

Project Connect Tips: The Four “Cs”



CONFIDENTIALITY Always review the limits of confidentiality with students prior to doing any assessment, and assess only when students are alone, without parents, family or partners. *Sample script:* “**Before I get started, I want you to know that everything here is confidential, meaning I won’t talk to anyone else about what is happening unless I’m obligated to report it, such as ...**” [See the Domestic Violence Resource Manual for Healthcare Professionals, dvcc.delaware.gov]

REMINDER: Delaware law does not require mandatory reporting of domestic violence, and in most instances, dating violence between partners who are both under 18 does not require a mandatory report. Except in circumstances that require mandatory reporting, it is a breach of confidentiality to call law enforcement without the victim’s consent.

CONVERSATION Before reviewing the card with a student, it is important to normalize the activity to reduce stigma and promote empowerment. “**We have started giving this card out to all of our students in case they need this information for themselves or to help a friend. It talks about safe and healthy relationships.**” *HINT: Best practice is to always give 2 cards.*

CARD Offer, open and review the card with **ALL** students. Each panel in the card can be used to assess for reproductive coercion or help providers offer harm reduction strategies. “**The card is like a quiz, and it talks about situations where you might feel afraid of your partner or have been forced to have sex, or unprotected sex, when you didn’t want to. Some people want to get their partners pregnant on purpose as a way to have control. The card is small and easy to hide if needed, but if you don’t feel safe taking it home today, we can copy down the numbers some other way.**” *HINT: National hotlines & websites are on the back of the card.*

When a student discloses coercion, offer validation, support and harm reduction strategies:
“**I’m really glad you told me about what is going on- it happens to a lot of people and it is so stressful to worry about getting pregnant when you don’t want to be. I want to talk with you about some methods of BC that your partner doesn’t have to know about, like an IUD or shot- so you don’t have to worry about unplanned pregnancy.**”

“**No matter what, you don’t deserve to be treated this way and it’s not your fault...even if your partner says it is. I think there are ways I can help so you won’t be worried about getting pregnant with everything else going on. Would you like to hear my ideas?**”

Follow-up with an assessment for other forms of intimate partner violence:

“**What you’ve told me makes me worried about your health and safety in other ways. Sometimes when a partner is trying to get you pregnant when you don’t want to be, they might also try and control or hurt you in other ways. Is anything like this happening?**”

CONNECT Best practice is to make a warm referral to your local domestic violence program. “**I’m not an expert in controlling and abusive relationships, but I know someone who is. My kind colleague/friend from [Name of Advocate/DV Program], really understands. Their agency really “gets it” and they have support services to help people feel safer, whether or not a person decides to end a relationship or remain in it. Would you like to give them a call today?**”

Delaware 24-hr Domestic Violence Hotlines:

New Castle County: Child, Inc.- 762-6110 (Bilingual)

Kent/Sussex County: SAFE Program- 422-8058 or Abriendo Puertas- 745-9874 (Bilingual)

HINT: White resource cards w/local numbers insert easily into Project Connect cards