



A technology based intervention for college women in abusive dating relationship and concerned friends

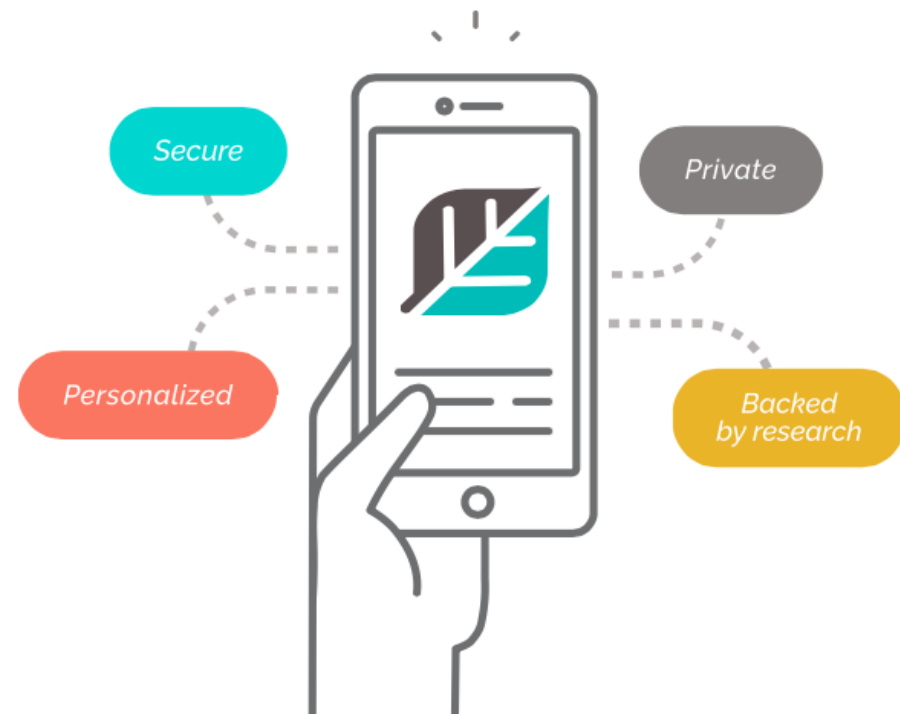
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Empowering decisions for a safe path forward

myPlan is a tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship.

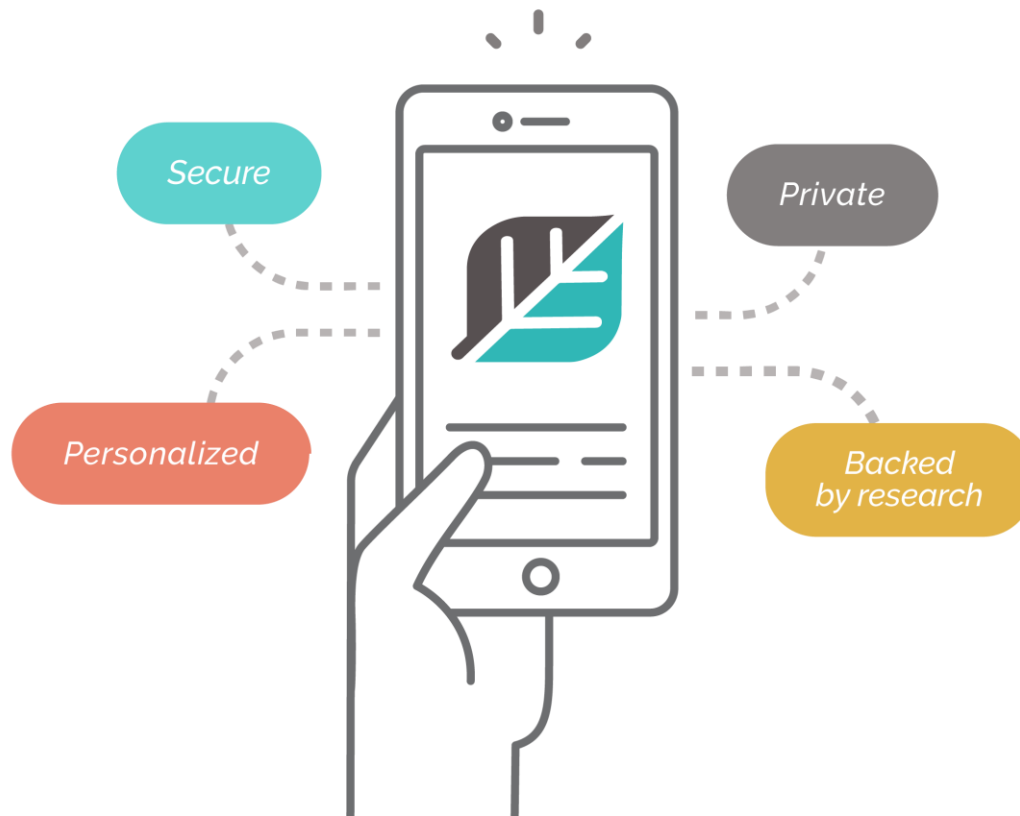
▶ [Download myPlan for free today](#)



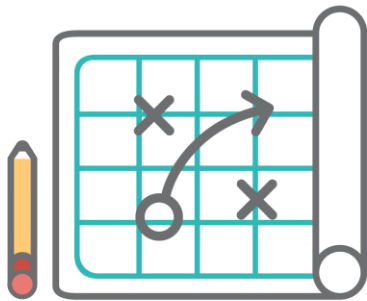
✕ QUICK EXIT

...e can be monitored and is impossible to completely clear. If you are afraid your internet usage might be monitored, please use a safer computer. Learn more technology safety tips at **NNEDV** or call the National Domestic Violence Hotline at **1-800-799-7233** and TTY **1-800-787-3224**.

myPlan is a tool developed by JHU and colleagues to help women identify and make safety decisions about an abusive relationship, and to help friends and family to support someone they know experiencing abuse



Accessible via web or
downloadable app
myPlanApp.org



Tailored content for diverse users:

LBTQ

Pregnant women

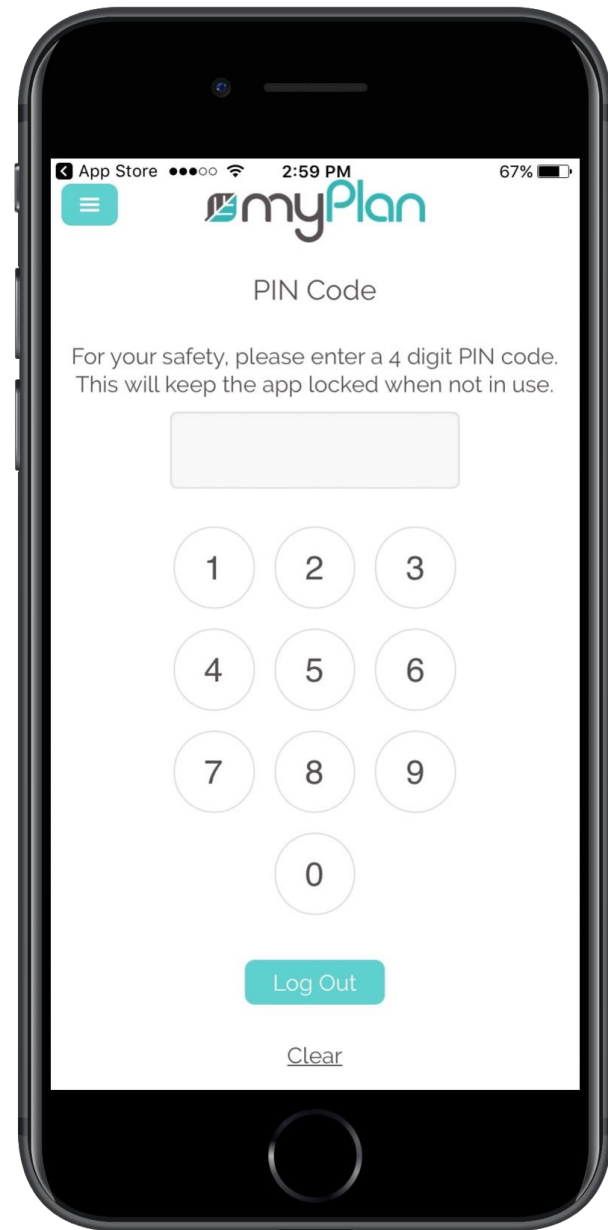
Spanish speakers

College students

Private, Secure

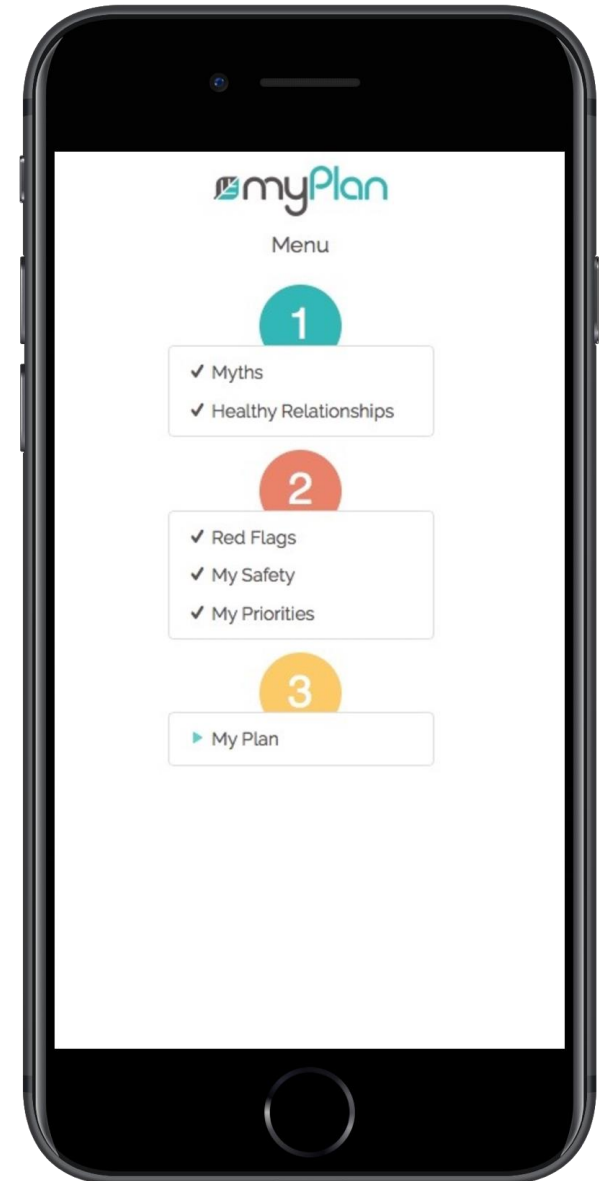


Password
protected
for safety

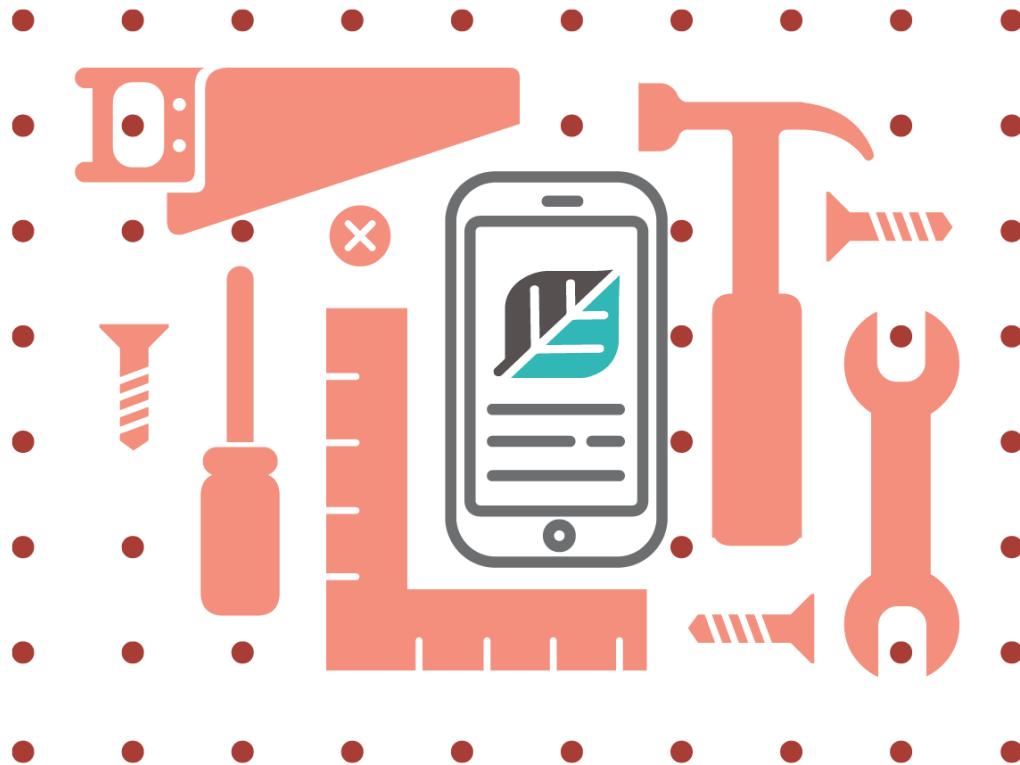


6 Components of myPlan

- Myths
 - Healthy relationships
 - Red flags for abuse
 - Danger assessment
 - Priority setting
- ✧ Safety action plan tailored to the users answers in each component



Is a tool for advocates and providers -
NOT a replacement for expertise



Effectiveness tested with college students

NICHD, R01 HD076881
(PI Glass)



Outcomes assessed over 12
months with intervention/control

Enrollment n=650

- 355 SURVIVORS (female-identified age 18-25)
- 295 FRIENDS (male and female age 18-25)
- From 41 campuses in Oregon and Maryland

6 months complete
(97.7% retention)

12 months complete in Oct 2017
(expect 97.5% retention)

Survivor Demographics



	N=351
Age (SD)	20.9 (2.3)
Race	
White	66.4%
African American	19.7%
Asian	11.4%
American Indian	2.3%
Other	7.4%
Hispanic/Latina	13.4%
International student	3.4%

	N=351
Year in College	
Freshman	21.0%
Sophomore	23.9%
Junior	22.8%
Senior	26.5%
Graduate	5.8%

Experience of IPV

Composite Abuse Scale (Hegerty, K)

Past 6 months	Mean (SD)	Observed Range	Possible Range
Emotional Abuse	15.45 (8.93)	0-33	0-33
Harassment	4.96 (3.47)	0-12	0-12
Physical Violence	4.44 (4.57)	0-21	0-21
Severe Combined Violence	4.95 (4.55)	0-23	0-24

Reproductive Coercion

- Has your partner tried to get you pregnant when you didn't want to be (for example, by telling you not to use birth control, messing with your birth control, not using condoms, breaking condoms)?
 - 14.8% responded yes in the last 6 months
- Have you prevented a pregnancy by using emergency contraception or ended a pregnancy using other methods, and did not tell your partner about it because you were afraid of your partner?
 - 16.9% responded yes in the last 6 months
- Yes to either question - 24.3%

Traumatic Brain Injury (TBI)

Experienced in the last 6 months	
Drowning	1.7%
Suffocation	7.4%
Beating to the head	7.4%
Attempted Strangulation	23.8%
One of more of the above	27.7%

Technology Abuse

- In past 6 months, women have experienced on average 3-4 forms of technology abuse on with a range of 0 to 7.
 - Called, texted or emailed repeatedly to check up on you
 - Asked you via cellphone, email, IM, text, chat, etc. to have sex or engage in sexual acts when you didn't want to?
 - Spread rumors about you using a cellphone, email, IM, text, web chat, a blog, or social media
 - Posted or said something to embarrass or humiliate you using social media
 - Looked through your cellphone without permission or pressure you to show them your cellphone when you didn't want to
 - Used technology or social media to monitor your interactions with other people
 - Shared (or threatened to share) content that was supposed to be private

Safety Behaviors	Did not use	Used, Not Helpful	Used, Helpful
Ended or tired to end the relationship	12.1%	31.6%	56.3%
Talked to healthcare provider about safer sex/birth control options	42.1%	6.6%	51.3%
Taken steps to protect yourself from partner online/cell phone	39.5%	14.0%	46.4%
Stayed with family or friends to avoid partner hurting you	58.2%	4.9%	36.9%
Written down or programmed phone numbers you can use to get help if you need them	66.4%	3.2%	30.4%
Tried to avoid being alone with partner	52.6%	17.8%	29.6%
Tried to use your faith, religion, or spirituality to cope with abuse	61.0%	10.9%	28.1%
Identified a safe place your could go if your partner becomes dangerous	72.8%	2.6%	24.6%
Hidden money from partner	69.0%	7.5%	23.6%

Safety Behaviors	Did not use	Used, Not Helpful	Used, Helpful
Talked with friend/family	22.3%	20.6%	57.1%
Get help for your stress, pain, anxiety, depression, alcohol or drug	41.8%	23.2%	35.0%
Talked with a professional	70.9%	10.3%	18.8%
Talked with on campus professional	74.9%	8.0%	17.1%
Get partner counseling for violence	69.5%	28.2%	2.3%
Get partner help for alcohol or substance abuse	76.8%	21.5%	1.7%

Friend Demographics



	N=295
Gender	
Female	78.3%
Male	19.5%
Other	2.2%
Age (SD)	20.6 (2.2)
Race	
White	55.9%
African American	18.0%
Asian	19.0%
Other	9.6%
Hispanic/Latino	16.3%
International student	5.7%

	N=295
Year in College	
Freshman	20.7%
Sophomore	30.1%
Junior	20.7%
Senior	25.0%
Graduate	3.6%

Concerned Friends

Reason for concern	
I have personally <i>seen</i> my friend's partner/ex behave in ways that concern me	89.3%
I have <i>heard</i> from other people about things that my friend's partner/ex was doing that concern me	91.1%
My friend has <i>shared</i> things her partner/ex has done that concern me	94.0%
I have <i>asked/confronted</i> my friend about her partner's behavior	92.6%

Concerned Friends

In the past 6 months, how concerned are you that your friend's partner/ex-partner may seriously hurt her physically, sexually, or otherwise?

Not at all	10.7%
A little	26.3%
Somewhat	40.1%
Extremely	22.8%

Concerned Friends: Consequences

In the last 6 months, have you experienced any of the following consequences as a result of trying to help or support your friend?

Threats from her partner/ex-partner	13.6%
Physical violence from her partner/ex-partner	3.7%
Her partner would not let her talk to you or see you anymore	24.1%
Your friend did not want to talk to you or see you anymore	17.6%

Concerned Friends

Supportive Behaviors	Have not tried	Tried, Not Helpful	Tried, Helpful
Kept in regular contact with your friend	12.8%	9.3%	77.9%
Listened to your friend's relationship concerns	4.5%	18.6%	77.0%
Validated your friend (told her it was not her fault)	6.6%	27.9%	65.5%
Shared your concerns with your friend about her relationship	9.3%	37.6%	53.1%
Provided resources to help your friend with relationship safety	49.8%	8.4%	41.8%
Helped your friend identify supportive friends and family to talk to	33.4%	25.5%	41.0%
Read/learned more about relationships/abuse to try to help your friend	49.8%	10.8%	39.4%

“From the knowledge I've learned, I was able to get out of a bad situation and into something healthy”

“I'm thankful to have a resource like this. This app has made it easier for me to talk to my friend about her situation and helped me understand her better”

“I really do not think I would have had the courage to change my circumstances if it was not for the app”

“Thank you for opening my eyes to the right type of relationship I need to be in and not the hurtful relationship I have been in”

“it gave a lot of really, like solid concrete, advice as to what to do for a friend, people don't know what to say and how to say it”



Campus Toolkit

- Research to Practice - National Dissemination to US Colleges and Universities -
 - Planning meeting with Kenyatta Univ. to adapt/test
- Online Toolkit accessed through website
- Two versions: 1. staff/admin 2. student leaders
- Tools will include an outreach guide, and downloadable, printable, sharable materials to spread the word about myPlan

FREE

Campus Toolkit for myPlan

Help students or their friends who may be experiencing dating violence, by promoting the myPlan app on your college campus. With downloadable guides, student, bystander.....



☐ Remember me

Login

Login or [Signup](#) for a free account to download the Campus Toolkit for myPlan

[Don't have an account? Signup here](#)

[Forgot your login information?](#)

How does myPlan help students?



myPlan Toolkit for Student Advocates

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myPlan Video



Campus Outreach Guide



Printable Handouts



PowerPoint Slides



Email Templates



Social Media Kit



FAQ

Next Steps: Adapting to low and middle income countries

Kenya (PI: Michele Decker, Johns Hopkins funded by Ideas42)

- MyPlan4SexualSafety: synergizing eHealth & behavioral science to promote safety for young women (18-25 years)
- Partnership with Ujamaa program - high impact, simple self-defense training for women and girls, prevention of sexual assault.
- Formative research to adapt myPlan for women in urban settlements of Nairobi (community setting with limited access to IPV support)

Next Steps: Adapting to low and middle income countries

- App perceived as feasible and valuable by women in the community, as well as key stakeholders in the violence response
- Women placed emphasis on strategies to preserve safety without leaving the relationship or severing family ties
 - Options exist for temporary separation without severing family ties:
 - going to natal home for a short period
 - going to live with in-laws for a longer term solution
- Technology issues include:
 - Smartphones without downloading capabilities
 - Privacy surrounding cell phone use
 - Comfort - most women preferred option to use the app at least once with support from a counselor or community health volunteer

Next Steps: Adapting to low and middle income countries

- myPlan Somalia
- Partnership with Somalia Federal Govt. and CISP NGO
 - Integrate as tool for safety planning as component of trauma informed care for survivors of IPV seeking care in Maternal Health Centers in Mogadishu.
- Formative research to adapt myPlan for host community and displaced women in Mogadishu
 - Health care clinic is one of the few places women/children can seek care without male escort

In Somalia in 2015, 1 in 4 women reported physical or sexual violence by a husband or partner in the past year.



Guardian Article: <http://tinyurl.com/h9bsnjsr>

You Tube: <https://www.youtube.com/watch?v=861C7iUNnCI>

myPlan: <http://web.myplanstudy.org>