

ENDGBV IN FOCUS:

Survey Findings from the New York City Healthy Relationship Training Academy - TechnoLOVE Workshop

Key Takeaway:

The NYC Healthy Relationship Training Academy (the Academy) has reached thousands of young people across New York City through its TechnoLOVE workshop leading to statistically significant improvements in their understanding of teen dating violence, healthy relationships, and technological abuse.

Highlights:

- Since the inception of this workshop in 2010, which is focused on the role of technology in dating relationships, the Academy has conducted 640 TechnoLOVE workshops with 9,638 youth participants.
- Youth participants' knowledge and attitudes around teen dating violence, healthy relationships, and technological abuse significantly improved after participating in a workshop as demonstrated by pre- and post-workshop surveys.

I. INTRODUCTION

The NYC Healthy Relationship Training Academy (the Academy) is an initiative of the NYC Mayor's Office to End Domestic and Gender-Based Violence (ENDGBV) that was established in 2005 to provide educational and skills-building training for adolescents, parents, and organizations that provide services to young people. The Academy is a prevention-based model that offers discussion-based workshops to raise awareness about the issue of teen dating violence, educate youth to recognize unhealthy relationships, and engage youth in activities to build skills around healthy relationship development. Academy workshops are facilitated by community educators who encourage discussion and critical thinking about these challenging topics. The community educators receive extensive training on the subjects of teen dating violence and healthy relationships through an intersectional lens in order to facilitate dynamic and in-depth discussions about the topics.

The Academy offers five different workshops to its youth participants: the Signature Workshop on Dating Violence and Healthy Relationships, the Beyond the Basics: Dating Violence and Healthy Relationships Workshop, the TechnoLOVE Workshop, the Healthy Relationships Workshop, and the Navigating Consent and Healthy Relationships Workshop. On average, the Academy provides 60 workshops every month for approximately 800 youth participants in settings such as after-school programs, faith communities, juvenile detention centers, GED programs, schools, community programs, and runaway homeless youth programs. Workshops are typically one to one-and-a-half hours in length. To further its work in educating New York City youth in healthy relationship development, in 2016 the Academy launched the Creating Awareness about Relationship Equality (CARE) program, to reach young people in the City's foster care system.

The TechnoLOVE workshop, which is the focus of the present report, is a 90-minute workshop involving interactive activities about the role of technology in society, teen dating violence, and healthy relationships. The objectives of the workshop are that participants will be able to: 1) identify and explain healthy ways that technology can be used in a relationship; 2) practice responding to communication over technology using assertive communication techniques; 3) identify their personal boundaries with technology; and 4) name tactics of tech abuse and learn how to safety plan around these tactics. In 2018, the Academy enhanced the TechnoLOVE workshop to incorporate more interaction, dialogue, and concrete skill building, and reflect an even more youth-centered approach.

As the Academy aims to improve participants' knowledge and understanding of teen dating violence and healthy relationships, these anticipated improvements are short-term given the limited length of time that community educators spend with workshop participants. In order to measure these short-term changes in knowledge and attitudes, the community educators conduct surveys before and after workshops. The TechnoLOVE surveys consist of twelve standard questions about teen dating violence and healthy relationships with response options True/False/I Don't Know. The questions measure each participant's understanding of the topics covered in the workshop. The surveys also collect limited demographic information. Participant responses are anonymous, but pre- and post-workshop surveys are paired at the participant level to allow for analyses of individual improvements in knowledge and attitudes. In the present report, we provide a summary of the results from youth participant surveys conducted before and after the Academy's TechnoLOVE Workshop.

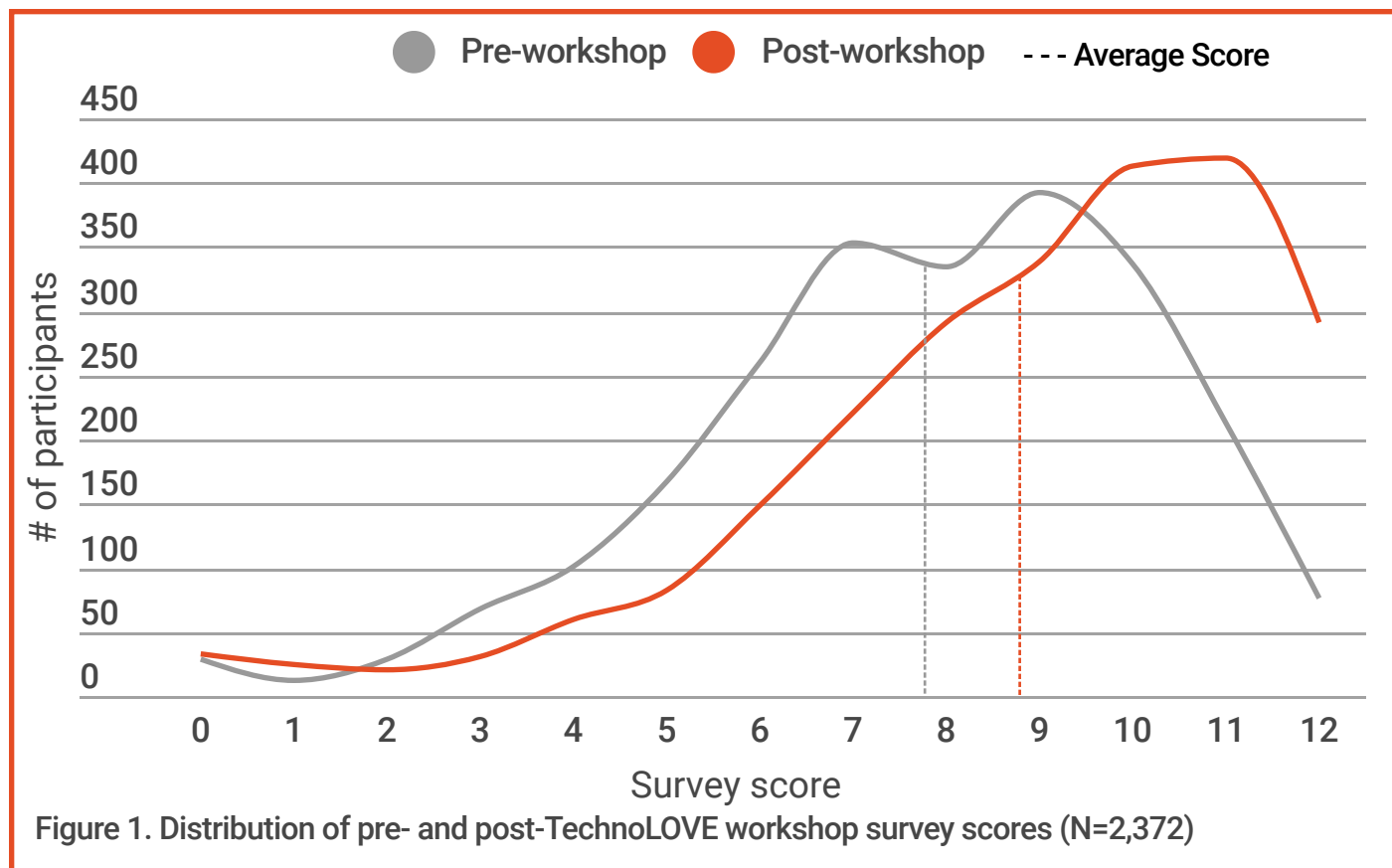
II. SURVEY RESULTS

Since the inception of the TechnoLOVE workshop in 2010, through the end of 2018, the Academy conducted 640 workshops with 9,638 total youth participants. For this section of the report, we have collected and analyzed the paired survey responses for 2,372 young people who participated in a TechnoLOVE workshop and completed a pre- and post-workshop survey. If a participant completed only a pre-workshop survey or only a post-workshop survey, we were unable to match their responses and they were therefore excluded from the analysis.

Table A in the Appendix displays a breakdown of demographic characteristics of workshop participants. In summary:

- Just over half of the participants (54%) were women.
- Nearly half (46%) of participants were between the ages of 13-17, and another 26% were between 18-20 years old.
- Regarding special populations:
 - 9% of participants self-identified as pregnant or parenting;
 - 14% self-identified as foreign-born;
 - 2% reported having experienced sexual exploitation;
 - 10% self-identified as lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ); and
 - 4% self-identified as runaway or homeless youth.

An analysis of the matched pre- and post-workshop survey data over this 9-year period shows that the Academy's TechnoLOVE workshops significantly improved knowledge and attitudes around teen dating violence and healthy relationships. Of the 2,372 participants analyzed, 1,443 (61%) had a higher score on the post-workshop survey compared to the pre-workshop survey. Among all participants, the average score on the twelve-question survey improved from 7.7 before the workshop, to 8.8 after the workshop. This improvement in average score is statistically significant based on the results of a paired t-test¹ ($t=23.6$, $p<0.001$). Figure 1 shows the distribution of pre- and post-workshop survey scores in bell curves.



III. CONCLUSION

The Academy has reached thousands of young people across New York City through its TechnoLOVE workshop, focused on the role of technology in dating relationships, and has led to statistically significant improvements in their understanding of teen dating violence, healthy relationships, and technological abuse.

The pre- and post-workshop surveys currently capture change in knowledge immediately after a workshop and it is not anticipated that a one- to one-and-a-half-hour workshop alone will have a long term impact on a young person's behavior. Therefore, ENDGBV is redesigning the pre- and post-workshop surveys so that they can be administered to participants who take part in more than one workshop in the Academy series and capture change after multiple workshops over a period of six months or less.

This is the third in a series of reports on the work of the New York City Healthy Relationship Training Academy. The first report, published in September 2017, presented initial findings from pre- and post-workshop surveys of the Academy's Signature workshop, showing that participation in that workshop led to statistically significant

[1] <http://libguides.library.kent.edu/SPSS/PairedSamplestTest>

improvements in participants' understanding of teen dating violence and healthy relationships. The second report, published in February 2018, presented differences in pre- and post-workshop survey results for the Academy's Signature workshop by participant age and gender.

ABOUT THE MAYOR'S OFFICE TO END DOMESTIC AND GENDER-BASED VIOLENCE

The Mayor's Office to End Domestic and Gender-Based Violence (ENDGBV) develops policies and programs, provides training and prevention education, conducts research and evaluations, performs community outreach, and operates the New York City Family Justice Centers. We collaborate with City agencies and community stakeholders to ensure access to inclusive services for survivors of domestic and gender-based violence (GBV). GBV can include intimate partner and family violence, elder abuse, sexual assault, stalking, and human trafficking.

For more information on intimate partner violence programs and services in New York City, please visit ENDGBV's website at [NYC.gov/endgbv](https://nyc.gov/endgbv).

APPENDIX

Table A. Demographic characteristics of surveyed TechnoLOVE Workshop youth participants (N=2,372)

	Number	Percentage
Gender		
Girl/young woman	1,286	54.2%
Boy/young man	983	41.4%
Transgender or gender non-conforming	4	0.2%
Missing	99	4.2%
Age		
9-12	47	2.0%
13-17	1,087	45.8%
18-20	612	25.8%
21-24	433	18.3%
25+	65	2.7%
Missing	128	5.4%
Pregnant or parenting		
Yes	224	9.4%
No	1,746	73.6%
Missing	402	16.9%
Foreign-born		
Yes	334	14.1%
No	1,632	68.8%
Missing	406	17.1%
Victim of sexual exploitation		
Yes	48	2.0%
No	1,904	80.3%
Missing	420	17.7%
LGBTQ+		
Yes	239	10.1%
No	1,719	72.5%
Missing	414	17.5%
Runaway or homeless		
Yes	82	3.5%
No	1,872	78.9%
Missing	418	17.6%