The Society for Clinical Child and Adolescent Psychology (SCCAP): Initiative for Dissemination of Evidence-based Treatments for Childhood and Adolescent Mental Health Problems

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Keynote
Preventing Violence in the Next Generation: A Rationale and a Plan

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Preventing Abuse and Violence: Key Principles

- Interpersonal violence is a relationship problem, with contributing causes stemming from childhood.
- Violence does not affect everyone equally
- Recognize violence in relationships as part of societal violence
- Relationships are dynamic and can be “adjusted” at many points along the life span
- Healthy relationships are one of the best protective factors known in preventing violence and abuse
Why Violence Prevention Should Be Universally Available

Learning to relate starts early, is gender-based, and requires positive influences
Gender roles
Status vs. Connection
Early expressions of teasing / harassment
The costs and benefits (Rose & Rudolph, 2006):
- Girls’ problems: ↑ emotional ↓ behavioral
- Boys’ problems: ↓ emotional ↑ behavioral
The added burden of child maltreatment and IPV
The Connections:
Why adolescence is key for change

Child maltreatment, bullying, gender-based harassment, and adolescent dating violence: Making the connections
Patrolling the Gender Borders

- Autonomy / transition / experimentation
- Pressure to conform
- Gay-baiting, homophobia, and peer violence
- Signaling intimacy: Confusing abuse as signs of love and caring
<table>
<thead>
<tr>
<th>Peer and Cultural Influences</th>
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<tbody>
<tr>
<td>Peer group culture</td>
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<tr>
<td>School connectedness</td>
</tr>
<tr>
<td>and achievement</td>
</tr>
<tr>
<td>Strivings for adult social</td>
</tr>
<tr>
<td>roles</td>
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<td>(autonomy and self-identity)</td>
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</tbody>
</table>
Association between media violence and aggressive behaviour comparable to
- calcium intake – bone mass
- lead ingestion – lower IQ
- condom use – HIV
- smoking – lung cancer

Based on 2000 studies – Reported in *Pediatrics* 2009, 124, 5, 1495-1503
Media Montage
Sharp Increase in Dating Violence Between Grade 9 and 10
Steady Increase in % of Teens Binge Drinking

The graph shows the percent of teens who binge drank in the past month, categorized by grade and gender. Females and males are represented by blue and purple bars, respectively. There is a steady increase from grade 7 to grade 10 in the percentage of both females and males who binge drank in the past month.

- Grade 7: Females 5%, Males 5%
- Grade 8: Females 10%, Males 10%
- Grade 9: Females 20%, Males 30%
- Grade 10: Females 40%, Males 40%
Steady Increase in Teens Using Marijuana

The chart shows the percentage of students who smoked marijuana in the past month by grade and gender. There is a steady increase in usage, especially among males in grade 10.
Sharp Rise in Percentage of Teens Sexually Active

- **Females**
- **Males**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent Ever had Sexual Intercourse</th>
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<tbody>
<tr>
<td>7</td>
<td>5</td>
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<td>8</td>
<td>10</td>
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<td>9</td>
<td>15</td>
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<td>10</td>
<td>25</td>
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Circularity of Risk Behaviours

- Violence
- Sexual Behaviour
- Alcohol & Drug Use

RELATIONSHIPS

The Fourth R
Risk and Protective Factors

Sociocultural, community, familial, school, individual
Factors common to violence in relationships

- **Distal:**
  - Anti-social behavior in childhood or adolescence
  - Child maltreatment (cycle of abuse)
  - Exposure to intimate partner violence
  - Peer Influences and gender-role rigidity
    - Deviant peer association
    - Shared beliefs and attitudes about females, dating violence
  - Poor relationship models and lessons

- **Proximal**
  - Feelings and emotions of jealousy, anger, hurt
  - Attributions of blame (justification)
  - Few perceived consequences
Sociocultural and Community

Risk Factors
- Low neighborhood attachment
- Community disorganization
- Crime and unemployment rates
- Transitions and mobility
- Community norms favorable to risk behaviors (e.g., drugs; violence)
- Weak public policies
- Media depictions of risk behaviors
- Perceived availability of desired substances (e.g., drugs)

Protective Factors
- Community opportunities for prosocial involvement
- Community recognition for prosocial involvement
Risk Factors
- Poor family management practices
- Abuse and violence
- Family history of substance use or violence
- Parental attitudes favorable to substance use, violence, and antisocial behavior

Protective Factors
- Family attachment, connection, communication
- Family opportunities for prosocial involvement
- Family recognition for prosocial involvement
Risk Factors

- Inadequate schools
- Academic failure
- Low school commitment
- Few opportunities for rewards/success

Protective Factors

- School connectedness
- School opportunities for prosocial involvement
- School recognition for prosocial involvement
Individual and Peer

Risk Factors
- Rebelliousness
- Favorable attitudes toward antisocial behavior, drug use, violence
- Perceived risk of drug use, violence
- Interaction with antisocial peers
- Friends’ drug use, violent behavior
- Sensation-seeking
- Peer recognition for involvement with substances or violent behavior
- Gang involvement
- Antisocial behavior

Protective Factors
- Religiosity
- Social skills
- Belief in the moral order
Best Practices for Youth Prevention Programs

- Comprehensive:
  - Target a range of behaviors
  - Recognize multiple contexts of teens’ lives
- Well-timed to correspond with changes and needs
- Involve peers, parents, teachers, and schools
- Focus on skills, e.g., social competence
- Adhere to the importance of *relationships*
- Provide opportunities to develop assets and strengths
- Increase youth connection to schools
- Emphasize risk and harm reduction, and benefits of delay
- Recognize the gendered nature of adolescents’ world and realities and match program accordingly
- Attempt to change the larger environment
STRATEGIES FOR HEALTHY YOUTH RELATIONSHIPS

featuring the Fourth R

Comprehensive and Integrated Approaches for Helping Schools and Communities Reduce Violence and Risk-Taking Among Youth
Fourth R Goals and Strategies

- Help youth strengthen relationship skills to assist in making safe, responsible choices
- Address the common elements of multiple risk behaviors (re: goals of adolescence)
- Counteract pro-abuse messages from peer culture (gender, race, sexual orientation)
- Emphasize positive message of safety and harm reduction (prepare, not scare)
- Provide opportunities to develop assets and strengths (build youth connections)
Further Reading

Contact Information

www.youthrelationships.org

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100 Collip Circle, Suite 100
London, ON N6G 4X8
www.youthrelationships.org
For more information, please go to the main website and browse for videos on this topic or check out our additional resources.

**Additional Resources**

**Online resources:**
1. Fourth R Website: [https://youthrelationships.org/](https://youthrelationships.org/)

**Books:**

**Selected Peer-reviewed Journal Articles:**