very Concerned and 5= Not At All Concerned,

How concerned would you be if a friend telling you that their partner really wanted to have sex the other night but your friend didn’t want to. Their partner kept insisting so your friend ended up saying “OK”
Poll: What are your values around intimacy & gender?
On a scale of 1 to 5,
1= Very Concerned and 5=Not At All Concerned

How concerned would you be if your roommate’s partner made them change their outfit before they went out because their partner thought your roommate’s clothes were too tight and they didn’t want other people getting thirsty looking at them.
Poll: What are your values around intimacy & gender?
On a scale of 1 to 5, 
1= Very Concerned       5=Very Unconcerned

How concerned would you be if you are in a study group and, every time you meet, one of the group member’s partner keeps texting to find out if they’re done yet and you find out that they text this group member about 20-40 times a day to check on where they are and who they’re talking to
How concerned would you be if your Ex started texting all the time, commenting about you on your friends’ Insta accounts about you and how much they miss you, and asks their friends who are in class with you to keep an eye on you and who you talk to. You let your Ex know you don’t want to get back together but they keep texting and trying to FaceTime.

Poll: What are your values around intimacy & gender?
On a scale of 1 to 5, 
1= Very Concerned and 5=Not At All Concerned,
Chat Question: What Do We Know About Abuse?

What is dating abuse/gender-based violence?
Chat Question:
What Do We Know About Abuse?

What are the signs that someone might be abusive?
Chat Question:
What Do We Know About Abuse?

➢ What can you do if you are feeling threatened by someone you’re with now or someone you used to be with?
Chat Question:
What Do We Know About Abuse?

How do you help someone in an abusive relationship?
Abuse in Relationships Among University Students

- Nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors.
- College students are not equipped to deal with dating abuse – 57% say it is difficult to identify and 58% say they don’t know how to help someone who’s experiencing it.
- One in three (36%) dating college students has given a dating partner their computer, email or social network passwords and these students are more likely to experience digital dating abuse.
- One in six (16%) college women has been sexually abused in a dating relationship.
- Violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.
- Being physically or sexually abused makes teen girls six times more likely to become pregnant and twice as likely to get a STD.
- Of youth who have been victims of both dating violence and rape, 50% attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.

Violent and Abusive Dating Behaviors Reported By College Students

- **Controlling Behaviors**: Told me where to live either on or off campus, Tried to prevent me from spending time with my family or friends, Told me how to dress, Prevented me from going to study groups, Threatened to spread rumors if I didn’t do what he/she wanted, Bought me anything that I needed as a way to control me, Prevented me from participating in sports or other extracurricular activities, Told me what classes to take at college
- **Physical Abuse**: Hurt (hit, slapped, choked, punched, kicked) me when angry, Made me fear for my safety, Threatened to hurt me if we were to break up Threatened to hurt (hit, slap, choke, punch, kick) me when
- **Abuse via Technology** Called and texted my cell phone to check up on me more than 50 times per day, Shared or threatened to share private or embarrassing pictures or videos of me
- **Sexual Abuse** Pressured me into having sex (going all the way) when I didn’t want to
- **Forced Substance Use**: Pressured me into drinking/doing drugs when I didn’t want to
- **Verbal Abuse**: Threatened to kill himself/herself if I stopped seeing him/her

Men Survive Dating Violence & Sexual Assault Too
Types of ABUSE

Abuse comes in many forms.

- **Emotional/Verbal abuse**: Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.

- **Financial abuse**: Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning.

- **Stalking**: Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.

- **Physical abuse**: Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.

- **Sexual abuse**: Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives.

- **Digital abuse**: Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc.
Many men are stepping up to prevent domestic violence and sexual harassment.
Where can Loyola students go if they have experienced abuse?

**Loyola University:** The Line, **773-494-3810**; this is a confidential phone line for students to receive support around gender-based violence. It is staffed by trained Wellness Center advocates and graduate students. It is open from M-Th, 8-4:30 pm, and Fri-Sun, 24 hours.

**Loyola University:** [https://www.luc.edu/csaa/](https://www.luc.edu/csaa/) The Center for Student Assistance and Advocacy is where students who file a report around title ix and receive support.

**Loyola University:** [https://www.luc.edu/wellness/mentalhealth/appointmentsfirststeps/](https://www.luc.edu/wellness/mentalhealth/appointmentsfirststeps/) The Wellness Center is completely confidential. To make a mental health or medical appointment, students should call Dial-a-Nurse at 773-508-8883 or can schedule a mental health call online at the link above.

**Illinois Domestic Violence Hotline:** 877-863-6338
**Apna Ghar Hotline:** 773-334-4663, [help@apnaghar.org](mailto:help@apnaghar.org), **Text hotline:** 773-899-1041
Safety Planning:

1. If I feel I am in danger, these are the steps I can take: ____________________

2. I will always let these trusted contacts know where I am and where I am staying _______________ and _______________

3. In case I don’t have my phone available, I will always carry _______________'s phone number which is _______________ so I can ask someone else to call them for me.

4. My code word is _______________. This is the word that my friends, family, and neighbors know is the word that alerts them I am in danger without alerting my abuser.

5. I can call 911 or the Illinois DV Hotline 1-877-863-6338
How can I be helpful if an abusive situation is revealed?

• Listen to the victim and believe them. Tell them that the abuse is not their fault, and is not God's will.

• Tell them they are not alone and that help is available.

• Let them know that without intervention, abuse often escalates in frequency and severity over time.

• Seek expert assistance. Refer them only to specialized domestic violence counseling programs, not to couples or marriage counseling. Help her find a shelter, a safe home or advocacy resources to offer her protection. Explain that returning to an abusive relationship may place them in real danger.

• Hold the abuser accountable. Don't minimize their abusive behavior. Support them in seeking specialized batterers counseling to help change their behavior. Continue to hold them accountable and to support and protect the victim even after they have begun an intervention program.

• If reconciliation is to occur, it can be considered only after the above steps have taken place.
Strategies and Resources for Safety

- Civil or Criminal Order of Protection: Free
- Confide in Family and Friends
To Read More About Dating Among College Students From Immigrant Families

• https://mydocumentedlife.org/2020/02/14/share-the-undoculove-this-valentines-day/

• https://www.dukechronicle.com/article/2019/09/dating-advice-for-immigrant-women-who-were-forbidden-to-date-until-age-22