

Welcome, this web conference will begin soon

# Engaging Youth to Prevent Sexual and Intimate Partner Violence: Strategies and approaches for school, community, and virtual settings

# Meet your facilitator

**Ashleigh Klein-Jimenez**  
Project Manager  
she/her/hers





prevent  
connect

## **PreventConnect.org**

[info@PreventConnect.org](mailto:info@PreventConnect.org)

[PreventConnect.org/email](https://PreventConnect.org/email) – email group

[Learn.PreventConnect.org](https://Learn.PreventConnect.org) – eLearning

## **Follow Us**

[twitter.com/PreventConnect](https://twitter.com/PreventConnect)

[facebook.com/PreventConnect](https://facebook.com/PreventConnect)

# PreventConnect

- ▶ Domestic violence/intimate partner violence
- ▶ Sexual violence
- ▶ Violence across the lifespan, including child sexual abuse
- ▶ Prevent before violence starts
- ▶ Connect to other forms of violence and oppression
- ▶ Connect to other prevention practitioners

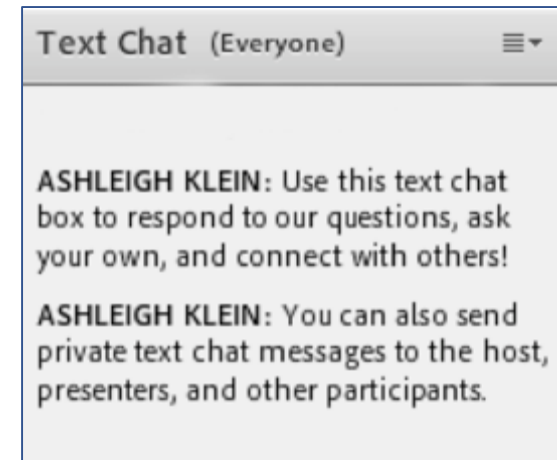
# Objectives

- ▶ Identify resources to support prevention decision-making in working with youth
- ▶ Describe strategies and approaches with a youth engagement element from CDC's STOP SV and Preventing Intimate Partner Violence Across the Lifespan technical packages
- ▶ Engage in a discussion around successes and obstacles in doing prevention in school-based and virtual settings

Who was an adult who supported you when you were young(er)?

Text Chat Question

Use the Text Chat feature to answer the question.



Schools: The optimal place for reaching youth (and parents!)



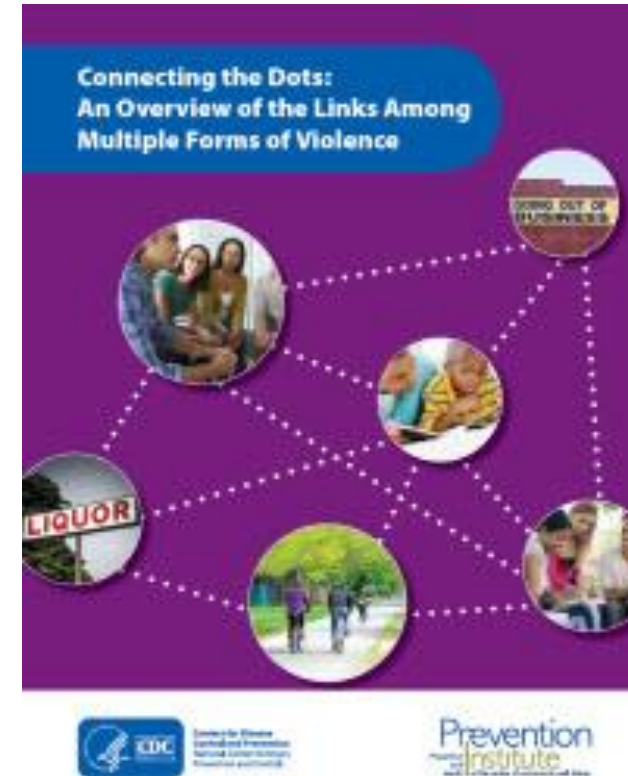
# A Healthy School Climate is...

- Clearly communicated rules & norms
- Sense of physical security
- Sense of social & emotional security
- Respect for diversity
- Supportive and caring adult relationships for students
- Supportive and caring peer relationships
- Feeling connected to school



# From *Connecting the Dots*

- ▶ *Youth who feel connected and committed to school are at a lower risk of harming others through*
  - ▶ *dating violence,*
  - ▶ *youth violence,*
  - ▶ *and bullying,*
  - ▶ *and are at lower risk for suicide*

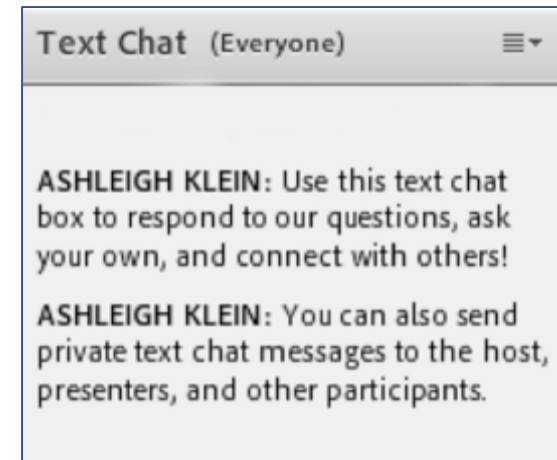


[https://www.cdc.gov/violenceprevention/pdf/connecting\\_the\\_dots-a.pdf](https://www.cdc.gov/violenceprevention/pdf/connecting_the_dots-a.pdf)

What kinds of programming have you done to create a healthy school climate?

Text Chat Question

Use the Text Chat feature to answer the question.



# Broad Considerations

- ▶ Materials based on State and/or National standards of health education
- ▶ Effectiveness in behavior change demonstrated by evaluations
- ▶ Curricula content
- ▶ Culturally and community relevant

# School Considerations

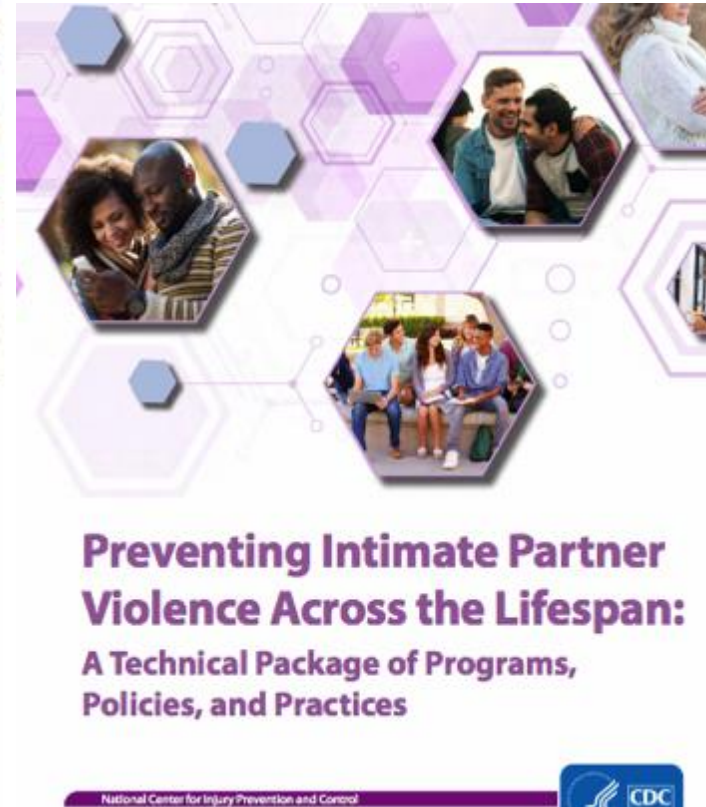
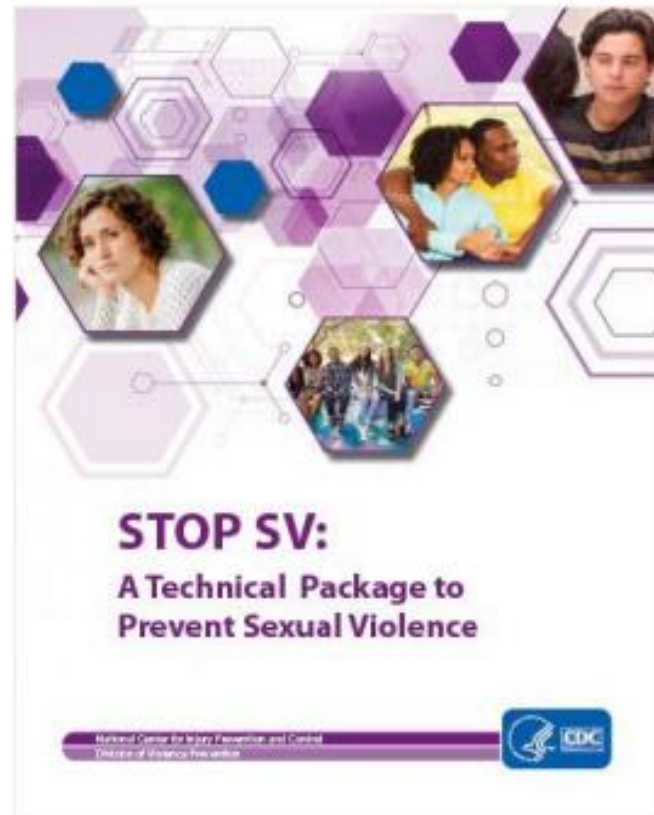
- ▶ Can materials be integrated into already existing curriculum?
- ▶ Can the curricula be adapted to different settings?
- ▶ Classroom teacher vs. outside instructor?

# Teaching Considerations

- ▶ Multiple sessions
- ▶ Small groups or classrooms
- ▶ Varied teaching methods and activities

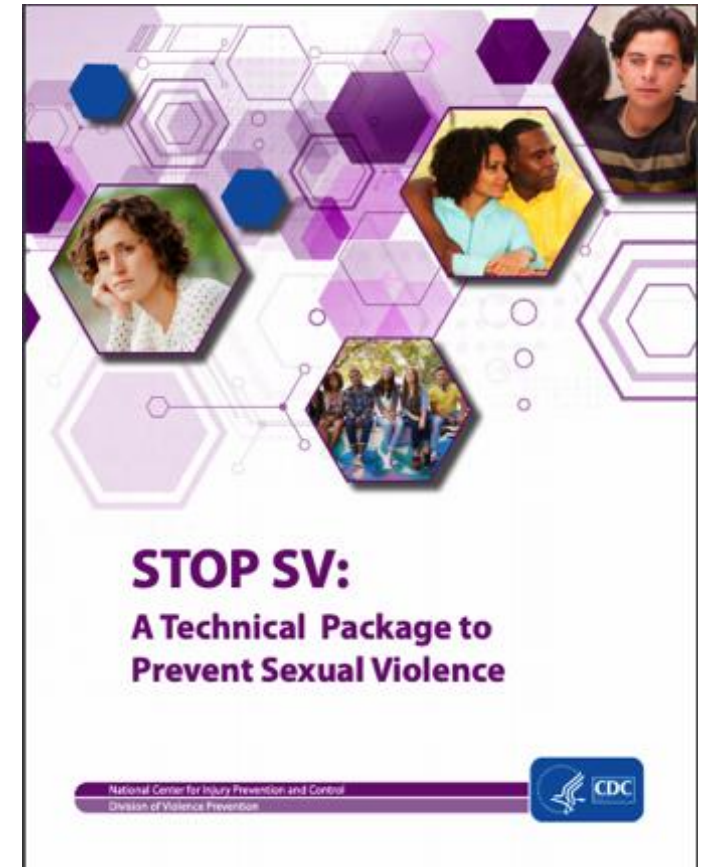
# Choosing a youth-focused strategy: What works to prevent sexual and intimate partner violence?

# Violence can be prevented



# What is a Technical Package?

...a select group of strategies based on the best available evidence to help communities and states sharpen their focus on priorities with the greatest potential to reduce violence.





# Structure of Technical Package

- ▶ A Technical Package has these components:
  - ▶ **Strategies** – direction or actions to achieve the goal of preventing violence
  - ▶ **Approaches** – specific ways to advance the strategy
    - **Example programs, policies, or practices**
      - **Evidence** – impact on violence or its associated risk factors

▶

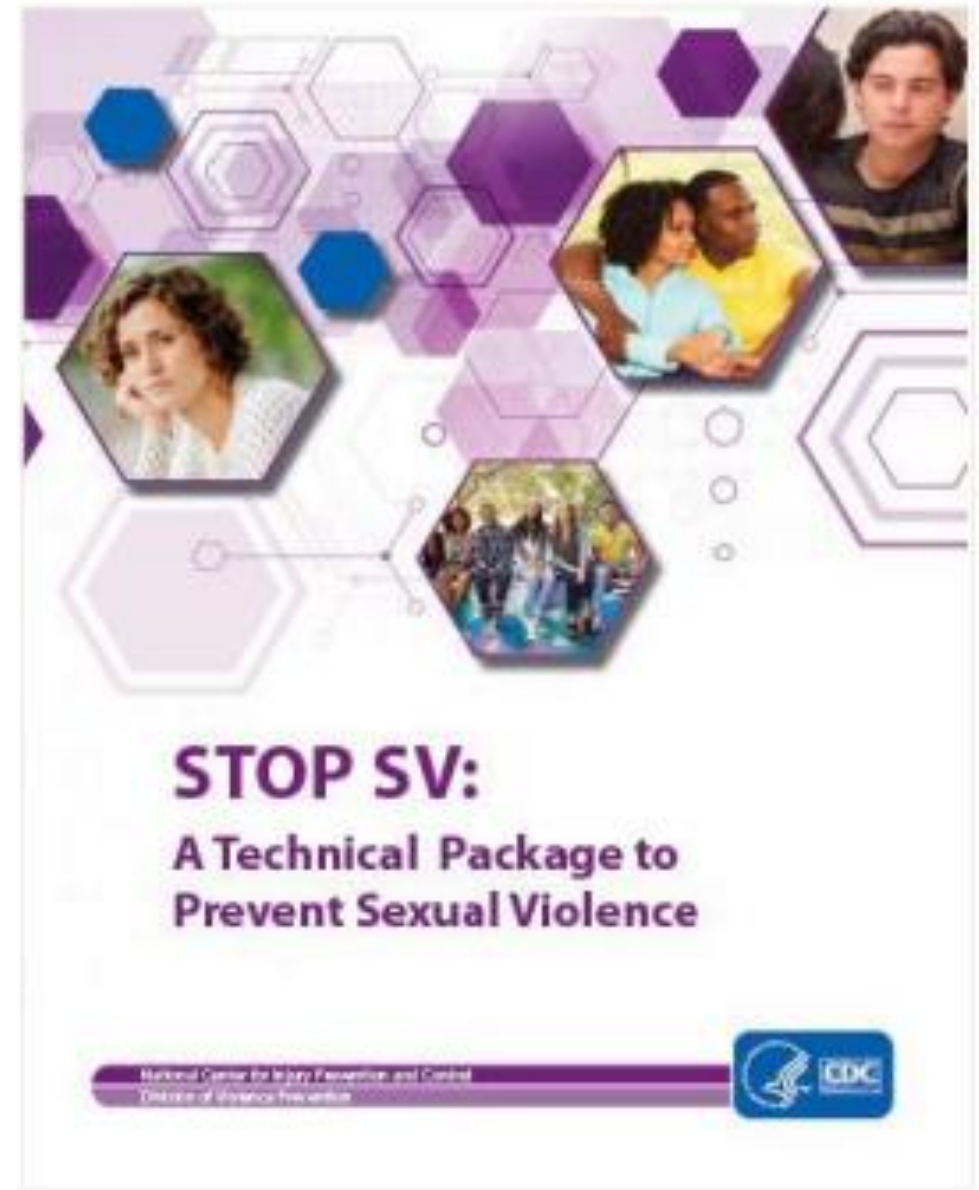
## Sexual Violence Prevention Strategies & Approaches

Strategy	Approach
<b>S</b> – Promote <i>social norms</i> that protect against violence	<ul style="list-style-type: none"> <li>■ Bystander approaches</li> <li>■ Mobilizing men and boys as allies</li> </ul>
<b>T</b> – <i>Teach</i> skills to prevent sexual violence	<ul style="list-style-type: none"> <li>■ Social-emotional learning</li> <li>■ Teaching healthy, safe dating and intimate relationship skills to adolescents</li> <li>■ Promoting healthy sexuality</li> <li>■ Empowerment-based training</li> </ul>
<b>O</b> – Provide <i>opportunities</i> to empower and support girls and women	<ul style="list-style-type: none"> <li>■ Strengthening economic supports for women and families</li> <li>■ Strengthening leadership and opportunities for girls</li> </ul>
<b>P</b> – Create <i>protective</i> environments	<ul style="list-style-type: none"> <li>■ Improving safety and monitoring in schools</li> <li>■ Establishing and consistently applying workplace policies</li> <li>■ Addressing community-level risks through environmental approaches</li> </ul>
<b>SV</b> – <i>Support victims/</i> survivors to lessen harms	<ul style="list-style-type: none"> <li>■ Victim-centered services</li> <li>■ Treatment for victims of SV</li> <li>■ Treatment for at-risk children and families to prevent problem behavior including sex offending</li> </ul>

## Intimate Partner Violence Prevention Strategies and Approaches

Strategy	Approach
Teach safe and healthy relationship skills	<ul style="list-style-type: none"> <li>• Social-emotional learning programs for youth</li> <li>• Healthy relationship programs for couples</li> </ul>
Engage influential adults and peers	<ul style="list-style-type: none"> <li>• Men and boys as allies in prevention</li> <li>• Bystander empowerment and education</li> <li>• Family-based programs</li> </ul>
Disrupt the developmental pathways toward partner violence	<ul style="list-style-type: none"> <li>• Early childhood home visitation</li> <li>• Preschool enrichment with family engagement</li> <li>• Parenting skill and family relationship programs</li> <li>• Treatment for at-risk children, youth and families</li> </ul>
Create protective environments	<ul style="list-style-type: none"> <li>• Improve school climate and safety</li> <li>• Improve organizational policies and workplace climate</li> <li>• Modify the physical and social environments of neighborhoods</li> </ul>
Strengthen economic supports for families	<ul style="list-style-type: none"> <li>• Strengthen household financial security</li> <li>• Strengthen work-family supports</li> </ul>
Support survivors to increase safety and lessen harms	<ul style="list-style-type: none"> <li>• Victim-centered services</li> <li>• Housing programs</li> <li>• First responder and civil legal protections</li> <li>• Patient-centered approaches</li> <li>• Treatment and support for survivors of IPV, including TDV</li> </ul>

# STOP SV: A Technical Package to Prevent Sexual Violence



# Promote Social Norms that Protect Against Violence

- Bystander approaches
  - Green Dot
  - Bringing in the Bystander
- Mobilizing men & boys as allies
  - Coaching Boys into Men



# Teach Skills to Prevent Sexual Violence

- Social-emotional learning approaches
  - Second Step
- Teaching healthy, safe dating and intimate relationships
  - Safe Dates





# Teach Skills to Prevent Sexual Violence (cont.)

- Promoting healthy sexuality
  - Strong African American Families (SAAF)
  - Safer Choices
- Empowerment-based training
  - Enhanced Assess, Acknowledge, Act



# Provide Opportunities to Support Girls and Women

- Strengthening leadership and opportunities for adolescent girls
  - Powerful Voices





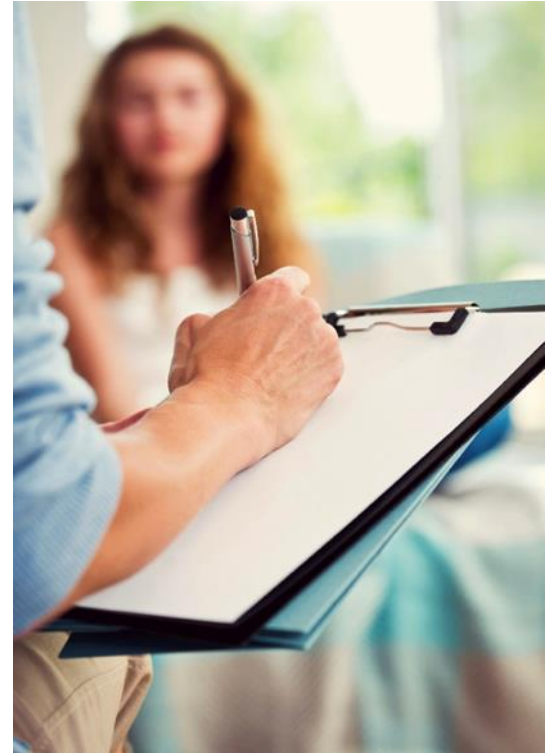
# Create Protective Environments

- Improving safety and monitoring in schools
  - Shifting Boundaries Building-level Intervention
- Establishing and consistently applying workplace policies
  - Proactive sexual harassment prevention policies and procedures
- Addressing community-level risks through environmental approaches
  - Alcohol policies (outlet density, pricing)



# Support Victims/Survivors to Lessen Harms

- Victim-centered services
  - Crisis intervention, medical and legal advocacy, access to community resources
- Treatment for victims of SV
  - Trauma-focused Cognitive Behavioral Therapy (TF-CBT)
  - Cognitive Processing Therapy (CPT)
  - Prolonged Exposure Therapy (PET)

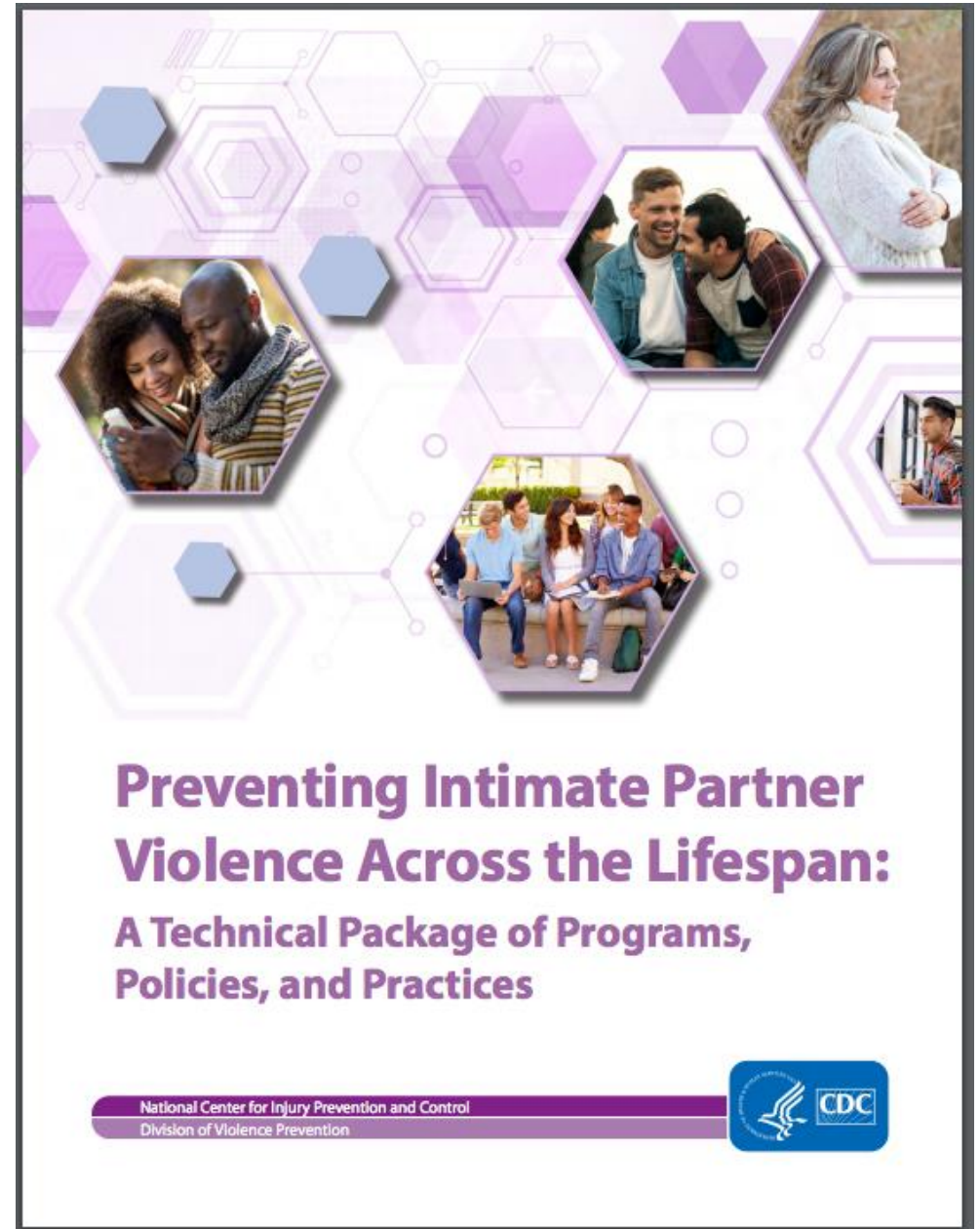


## Support Victims/Survivors to Lessen Harms (cont.)

- Treatment for at-risk children and families to prevent problem behavior, including sex offending
  - Multisystemic Therapy–Problem Sexual Behavior (MST–PSB)
  - Children with Problematic Sexual Behavior Cognitive-Behavioral Treatment Program: School-Age Program (PSB–CBT)



# Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices





# Teach Safe and Healthy Relationship Skills

- Social-emotional learning programs for youth
  - ▷ Safe Dates
  - ▷ Fourth R
  - ▷ Expect Respect Support Groups



# Engage Influential Adults and Peers

- Men and boys as allies in prevention
  - Coaching Boys into Men (CBIM)
- Bystander empowerment and education
  - Bringing in the Bystander
  - Green Dot
- Family-based programs
  - Families for Safe Dates



# Disrupt the Developmental Pathways Toward Partner Violence

- Early childhood home visitations
  - Nurse Family Partnership
- Preschool enrichment with family engagement
  - Child Parent Centers
  - Early Head Start



# Disrupt the Developmental Pathways Toward Partner Violence

- Parenting skill and family relationship programs
  - The Incredible Years
  - Parent Management Training – Oregon Model
- Treatment for at-risk children
  - Multidimensional Treatment Foster Care
  - Multisystemic Therapy



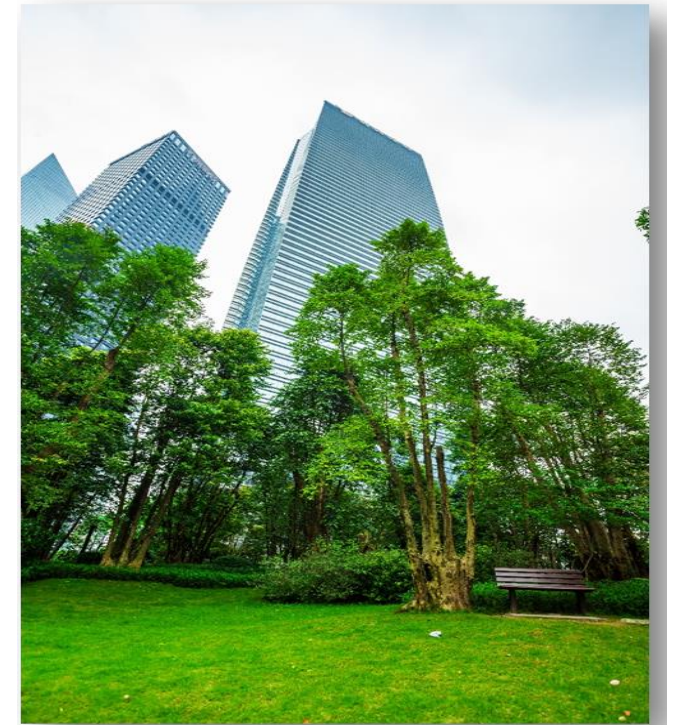
# Create Protective Environments

- Improve school climate and safety
  - Shifting Boundaries Building-Level Component
- Improve organizational policies and workplace climate



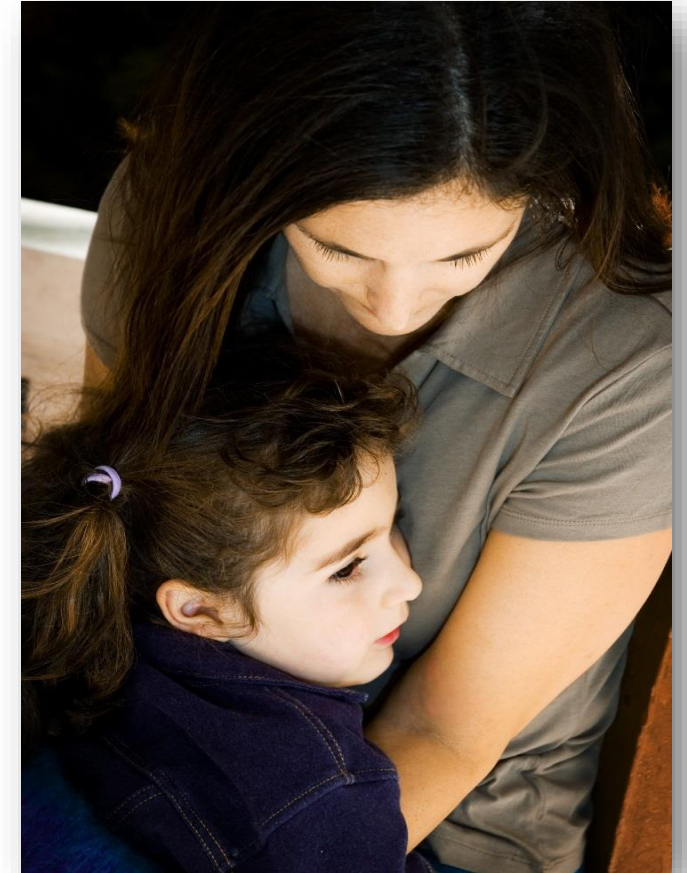
# Create Protective Environments

- Modify the physical and social environments of neighborhoods
  - Greening urban spaces



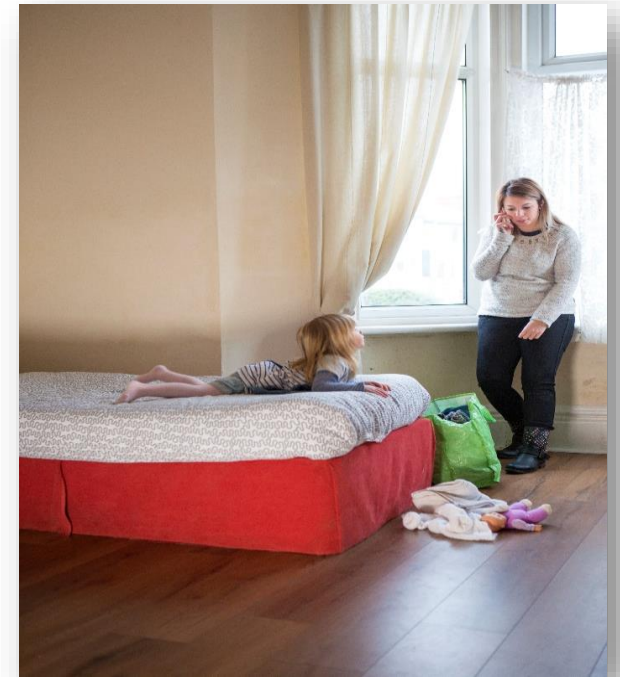
# Strengthen Economic Supports for Families

- Strengthen household financial security
  - Income supports (e.g., tax credits, child care subsidies, cash transfers)
  - Microfinance programs
  - Comparable worth policies
- Strengthen work-family supports
  - Paid leave policies (parental, *sick, vacation; job-protected*)



# Support Survivors to Increase Safety and Lessen Harms

- Victim-centered services
  - Domestic Violence Advocacy Services
- Housing programs
  - Washington State's Housing First Program



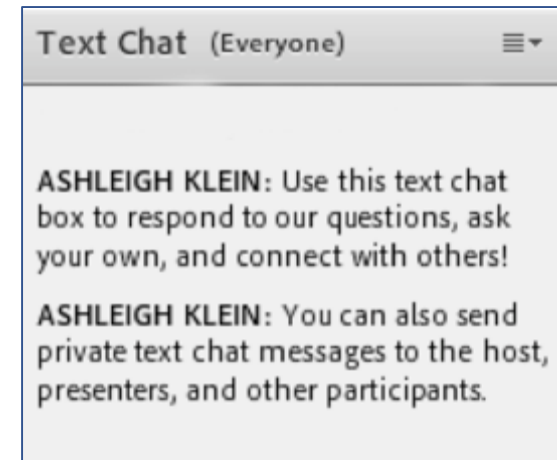
# Multi Sector Involvement

- Public health
- Education
- Government (local, state, federal)
- Social services
- Business/labor
- Health services
- Justice
- Housing
- Media
- Non-governmental organizations such as rape crisis centers, SV coalitions, domestic violence agencies

What strategies described in the technical packages are you most interested in?

Text Chat Question

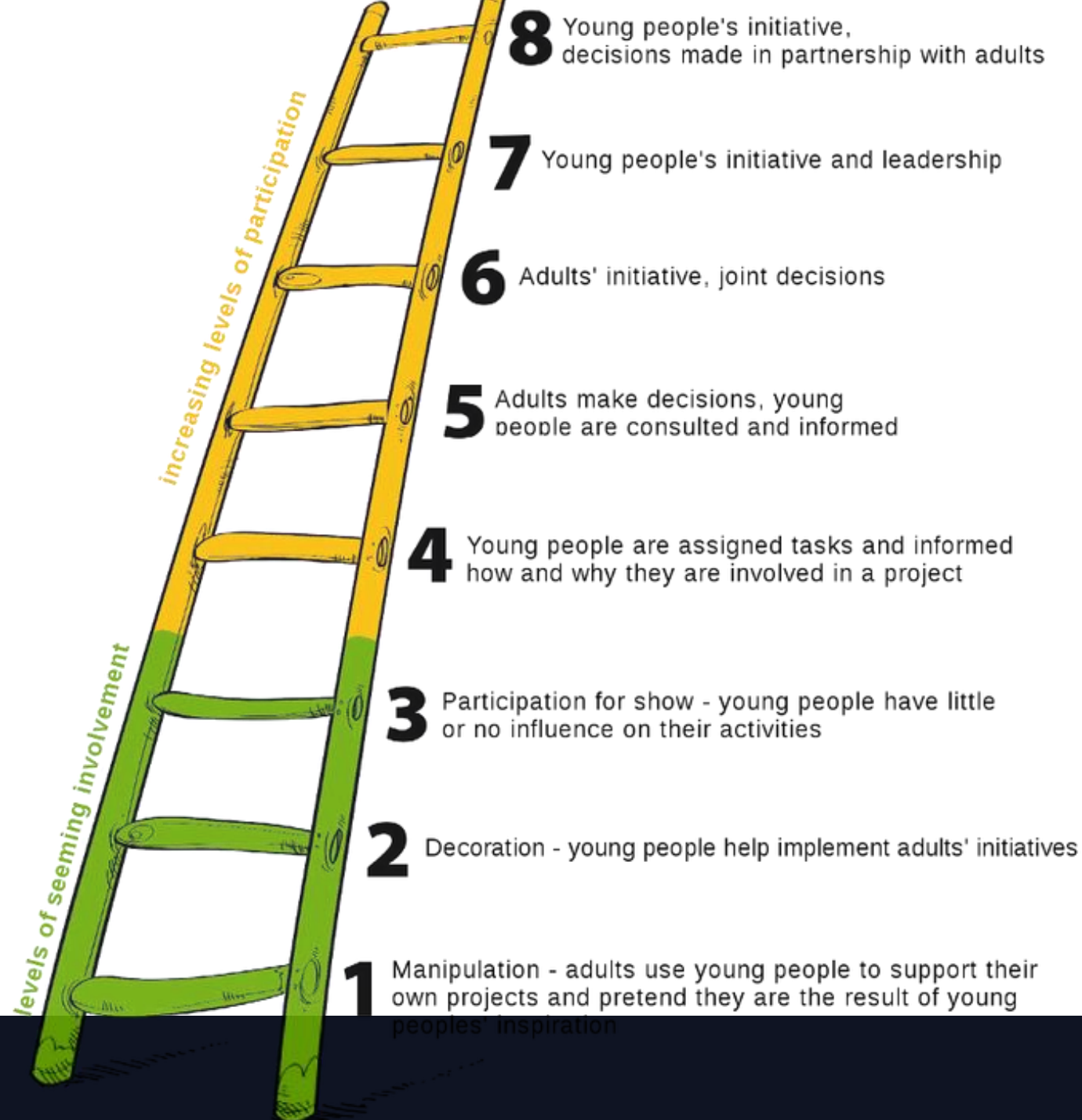
Use the Text Chat feature to answer the question.



# Barriers and Strategies to Engaging Youth



# Hart's Ladder





On what rung of the ladder is your current work most focused?

Text Chat Question

Use the Text Chat feature to answer the question.

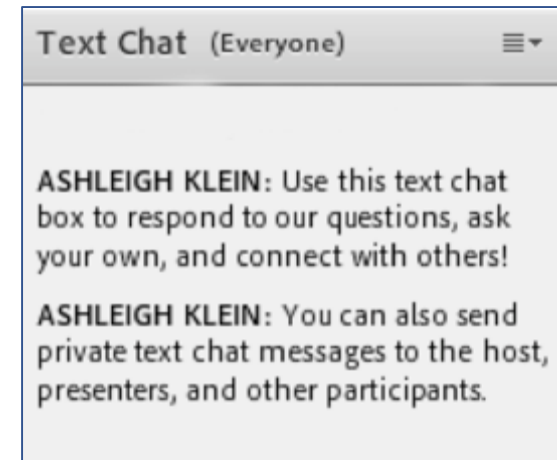




Image source: <https://www.facebook.com/pages/category/Cause/Central-Vermont-Youth-Action-Alliance-116747753036651/>

# Youth-Led Prevention

Youth:

- Defines the problem
- Creates visions for the future
- Identifies policy and practice solutions





# INDIANA YOUTH ARE IN SEARCH OF A HIDDEN TREASURE

## AND WITH THE RIGHT MAP, EVERYONE IN INDIANA CAN HELP THEM FIND IT.

TO DETER MULTIPLE FORMS OF VIOLENCE AND TO CREATE CONDITIONS THAT HELP ALL OF OUR KIDS THRIVE, EVERYONE NEEDS TO BE ON THE SAME PATH, SEEKING THE SAME TREASURE. Parents, siblings, colleagues, teachers, mentors, extended family, partners, employers, legislators, neighbors, faith leaders – everyone in Indiana can act, to move all of us toward safe, stable and nurturing relationships and environments.

We gathered Indiana high schoolers and asked them to share their thoughts, feelings, experiences and expectations of safety, stability and nurturance in relationships and the community.

We analyzed their responses and categorized them into five areas of need. These needs form a clear path for everyone to commit to follow if we want to point all youth toward safe, stable and nurturing futures. Collectively, it's a paradigm of opportunity – a collaborative adventure where we work together for the common good, and everyone succeeds.

**Social, Family & Organizational Connectedness**

**POLICY HIGHLIGHTS CAN:**

- expand universal public family leave programs
- support diversion programs and alternatives to prison
- when appropriate, increase efforts to subsidize substance treatment programs
- **EMPLOYERS CAN:** pay living wages
- allow employee flexibility to respond to unexpected family needs
- provide employees with consistent work schedules so that they can plan to family life and child care
- **ORGANIZATIONS CAN:** adopt inclusive family engagement policies to include grandparents, foster parents and other caregivers
- provide community support youth programs and entrepreneurial activities
- offer after-school enrichment, mentoring programs, parent support groups, and parenting education

**Support for Personal Growth**

**POLICY HIGHLIGHTS CAN:**

- invest in public K-12 schools and after-school, post-secondary learning and training opportunities
- ensure great educational opportunities for every young person
- adopt restorative justice practices
- implement restorative justice practices
- **EMPLOYERS CAN:** offer job shadowing, shadowing and training opportunities for youth
- create opportunities for ongoing learning, training and career development among employees
- **ORGANIZATIONS CAN:** offer mentoring programs
- create volunteer programs for youth
- provide educational activities that allow young people to explore their interests, including music and arts
- adopt positive discipline techniques

**Stable Basics**

**POLICY HIGHLIGHTS CAN:**

- invest in universal health care that includes of mental and physical health
- invest in social safety net programs that bolster families through difficult times, including temporary assistance for needy families (TANF), Supplemental Nutrition Assistance Program (SNAP), the Women, Infants and Children Program (WIC) and children's subsidies
- increase housing stability
- implement initiatives that reduce evictions
- increase housing options across income levels and protect credit ratings

**Safe, Non-Violent Communities**

**POLICY HIGHLIGHTS CAN:**

- strengthen gun, controlled substances, and other laws
- enforce that these communities provide safe parks and recreational spaces
- establish zoning practices that regulate short-term rental properties and rules
- **EMPLOYERS CAN:** partner with local governments to create community benefit agreements

**Acceptance and Inclusion**

**EMPLOYERS CAN:**

- adopt inclusive organizational policies, practices and structures that increase access across a range of races, languages and abilities
- engage staff to highlight bias trainings
- recruit and retain an inclusive workforce so that youth can see people who are like them working in a range of roles
- **ORGANIZATIONS CAN:** conduct developmentally appropriate equality education for youth
- create trauma-informed organizations
- provide culturally inclusive programming

**verizon**  
The network is coming to find you. Verizon.

**Safe, Stable and Nurturing Relationships and Environments**

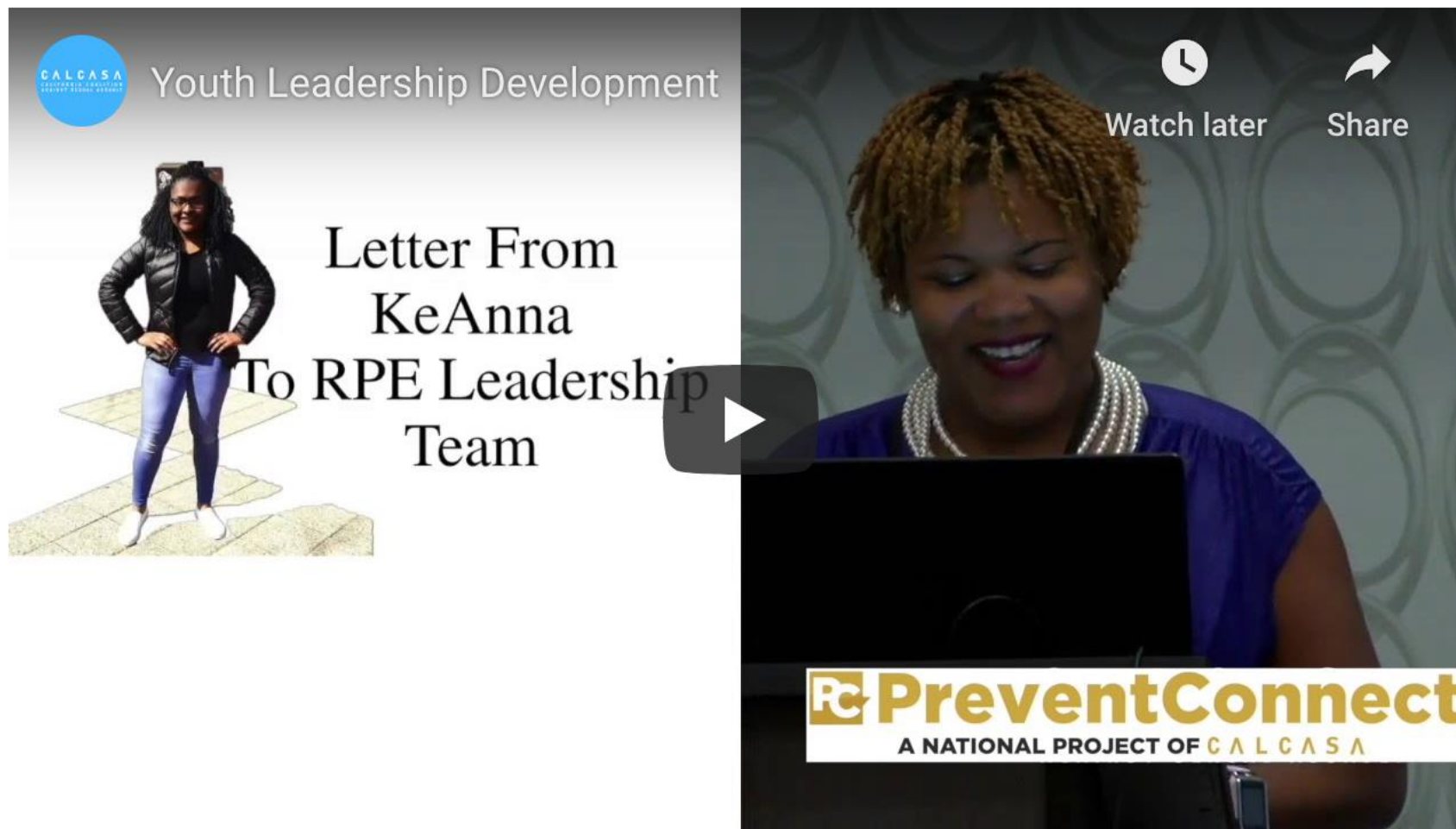
INDIANA YOUTH ADVISORY BOARD MEETING - 101 W. 10th Street, 3rd Floor, Indianapolis, IN 46202 • 9 a.m. to 12 p.m. Tuesday, May 12, 2020 • [www.iyab.org](http://www.iyab.org)

©2020 • Youth in Indiana has published this document as a public service. All rights reserved. No part of this publication may be reproduced without the written permission of Youth in Indiana. This document is for informational purposes only and does not constitute an offer of insurance, financial, or other services. Please consult with your insurance broker for more information. Youth in Indiana is not responsible for any errors or omissions in this document. Youth in Indiana is not responsible for any damages, including consequential damages, arising from the use of this document. Youth in Indiana is not responsible for any damages, including consequential damages, arising from the use of this document. Youth in Indiana is not responsible for any damages, including consequential damages, arising from the use of this document.

- 

# Additional Resources

- Youth Engagement Toolkit
  - [www.tnoys.org/youth-engagement-toolkit/](http://www.tnoys.org/youth-engagement-toolkit/)
- Preparing Youth to Thrive: Promising Practices for Social & Emotional Learning
  - [www.selpractices.org](http://www.selpractices.org)



Alice Stevens of the [Jewish Family Services of Delaware](#) speaks about elevating youth power for youth to be the solution to ending sexual violence in their communities. Alice discusses a youth leadership program that uplifts youth to become peer leaders and peer counselors in their communities to prevent multiple forms of violence. Watch Alice's 2018 RPE Ignite Talk to learn more about the youth empowerment program and the incredible impact it has had on Delaware youth.



prevent  
connect

[PreventConnect.org](https://PreventConnect.org)

[info@PreventConnect.org](mailto:info@PreventConnect.org)

[PreventConnect.org/email](https://PreventConnect.org/email) – email group

[Learn.PreventConnect.org](https://Learn.PreventConnect.org) – eLearning

## **Follow Us**

[twitter.com/PreventConnect](https://twitter.com/PreventConnect)

[facebook.com/PreventConnect](https://facebook.com/PreventConnect)