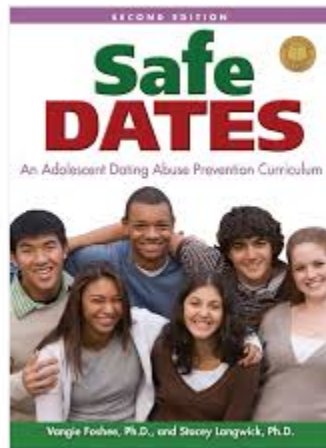


Safe Dates Curriculum



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cca | **DV**

Connecticut Coalition Against Domestic Violence

CT Specific Data

Connecticut Specific Data

According to the CT Department of Public Health 2013 Youth Risk Behavior Survey...

- 26% of CT high school students report being verbally or emotionally abused (33.9% female; 19.1% male)
- 9% of CT high school students report being physically hurt on purpose by a dating partner (10.1% female; 7.9% male)
- 11% of CT high school students reporting being forced by someone they were dating or "going out with" to do sexual things when they did not want to (15.5% female; 7.3% male)

*The 2013 Youth Risk Behavior Survey (YRBS) was completed by 2,405 students in 46 public high schools in Connecticut during the spring of 2013. The school response rate was 85%, the student response rate was 78%, and the overall response rate was 67%. The results are representative of all students in grades 9-12.

What is Safe Dates?

Safe Dates is a ten session evidence based curriculum designed to prevent dating violence.

Safe Dates helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships.

Safe Dates can be used as a dating abuse prevention and intervention tool for both male and female middle and high school students.

What is Safe Dates?

Safe Dates meets the national academic standards for health education grades 6-12. For example:

- Describes the influence of culture on health beliefs, practices and behaviors
- Describes how peers influence healthy and unhealthy behaviors
- Analyzes how messages from media influence behaviors
- Applies verbal and non verbal communication skills to enhance health
- Demonstrates effective conflict management or resolution skills
- Explains the importance of personal accountability
- Describes situations that may require professional health services

What is Safe Dates?

Safe Dates helps to get young people thinking about:

- How they want to be treated by a dating partner
- How they want to treat a dating partner
- What abusive dating relationships look like
- Why dating abuse happens and its causes and consequences
- How to tell if they are in an abusive relationship
- What to do about feelings of anger and jealousy
- How to help a friend who might be in an abusive relationship

What is Safe Dates?

Safe Dates is evidence based:

- Designed as a Model Program by the Substance Abuse and Mental Health Services Administration
- Selected for the National Registry of Evidence-based Programs and Practices (NREPP)



What is Safe Dates?

Safe Dates consists of five components:

1. A ten-session dating abuse curriculum
2. A play about dating abuse
3. A poster contest
4. Parent materials, including a letter, newsletter, and the Families for Safe Dates Program
5. An evaluation questionnaire

All the materials needed to implement the program are included in the Safe Dates manual and on the CD-ROM.

Safe Dates Components

Safe Dates Sessions: 50 Minutes

1. Defining a caring relationship
2. Defining dating abuse
3. Why do people abuse?
4. How to help a friend
5. Helping friends
6. Overcoming gender stereotypes
7. How we feel, how we deal
8. Equal power through communications
9. Preventing dating sexual abuse
10. Reviewing the Safe Dates program

Safe Dates Data

Safe Dates

Compared to the control group, participants in the treatment group schools showed the following improvements at one-month follow-up:

- 25% less psychological perpetration;
- 60% less sexual violence perpetration;
- 60% less violence perpetrated against a current dating partner.

At one-year follow-up participants in the treatment group showed the following improvements compared to participants in the control group:

- 12% lower rates of reported peer violence victimization
- 23% lower rates of reported peer violence perpetration
- 31% lower odds of carrying a weapon to school

At a four year follow-up, the following results were found among Safe Dates participants compared to the control group participants:

- Between 56 - 92% less reported physical, serious physical, and sexual dating violence perpetration and victimization

Safe Dates Data

Safe Dates

- Under DCF's contract with CCADV, there has been four trainings held along with material distribution to each person trained.
- 94 school counselors, social workers, teachers and CCADV community educators have been trained from 32 different school districts.
- Two more trainings are scheduled for October and November along with a training for all Hartford school based counselors. Bringing the total of those trained to 214.

Additional CCADV Resources

Teen Dating & Teen Dating Violence:
td411 mobile application (iPhone & android platforms)

Available in English & Spanish

Safety Tips

Safety Planning

Healthy Relationship

Dating Quiz

Domestic Violence Program Search

