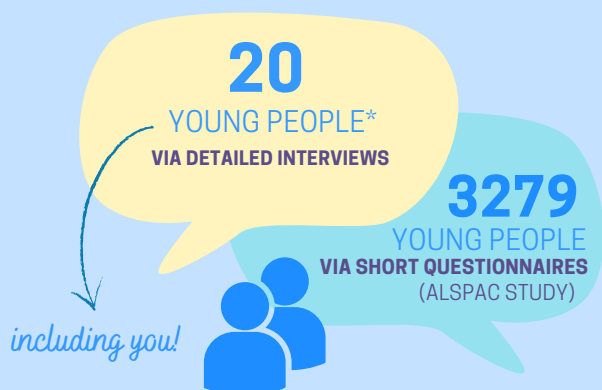


UNHEALTHY INTIMATE RELATIONSHIPS

WHAT ARE THE EXPERIENCES OF YOUNG PEOPLE IN THE UK, AND WHAT CAN BE DONE TO HELP?



3299 PARTICIPANTS IN TOTAL

AIMS OF THE STUDY

- BUILD A PICTURE OF WHAT YOUNG PEOPLE WHO HAVE BEEN ABUSED **MIGHT EXPERIENCE OVER THE COURSE OF THEIR LIFE**
- **UNDERSTAND WHAT MIGHT BE DONE** BOTH TO PREVENT ABUSE, OR HELP THOSE THAT HAVE ALREADY BEEN ABUSED, IN FUTURE

ANALYSIS

The person who interviewed you **anonymised your data** —> no one can identify you

They looked for interview THEMES

An analyst **summarised patterns in the survey data**

The wider research team then spent time looking at both interview themes and questionnaire patterns and **wrote up what they found**

- We also had young people with lived experience of abuse to give feedback:
- on how we did our research
 - to help us to understand our findings



WHAT DID WE FIND?

- **LISTENING TO YOUNG PEOPLES' LIFE EXPERIENCES PRIOR TO IPV (INTIMATE PARTNER VIOLENCE AND ABUSE) HELPS US TO BETTER UNDERSTAND WHAT HELPED THEM**
- MANY PARTICIPANTS HAD BEEN **MULTI-VICTIMISED** AND HAD **NEGATIVE EXPERIENCES WHEN TRYING TO SEEK HELP**
- THIS HAD LEFT THEM **LONELY AND VULNERABLE TO MORE ABUSE** INCLUDING AN ABUSIVE INTIMATE RELATIONSHIP

BUT

- YOU/THEY **KEPT GOING AND FOUGHT** FOR WHAT THEY WANTED: **EDUCATION GOALS, CHILDREN, A BETTER FUTURE**
- YOU/THEY TOLD US ABOUT WHAT **HELPED** AND WHAT WOULD HELP OTHERS IN THE FUTURE

HOW DO OUR FINDINGS HELP?



THEY SHOW THAT:

Abusive relationships are a big problem among young people – it was very common and typically the abuse was not just a 'one-off' event, particularly for women

There is a **range of factors that can mean a child or teenager is more vulnerable to abuse later**

—> Key ones are mental health problems, feeling isolated, and not listened to

Organisations that aim to protect and support young people should take this into account

There is **more that can be done in terms of teaching children and teenagers about healthy relationships** so abuse can be called out, or so someone can feel that they are able to seek help

SHARING OUR FINDINGS



- WE ARE **GIVING FEEDBACK** TO:
 - THE **PARTICIPANTS** OF THE INTERVIEWS (INCLUDING YOU)
 - THE PARTICIPANTS OF THE QUESTIONNAIRE STUDY
 - **THE MEDICAL RESEARCH COUNCIL** (THE ORGANISATION THAT FUNDED THIS WORK)



- WE HAVE **PUBLISHED THE FOLLOWING ARTICLES** IN SCIENTIFIC JOURNALS (CLICK LINKS BELOW TO ACCESS):

[RISK FACTORS FOR INTIMATE PARTNER VIOLENCE AND ABUSE](#)

[PATTERNS OF PSYCHOLOGICAL, PHYSICAL, AND SEXUAL VICTIMISATION AND PERPETRATION](#)

[THOSE VICTIMISED MAY BE MORE VULNERABLE TO DEPRESSION](#)

[THE LOOP OF LONELINESS, BEING SILENCED, AND VULNERABILITY AMONG THOSE VICTIMISED](#)



- WE ARE PRODUCING **A REPORT**, THAT WE WILL SHARE WITH ORGANISATIONS THAT CAN HAVE AN INFLUENCE ON HOW YOUNG PEOPLE IN ABUSIVE RELATIONSHIPS ARE HELPED. THESE INCLUDE INTIMATE PARTNER VIOLENCE AND ABUSE CHARITIES, SUCH AS SAFE LIVES ([HTTPS://SAFELIVES.ORG.UK/](https://safelives.org.uk/)), AND NEXT LINK ([HTTPS://NEXTLINKHOUSING.CO.UK](https://nextlinkhousing.co.uk/))

Thank you

for taking part – without you, research into improving young peoples' health and wellbeing would not happen

REFERENCE

BARNES, M., SZILASSY, E., HERBERT, A. ET AL. BEING SILENCED, LONELINESS AND BEING HEARD: UNDERSTANDING PATHWAYS TO INTIMATE PARTNER VIOLENCE & ABUSE IN YOUNG ADULTS. A MIXED-METHODS STUDY. BMC PUBLIC HEALTH 22, 1562 (2022). [HTTPS://DOI.ORG/10.1186/S12889-022-13990-4](https://doi.org/10.1186/s12889-022-13990-4)