



Children's Safety
Network



Education
Development
Center

September 6, 2023

2:00PM - 3:00PM ET

Preventing and Addressing Teen Dating Violence: Dating Matters Prevention Model and Rape Prevention Education



Funding Sponsor

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the Child and Adolescent Injury and Violence Prevention Resource Centers Cooperative Agreement (U49MC28422) for \$5,000,000 with 0 percent financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Technical Tips



Join audio via your computer if possible



If you experience audio issues, dial a phone number found in the Zoom invitation and **mute computer speakers**



You are muted




Use the Q/A button found at the bottom of your screen to ask questions at any time



This session is being recorded



Click the more (•••) icon, then the Captions () icon at the bottom of your screen to turn on automatic captions

Presenters



Vi Donna Le, PhD, MPH

**Centers for Disease Control
and Prevention**



Kelly Premo, MPH

**South Carolina Coalition Against
Domestic Violence and Sexual Assault**

Moderator



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**Centers for Disease Control
and Prevention**

Dating Matters®:

Strategies to Promote Healthy Teen Relationships

Vi Donna Le, PhD, MPH

CDC's Division of Violence Prevention
National Center for Injury Control and Prevention



Teen Dating Violence is a Public Health problem

1 in 5 

1 in 12 

high school youth
physically and/or
sexually victimized
by a dating partner
in last year



A Comprehensive Dating Violence Prevention Model

- Multiple, coordinated prevention strategies across the social ecology
- Reduces the risk for teen dating violence by promoting healthy teen relationships
- Builds on existing evidence base



DATING MATTERS[®]

[Link to Video](#)

Youth Programs

- Classroom-based in middle school
- Includes social-emotional learning
- Teaches healthy relationship skills
- Facilitated by a Health Educator or Teacher
- Can be implemented online with Adaptation Guidance for Virtual Implementation



Dating Matters

CDC-developed

6th Grade (7 sessions)

- General healthy relationship skills

7th Grade (7 sessions)

- Dating relationships
- Social media/technology
- Sexual coercion
- Substance use

Safe Dates

Evidence-based

8th Grade (10 sessions)

- Effective for dating violence at 4 years follow-up

Parent Programs

- Community-based facilitators
- In-person or at-home sessions
- Improves parent-child communication
- Uses positive parenting techniques
- Dating violence education and safety



Parents Matter! for Dating Matters

Evidence-based, CDC-Adapted

6th Grade (6 sessions)

- In-person groups

Dating Matters for Parents

CDC-Developed

7th Grade (6 sessions)

- 3 in-person sessions
- 3 at-home sessions

Families for Safe Dates

Evidence-based

8th Grade (6 booklets)

- Mailed home to parents
- Effective for physical dating violence

Training for Educators

- ✓ 1-hour online training
- ✓ For teachers, coaches, mentors, other youth-serving professionals



DATING MATTERS[®]
UNDERSTANDING TEEN DATING VIOLENCE PREVENTION

[Launch Training](#) ↗

DATING MATTERS[®]: UNDERSTANDING TEEN DATING VIOLENCE PREVENTION TRAINING FOR EDUCATORS is a free, online course available to educators, school personnel, youth mentors, and others dedicated to improving teen health. Follow a school administrator throughout his day as he highlights what teen dating violence is and how to prevent it through graphic novel scenarios, interactive exercises, and information gathered from leading experts.

The banner features a dark background with white and teal text. At the bottom, there are two groups of stylized cartoon characters: three boys on the left and three girls on the right, all dressed in casual school attire.

i2i YOUTH COMMUNICATIONS PROGRAM

- ✓ Reinforces messages with near-peer ambassador program
- ✓ Social media
- ✓ Community events



Capacity Assessment and Planning Tool

DATING MATTERS[™]

Capacity Assessment and Planning Tool

[log in as a different user](#)

Capacity Assessment
Home

Hello and welcome to the Dating Matters Capacity Assessment and Planning Tool (DM-CAPT). Capacity in this refers to the information, skills, resources, abilities, and supports needed to develop, evaluate, and sustain a public health approach to prevent teen dating violence. DM-CAPT is a free online tool that allows comprehensive teen dating prevention initiatives to assess their capacity to implement comprehensive teen dating violence prevention programs by surveying stakeholders. The insights learned from using this tool will assist teen dating violence prevention initiatives in identifying strengths and areas for improvement in their capacity.

This online survey was designed to make assessing a comprehensive teen dating violence prevention initiatives' capacity easy and straightforward:

1. **Create Assessments**
Assessment coordinators create new assessments for health department, school, and coalition stakeholders.
2. **Invite Survey Respondents:**
A link and code to complete the assessment will be generated to be sent to initiative stakeholders via e-mail. Draft text for the invitation will be generated through the system, then can be copied and pasted into an e-mail by the assessment coordinator.
3. **Complete the surveys**
Assessment coordinators can monitor survey completion progress by clicking on the Assessment Report button in the menu.
4. **Review the Report**
Once surveys have been completed, a report can be generated which summarizes the results of all submitted surveys.
5. **Make a Plan**
After reviewing the assessment report, sites can use the tools provided on this website to make an action plan to monitor and manage taking steps towards increasing their initiatives' capacity to implement comprehensive teen dating violence prevention programs.

[Get Started!](#) (if you are not already logged in to the Veto Violence site, you will be prompted to log in or register.)

helps communities...

- ✓ **assess their capacity to implement Dating Matters by surveying stakeholders**
- ✓ **identify strengths and areas for improvement in capacity**

Interactive Guide on Informing Policy

helps local health departments...

- ✓ assess existing policies related to TDV prevention
- ✓ address local policy gaps
- ✓ enhance relevant existing policies

DATING MATTERS
INTERACTIVE GUIDE ON INFORMING POLICY

One important component of a comprehensive approach to teen dating violence prevention is ensuring that the best available data, evidence, and practice are included in policy development, implementation, and evaluation. The Dating Matters Guide to Informing Policy provides a framework for evaluating Teen Dating Violence (TDV) and TDV-related policies and synthesizing the information to inform policy.

OVERVIEW
Describes policy as a mechanism for TDV prevention

KEY CONSIDERATIONS FOR INFORMING POLICY
Important considerations to keep in mind when informing policy

RESOURCES AND TOOLS
Worksheets, tools and resources related to policy efforts, reaching consensus, evaluation, and partnership building

THE POLICY PROCESS
Policy development is not a linear process. Often the phases of the policy cycle overlap or occur out of order.

Problem Identification **Policy Analysis**

Strategy and Policy Development **Policy Enactment**

Policy Implementation **Evaluation**

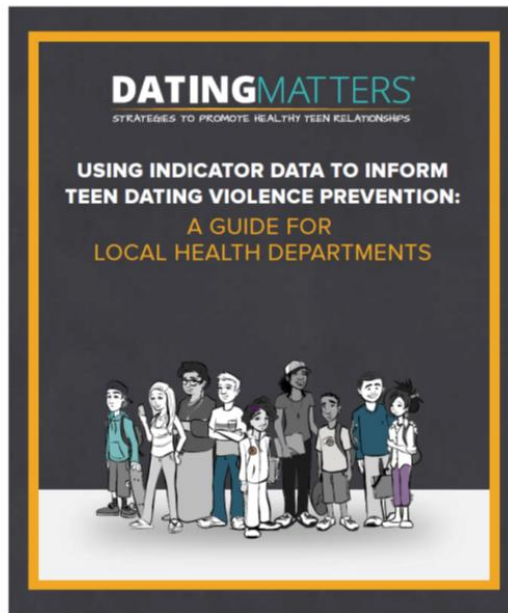
Dating Matters comprehensive prevention model is an initiative designed to promote healthy, respectful, nonviolent dating relationships among youth in high-risk urban communities. The initiative supports communities' efforts to implement prevention strategies in schools, with families, and in neighborhoods.

CDC recognizes the National Association of County and City Health Officials (NACCHO) for developing the Dating Matters Guide to Informing Policy and for their assistance in developing the web-based Dating Matters Policy Tool.

Using Indicator Data to Inform Teen Dating Violence Prevention: A Guide for Local Health Departments

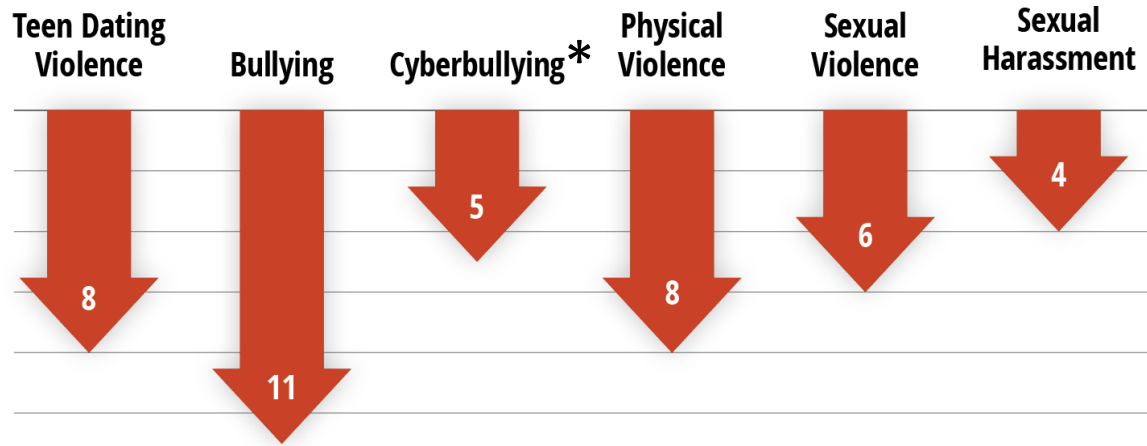
helps local health departments...

- ✓ identify and use publicly-available indicator data
 - ✓ to track local trends in teen dating violence
 - ✓ to identify needs and strengths
 - ✓ conduct program evaluation

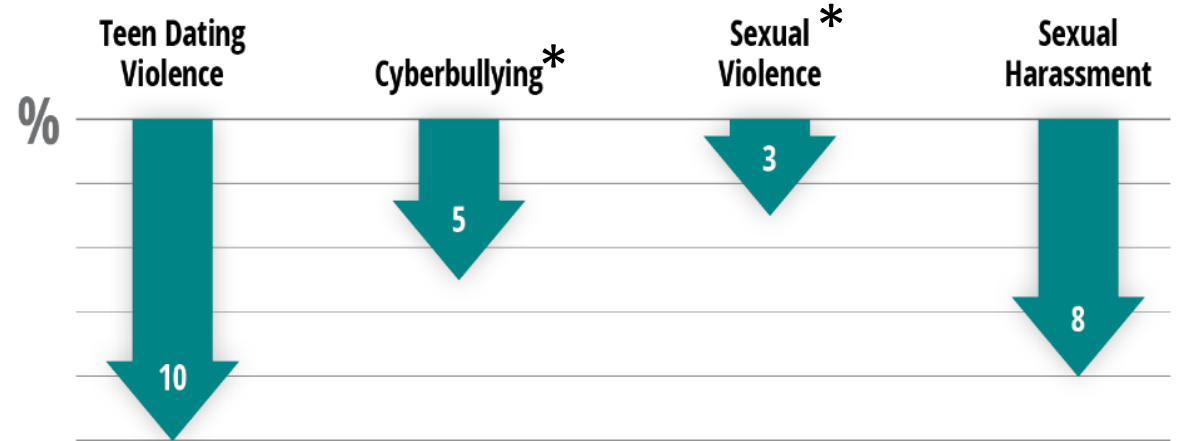


Dating Matters reduced violence and risk behaviors by 3-11%, on average, in middle school compared to another evidence-based program.

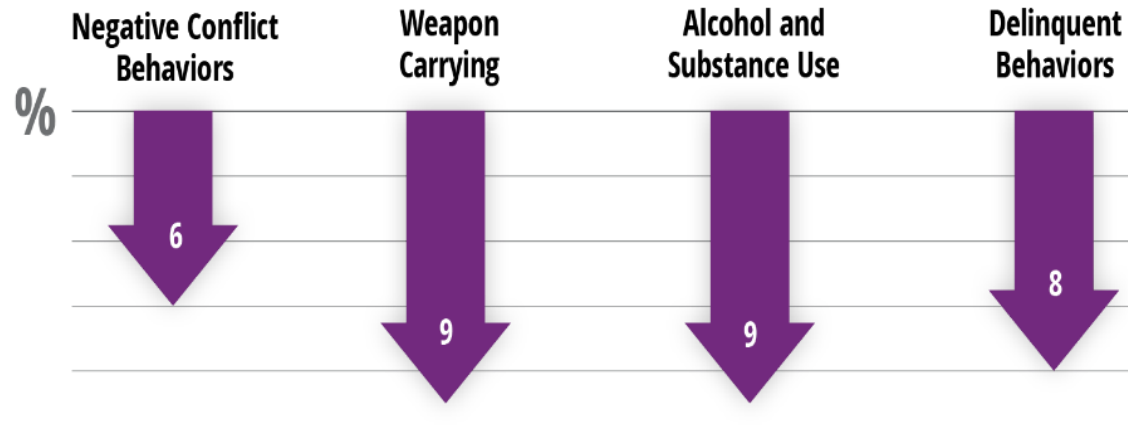
Violence Perpetration



Violence Victimization



Other Risk Behaviors



* Effects found for females only.

Learn More:

www.cdc.gov/violenceprevention/datingmatters/science.html

DATINGMATTERS®

TOOLKIT

Strategies to Promote Healthy Teen Relationships

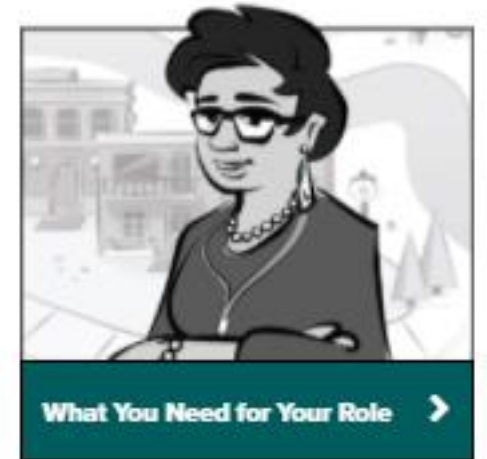
 **Increase Adoption**

 **Support Quality Implementation**

 **Build Sustainability**

GET TO KNOW DATING MATTERS

Dating Matters is a CDC-developed teen dating violence prevention model that teaches 11 to 14-year-olds healthy relationship skills before they start dating. Dating Matters' evidence-based approach includes seven components for individuals, peers, families, schools, and neighborhoods that work together to prevent dating violence and other risk behaviors. This website has everything you need to implement the components, including trainings, implementation guidance, program materials, and many other resources.



Learn more:

<https://vetoviolenecdc.gov/apps/dating-matters-toolkit>

Dating Matters in Communities

- More than **600 communities and individuals** have requested materials and training since 2019.
- The Archdiocese of Chicago's Domestic Violence Outreach program is leading implementation in **parochial and public schools across Chicago** since 2020.
 - 15 Chicago schools will receive Dating Matters in 2023-24
- **Sweden's Gender Equality Agency** is adapting and implementing with Swedish youth.

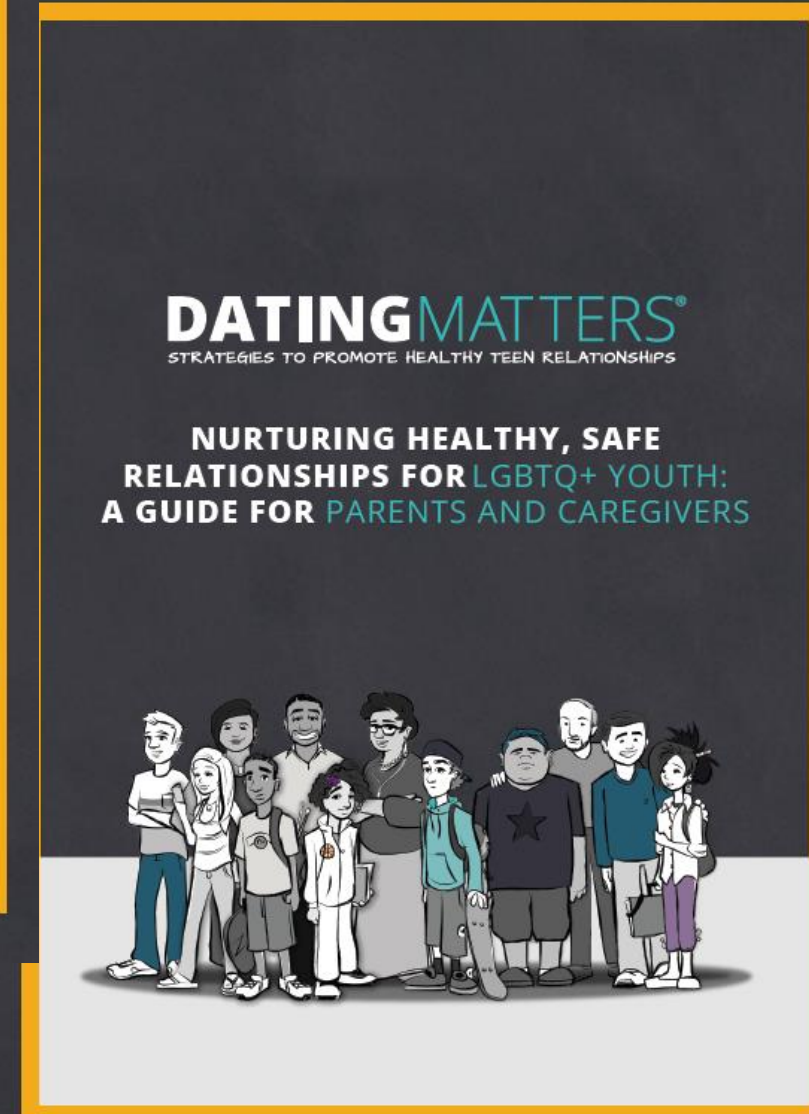
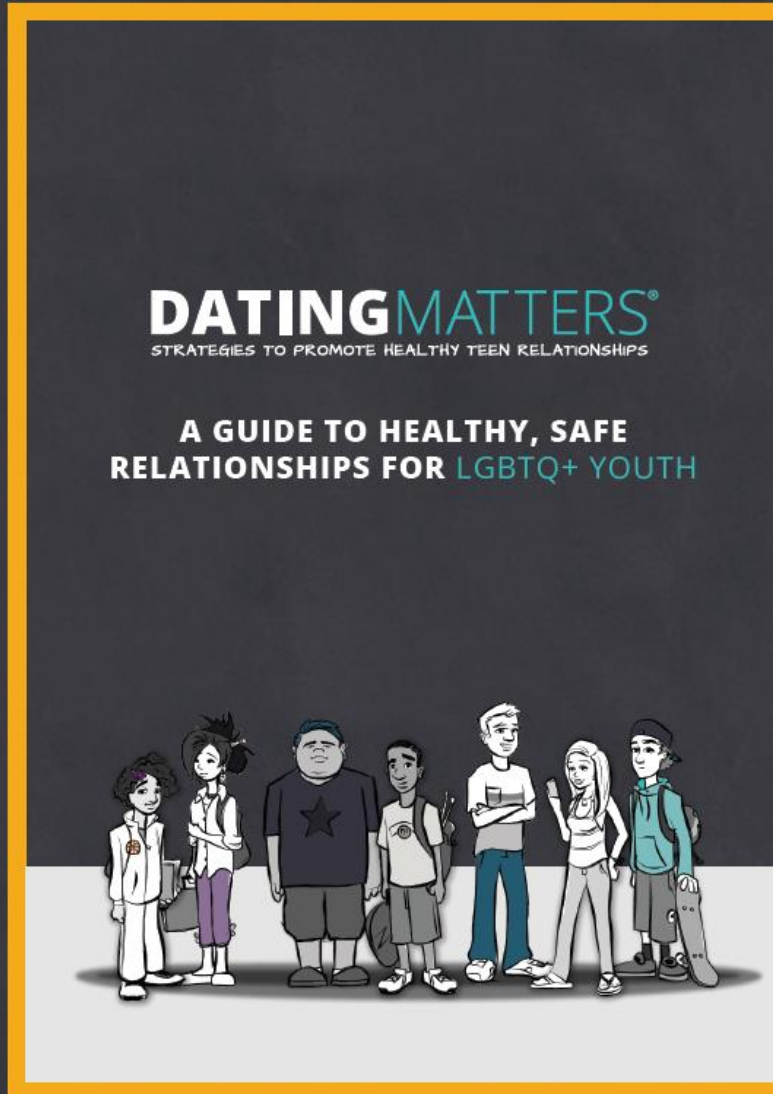


New &
Coming Soon!

Guides to Healthy Relationships for LGBTQ+ Youth and Parents

- Addresses unique factors and situations affecting LGBTQ+ youth
- Can be used with Dating Matters or separately
- Available on our website

- Released in 2023



Guide to Program Evaluation

- Student survey
- Data analysis and interpretation guidance
- Report template

- Expected Fall 2023



Survey Identifier:

Date:

STUDENT SURVEY

PLEASE READ THESE INSTRUCTIONS BEFORE STARTING

Your voice is important! This survey will help us learn about the lives of young people like you and find better ways to help keep young people safe.

Do not write your name on the survey. Your school, teachers, parents, and friends will **not** know how you answered. Your name will **not** be connected to your answers.

Some of the questions may seem personal. Please remember that your honesty is very important to us and that your answers will be kept completely private.

Please read each question carefully. There is no right or wrong answer. Don't spend too much time on any one question—just mark your best answer and continue.

We hope that you will try your best to answer every question. However, if there is a question you do not want to answer or do not know how to answer, just move on to the next question.

ATTENTION: While completing this questionnaire, you may be asked to **SKIP** certain follow-up questions depending on your answers. Please follow the instructions if the questionnaire asks you to skip ahead.

Your participation is **very important** to helping us understand the lives and experiences of young people, like you.

THANK YOU FOR PARTICIPATING!

Instructions: Please mark your best answer by filling in the circle or writing in the blank space.

1. Which of the following best describes you?

- Female
- Male
- Non-binary/Not Male or Female

3. Which race(s) do you identify with?
(Select all that apply)

- American Indian/Alaska Native
- Asian

Updated Programs & Materials

- Updated and expanded program content
- New brand that emphasizes healthy relationships and effects *beyond* dating violence
- Coming in 2024

COMING
SOON

Online Parent Program

- Online and self-administered
- Includes core content from the in-person programs
- Interactive, videos
- Cost-saving for communities and increased reach!
- Coming in 2024



CDC's Essentials for Parenting Teens

- Developed from Dating Matters Parent Program content
- New in 2023



Learn more:
www.cdc.gov/parents/essentials

Learn More about Dating Matters:

<https://www.cdc.gov/violenceprevention/datingmatters>



About Dating Matters
Overview and components



The Science
Development and building evidence



Success Stories
Dating Matters at work in communities



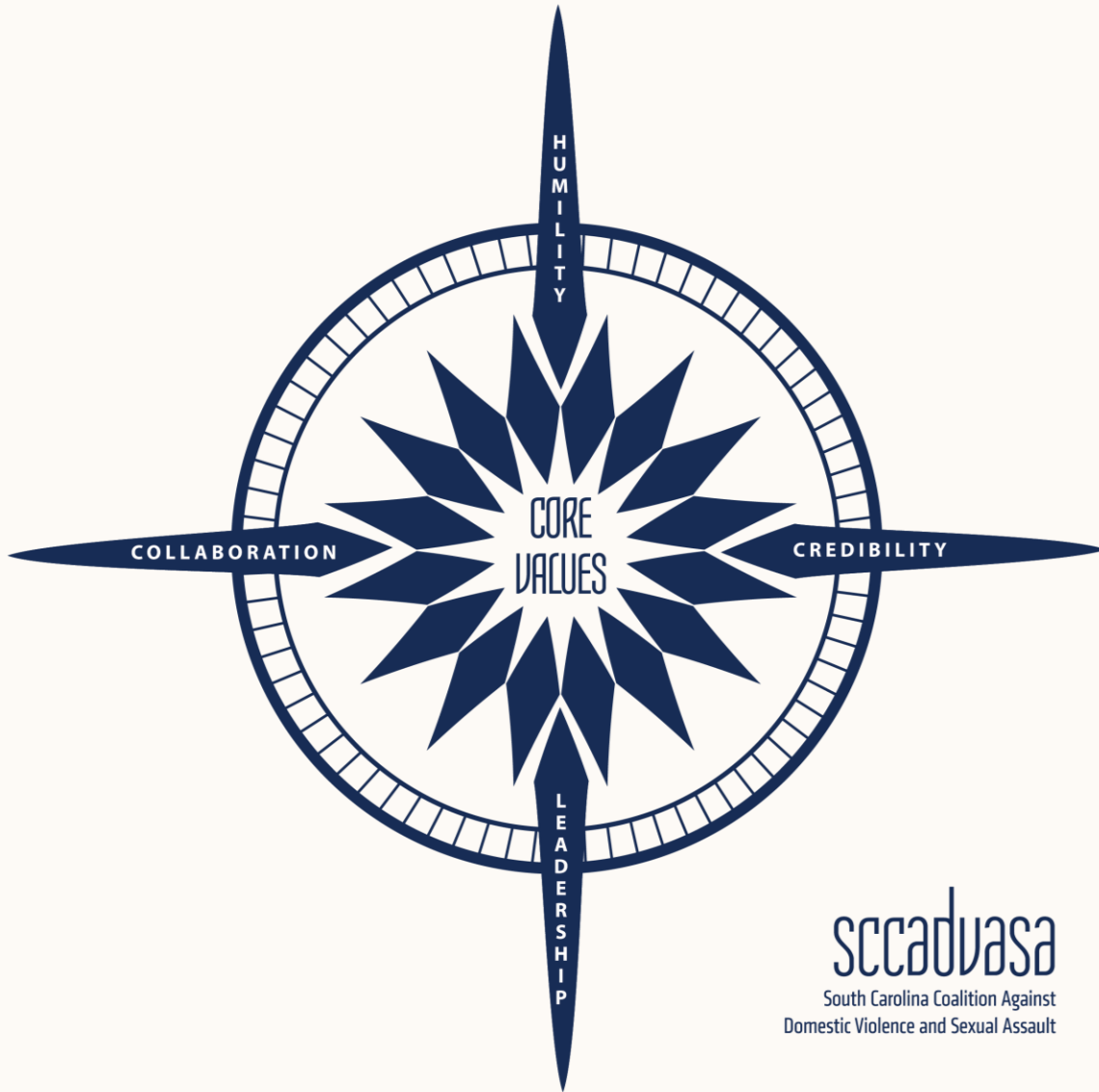
Get Started
Dating Matters Toolkit



Publications and Resources
Links to research articles and resources

The screenshot shows the Dating Matters website interface. On the left is a vertical navigation menu with expandable sections: 'Our Approach', 'Child Abuse & Neglect', 'Elder Abuse', 'Intimate Partner Violence', 'Dating Matters®', 'About', 'Get Started', 'Science', 'Success Stories', 'Publications and Resources', 'Definitions', 'Data Sources', 'Risk and Protective Factors', 'Consequences', 'Prevention Strategies', 'Additional Resources', 'Featured Topic: Teen Dating Violence', 'Publications', 'Sexual Violence', 'Suicide', 'Youth Violence', 'Funded Programs and Initiatives', and 'Social Media'. The main content area features a header with 'Dating Matters®' and social media icons. Below is a large banner with the text 'DATING MATTERS® STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS' and an illustration of diverse teens. A section titled 'What is Dating Matters?' provides a brief description of the program. Below this are four cards: 'ABOUT DATING MATTERS' (Overview and components), 'GET STARTED' (Dating Matters Toolkit), 'THE SCIENCE' (Development and building evidence), and 'PUBLICATIONS AND RESOURCES' (Links to research articles and resources). On the right side, there is a 'Promotional Brochure' section with a 'Coming soon!' message and information about how the program works in communities.

Contact us: datingmatters@cdc.gov



RAPE PREVENTION EDUCATION (RPE) IN K-12

Kelly S. Premo, MPH
She/Her/Hers
Director of Prevention and
Specialized Advocacy
www.sccadvasa.org

RPE

- The Rape Prevention and Education (RPE) Program
- Funded through the Center for Disease Control and Prevention (CDC) from the Office of Violence against Women (OVW).
- Authorized through the Violence Against Women Act (VAWA), passed by Congress in 1994, and most recently reauthorized in 2022.
- Extends to health departments in all 50 states, District of Columbia, Puerto Rico and the U.S. Virgin Islands.
- RPE utilizes the public health approach and the social-ecological model



RPE

Close to **60%** of women and almost 30% of men have experienced physical sexual violence.

Almost half of all female survivors were first raped as a **minor**.

Females, racial and ethnic, and sexual **minority** groups experience a higher burden of sexual violence.

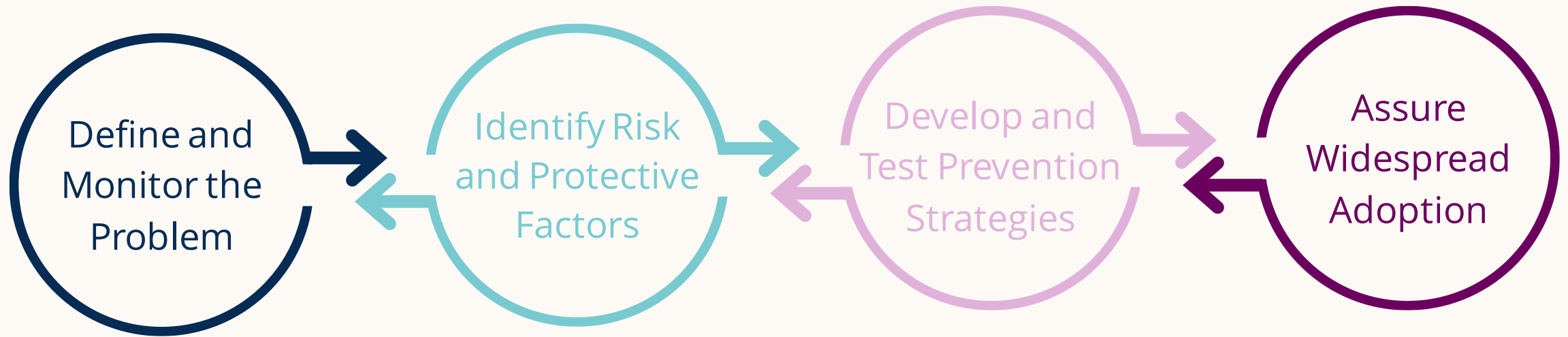
Sexual violence is linked to negative health behaviors like smoking, alcohol and drug use, and engaging in risky sexual activity.

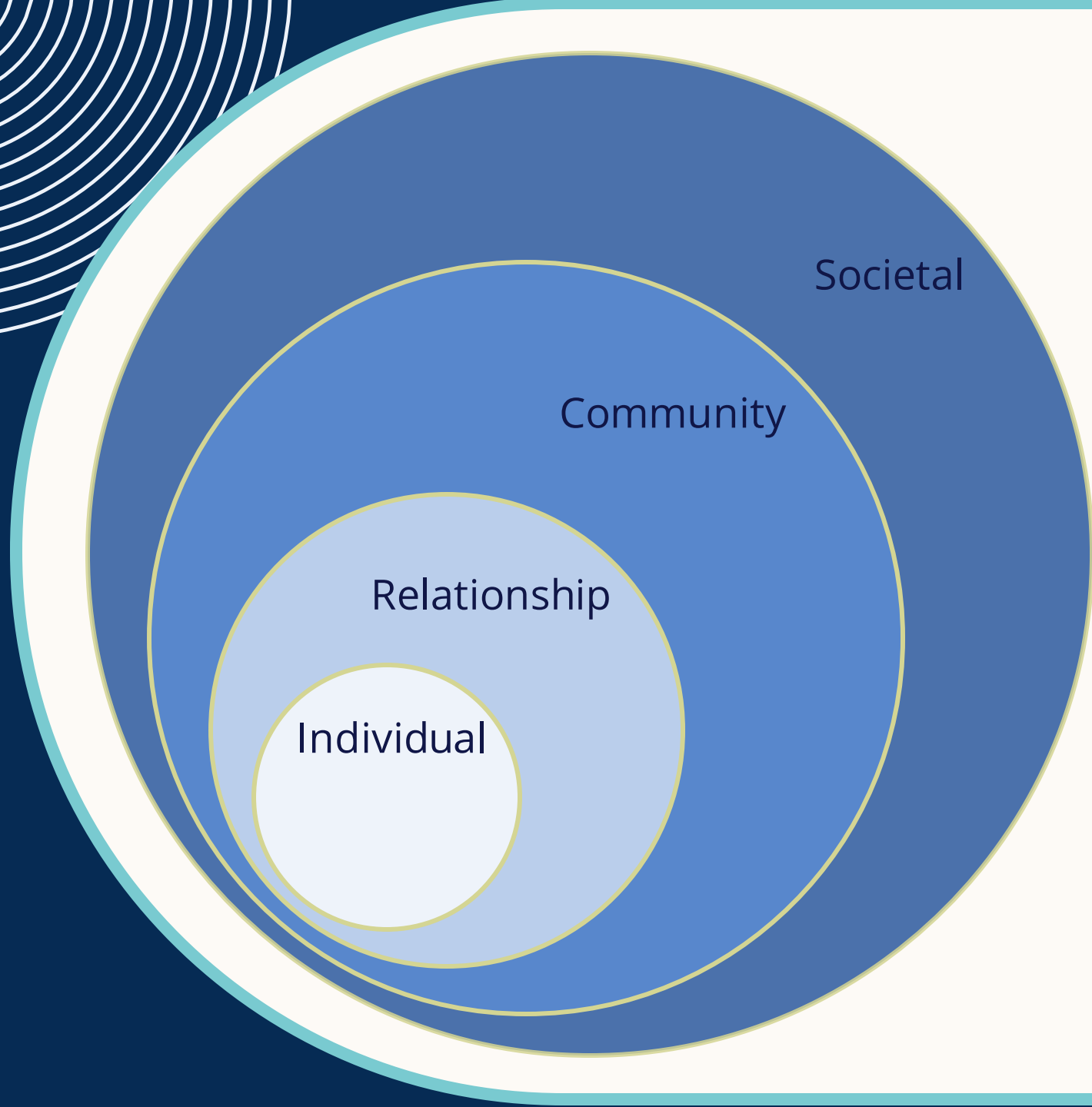
Survivors may have difficulty maintaining personal relationships and returning to work or school.

Bullying perpetration in early middle school is **linked** to sexual harassment perpetration in high school.



A PUBLIC HEALTH APPROACH





SOCIAL ECOLOGICAL MODEL



RISK FACTORS

Individual

Aggressive behaviors/
Acceptance of violent
behaviors

Lack of concern for
others/ lack of impulse
control or delayed
gratification

Adherence to traditional
gender role norms

Hyper-masculinity

Prior sexual
victimization or
perpetration

Relationship

Family history of conflict
and violence

Childhood history of
physical, sexual, or
emotional abuse

Emotionally unsupportive
family environment

Poor parent-child
relationships, particularly
with fathers

Involvement in a violent or
abusive intimate
relationship

Community

Lack of
institutional
support

General tolerance
of sexual violence
within the
community

Weak community
sanctions against
sexual violence
perpetrators

Societal

Societal norms
that support
sexual violence

Societal norms
that support male
superiority and
sexual entitlement

Societal norms
that maintain
women's
inferiority and
sexual
submissiveness



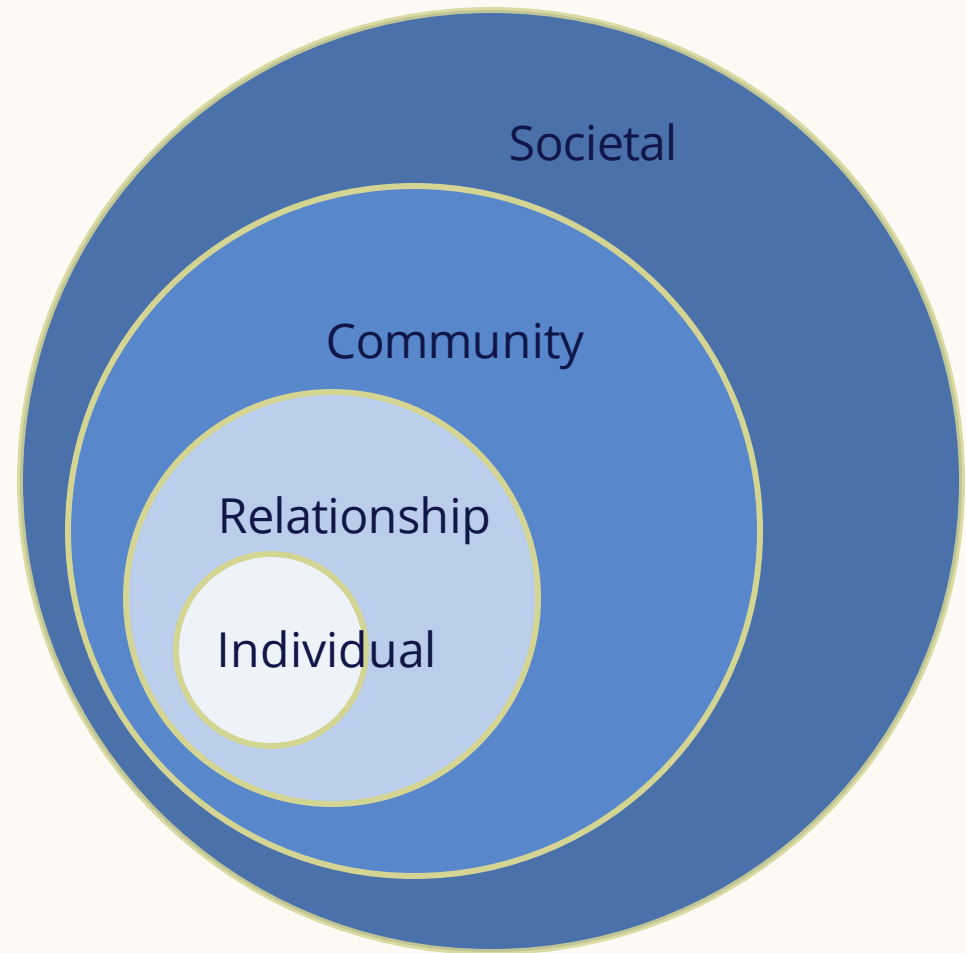
PROTECTIVE FACTORS

Families where caregivers work through conflicts

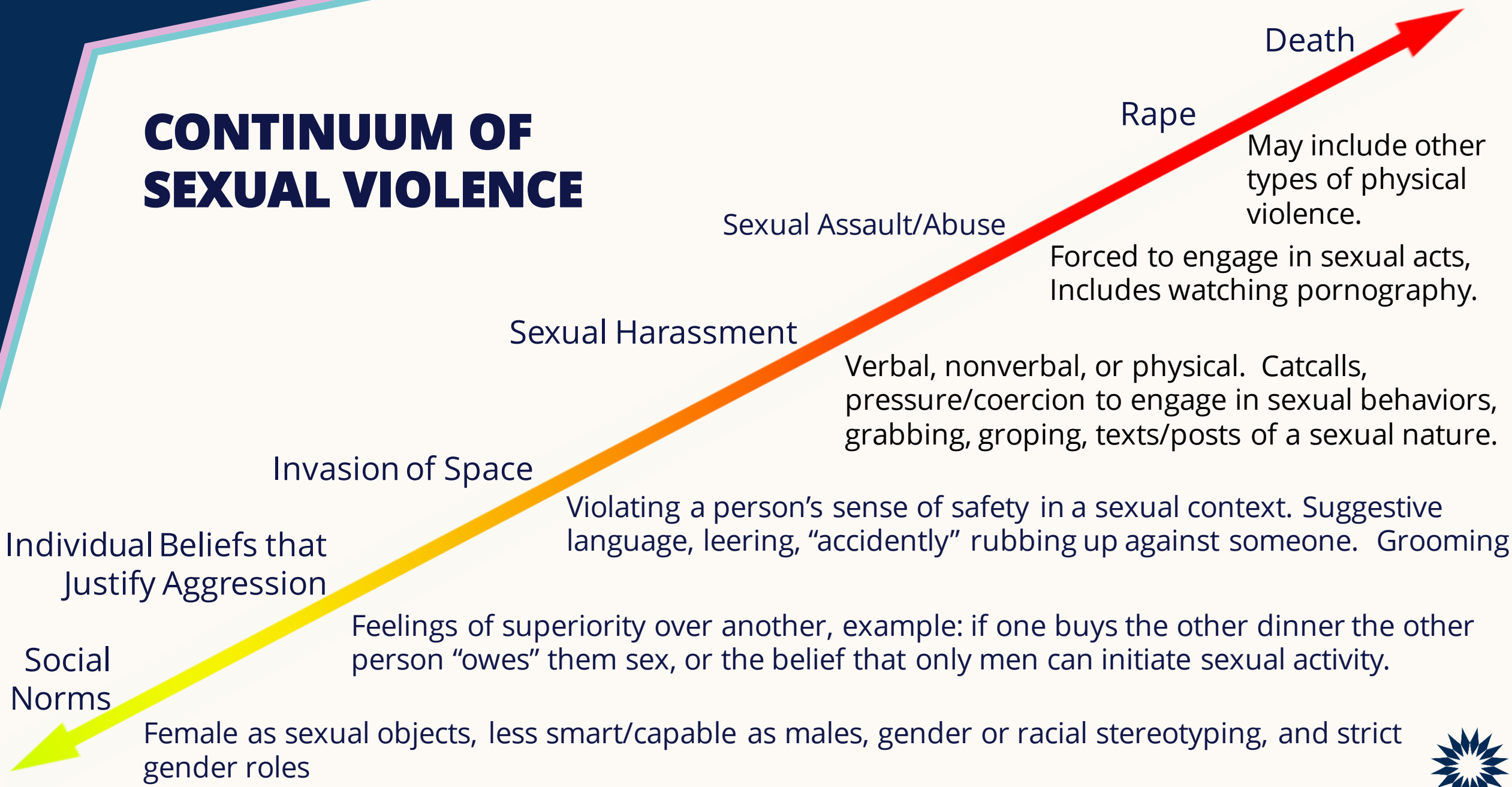
Emotional Health and Connectedness

Empathy and concern for how one's actions affect others

Academic achievement



CONTINUUM OF SEXUAL VIOLENCE



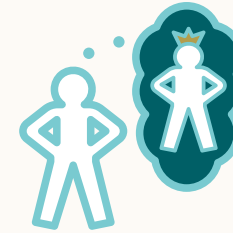
RPE IN SOUTH CAROLINA



Healthy Relationships



Sexual Harassment



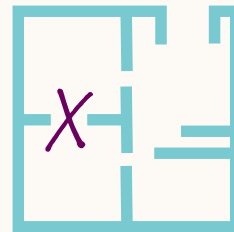
Primary Prevention



Bystander Intervention



Parent Programming



Hotspot Mapping



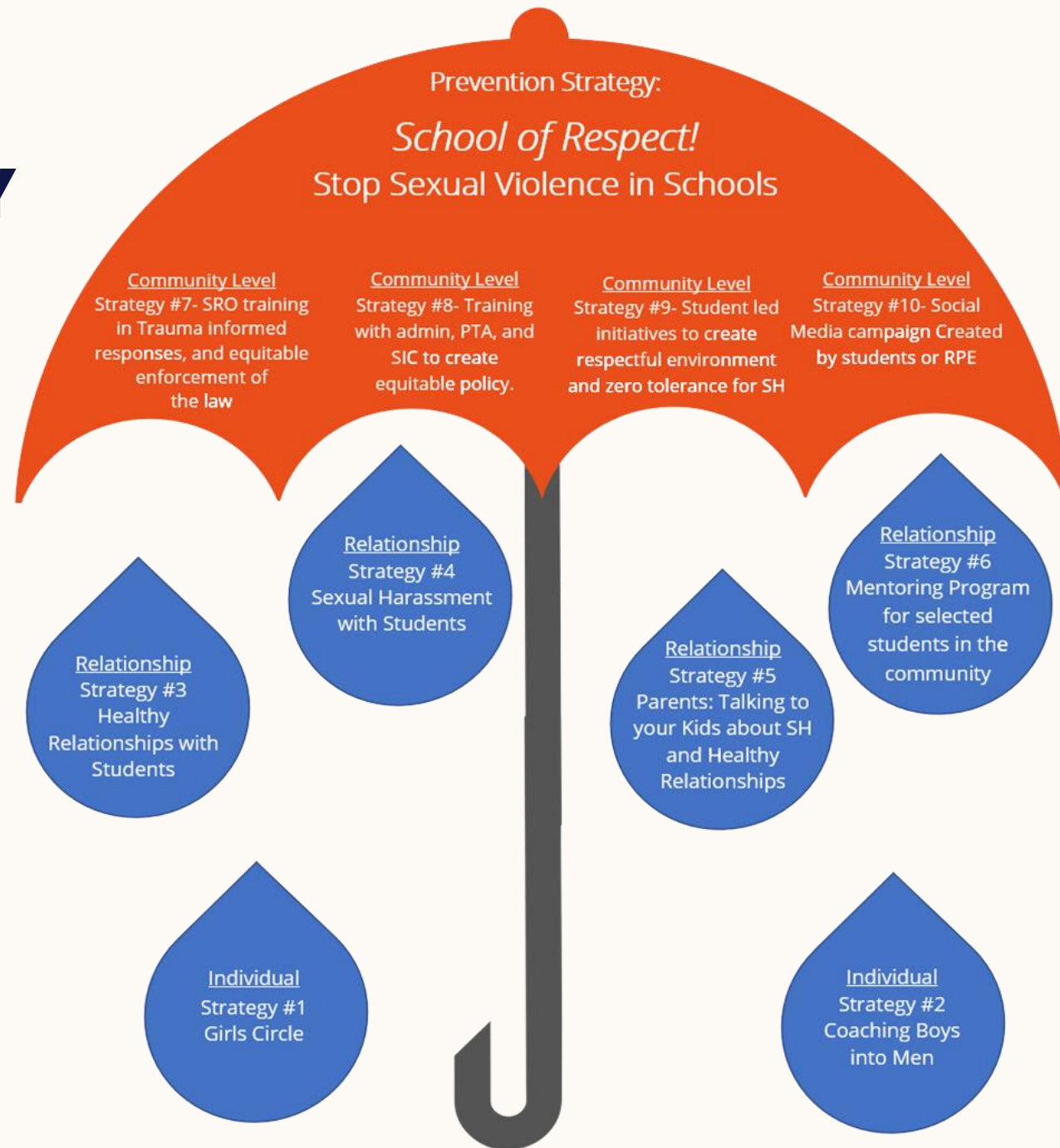
Social Media and Billboards



Theater of the Oppressed



MOVING TO COMMUNITY LEVEL WORK



BYSTANDER INTERVENTION

A **bystander** is a person who witnesses a harmful incident but does not intervene. An **upstander** steps up in support.

A recent *survey in Greenwood showed that **74%** of people were Upstanders when observing a violent situation.



Be an Upstander

C.A.R.E

"I don't know what to do"

STEP UP

Create a distraction

"I don't know that person"

STEP UP

Ask directly

"It's not my problem"

STEP UP

Refer to an authority

"What if I get hurt"

STEP UP

Enlist the help from others

*Data was obtained from the Community Needs Assessment Survey conducted in the Greenwood Community in 2021

This project was supported by Subgrant No. 5 NUF2CE002466-03-00 awarded by the state administering office for the Injury Prevention and Control Research and State and Community Based Programs, U.S. Centers for Disease Control and Prevention. The opinions, findings, conclusions, and recommendations expressed in this publication/exhibition are those of the author(s) and do not necessarily reflect the views of the state or the CDC.



Spectrum of Sexual Violence



Annoying

Dangerous

Could Kill You

Identify behaviors you hear described in the local stories, and decide whether they are annoying, dangerous, or could kill you or somewhere in between. Please also share behaviors you've witnessed (or heard about) at work and in everyday life.



THEATER OF THE OPPRESSED

JOIN US IN PREVENTING
SEXUAL VIOLENCE THROUGH

Applied Theatre

- Are you passionate about creating a safer society?
- Want to be a part of a meaningful movement against sexual violence?
- Curious about the role theatre can play in reshaping societal norms?

At ACT UP & The Family Resource Center, we believe in the transformative potential of theatre. We're excited to invite you to join us in using the art of theatre to challenge harmful norms and create a safer tomorrow.



Why Applied Theatre Matters

By utilizing applied theatre techniques, we have the power to:

- ✦ Shift attitudes and behaviors
- ✦ Spark vital conversations
- ✦ Cultivate empathy and understanding
- ✦ Promote positive change on a community level

A Partnership
ACTUP
and

The Family Resource Center
Education • Advocacy • Counseling



CULTURALLY RESPONSIVE PREVENTION EDUCATION

- Ensure community involvement in all areas.
- Use a population-based definition of community (let the community define itself).
- Stress the importance of relevant, culturally appropriate prevention approaches.
- Employ culturally competent evaluators.
- Promote cultural competence among program staff that reflects the communities they serve.
- Include the target population in all aspects of prevention planning.

Action Steps

Learn/Listen
Ask Questions/Listen
Then Talk



HOT BUTTON LANGUAGE

CONSENT

- Mutual Permission
- Give Permission
- Mutual Agreement

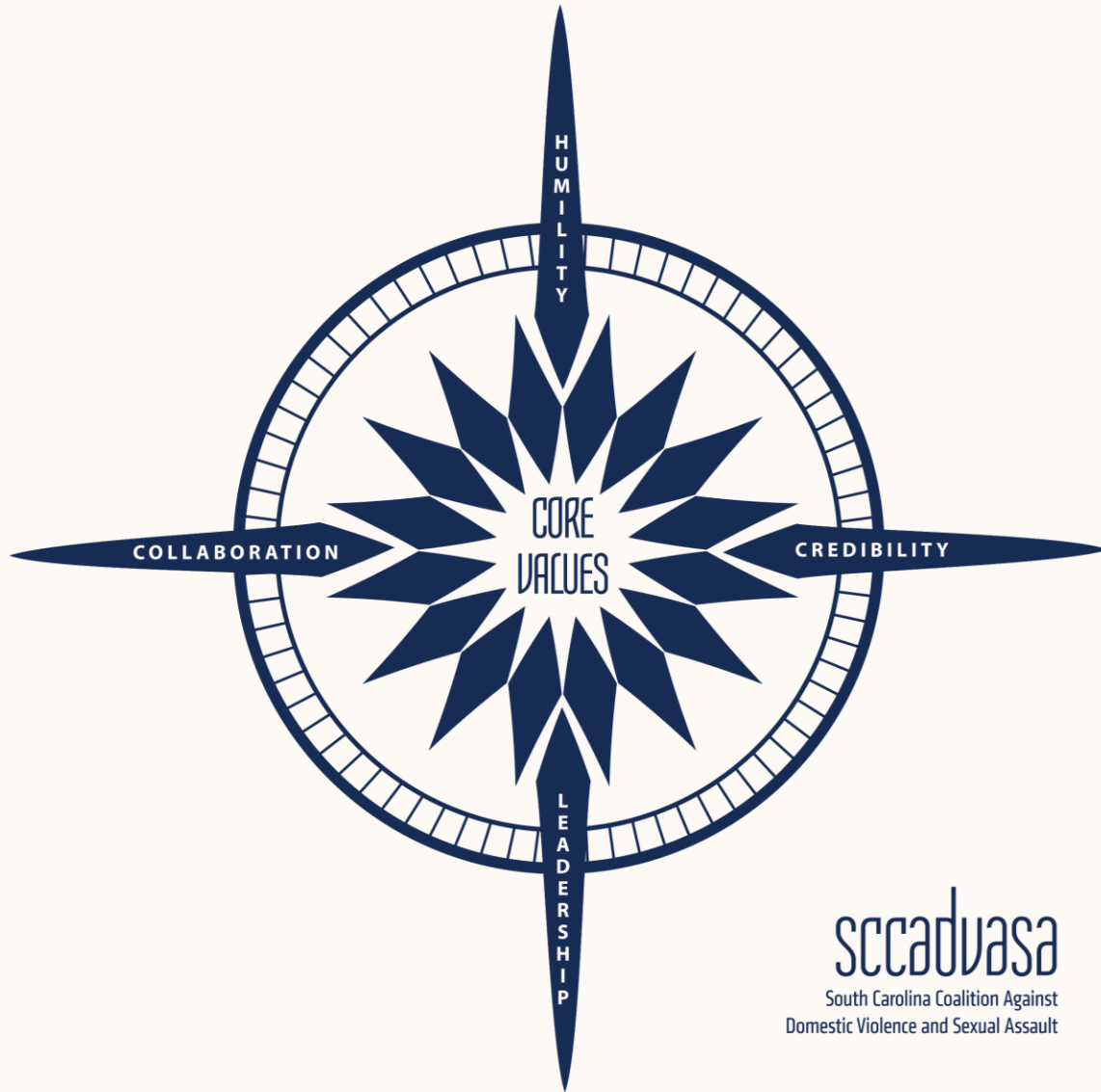
SEX EDUCATION

- Health and Wellness
- Healthy Relationships
- Healthy Living
- Life Choices
- Whole Kids
- Our Whole Lives*

SOCIAL EMOTIONAL LEARNING

- Career Readiness
- Bullying Prevention
- Whole Kids
- Communication Skills
- Personal Safety
- Safe Kids!





THANK YOU

Kelly S. Premo, MPH
She/Her/Hers
Director of Prevention and
Specialized Advocacy
www.sccadvasa.org

References and Resources

<https://www.cdc.gov/violenceprevention/pdf/SV-Prevention-Technical-Package.pdf>

<https://www.cdc.gov/violenceprevention/sexualviolence/index.html>

<https://www.cdc.gov/violenceprevention/sexualviolence/rpe/index.html>

<https://www.cdc.gov/violenceprevention/about/publichealthapproach.html>

<https://www.cdc.gov/violenceprevention/sexualviolence/riskprotectivefactors.htm>

<https://www.cdc.gov/violenceprevention/about/social-ecologicalmodel.html>

<https://www.cdc.gov/violenceprevention/about/connectingthedots.html>

<https://medicalxpress.com/news/2014-10-boys-bully-peers-engage-sexual.html>

<https://www.acesdv.org/wp-content/uploads/2014/09/sexual-violence-continuum.pdf>

<https://scc247.sharepoint.com/:w:/g/ES8SmXX-UCRJu-PcxGnVWrMBFefdEV0vJNWWJTSdKxPq3w?e=fZOU7X>

CARE, Caire Wieters, <https://beyondabuse.info/>

Spectrum of Violence, Sharon Beatty, <http://victimtosurvivor.org/>

Theater of the Oppressed, Rosalyn Stover, <https://thefamilyresourcecenter.org/>

[https://www.prevention.org/Resources/648ff313-5591-4528-8449-](https://www.prevention.org/Resources/648ff313-5591-4528-8449-a883089d3e13/Delivering%20Culturally%20Responsive%20Prevention%20Resource%20Guide%20FY22%20FINAL.pdf)

[a883089d3e13/Delivering%20Culturally%20Responsive%20Prevention%20Resource%20Guide%20FY22%20FINAL.pdf](https://www.prevention.org/Resources/648ff313-5591-4528-8449-a883089d3e13/Delivering%20Culturally%20Responsive%20Prevention%20Resource%20Guide%20FY22%20FINAL.pdf)

Questions?



Please enter your questions using the Q/A button at the bottom of your screen

Thank you!

Please fill out our evaluation:

<https://www.surveymonkey.com/r/B99KVCC>



Visit our website:

www.ChildrensSafetyNetwork.org