

Promising Practices

Examples for Sexual Violence Prevention Programs

Promising practices are conceptually sound (e.g. they make sense) and program activities are related to the conceptualization. They are reasonably well implemented and evaluated. They also show some positive outcomes (perhaps positive post-test results). As primary prevention of sexual violence is an emerging field, it may be difficult to find many promising practice models. However, good prevention models do exist. Below are some examples.

Expect Respect

Expect Respect Program raises awareness of bullying, sexual harassment, and gender violence among members of the school community. For more information about training or the Expect Respect Curriculum contact Barri Rosenbluth, School-based Services Director, 512/356-1628 or brosenbluth@austin-safeplace.org. Topics include:

- Learn strategies for ensuring a safe and gender-equitable learning environment for all students
- Develop students' skills for preventing and responding to bullying, sexual harassment and gender violence
- Integrate violence prevention curriculum for grades K-12
- Assist parents in helping children respond effectively to bullying and sexual harassment

Curriculum available from:

http://www.vawnet.org/NRCDVPublications/TAPE/Papers/NRC_Expect-full.pdf

Safe Dates

Safe Dates is a school-based program designed to stop or prevent the initiation of psychological, physical, and sexual abuse on dates or between individuals involved in a dating relationship. Intended for male and female middle and high school students 12 to 18 years of age, the Safe Dates program can stand alone or easily fit within a health education or family or general life skills curriculum. Because dating violence is often tied to substance abuse, Safe Dates also may be used with drug and alcohol prevention and general violence prevention programs. The Safe Dates program includes a curriculum with nine 50-minute sessions, a 45-minute play to be performed by students, and a poster contest. Program goals are to:

- Change adolescent dating violence norms
- Change adolescent gender-role norms
- Improve conflict resolution skills for dating relationships
- Promote victim and perpetrator's beliefs in need for help and awareness of community resources for dating violence
- Promote help-seeking by victims and perpetrators
- Improve peer help-giving skills

All program materials, including reproducible student handouts, are included in the Safe Dates binder. Suggestions for a six- or four-session curriculum are provided, but program fidelity is best maintained by completing the nine-session curriculum, the play, and the poster contest.

For More Information:

http://www.hazelden.org/OA_HTML/ibeCCtpItnDspRte.jsp?item=2770 or
<http://modelprograms.samhsa.gov/print.cfm?pkProgramid=228>

Prepared September 2005

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Men of Strength (MOST) Clubs

Men of Strength Clubs (MOST Clubs) extend the impact of Men Can Stop Rape's awareness-to-action workshops and provide male youth with an opportunity to take a leadership role in preventing men's violence in their communities. Each 12-16 session Club looks closely at what it means to be a man and helps participants explore some of the problematic and potentially harmful connections between how men prove masculinity and the epidemic of men's violence. MOST Clubs, however, do not dwell on the negative. Underlying every component of the Club is a focus on building strength and positively redefining masculinity in ways that promote the freedom of both men and women. MOST Clubs aim to:

- Provide young men with a safe, supportive space in which to connect with male peers through exploring notions of masculinity and male strength.
- Promote an understanding of ways that traditional masculinity contributes to sexual assault and other forms of men's violence, perpetuates gender inequity, and compromises the health of men and women.
- Expose young men to healthier, nonviolent models/visions of manhood.
- Build young men's capacity to become peer leaders and allies with women in promoting gender equality and preventing men's violence.

For more information:

<http://www.mencanstoprape.org/info-url2696/info-url.htm>

Mentors in Violence Prevention (MVP) Program

The Mentors in Violence Prevention (MVP) Program, founded in 1993 by Northeastern University's Center for the Study of Sport in Society, is a leadership program that motivates student-athletes and student leaders to play a central role in solving problems that historically have been considered "women's issues": rape, battering, and sexual harassment. The mixed gender, racially-diverse MVP Program, composed of former professional and college athletes, motivates men and women to work together in preventing gender violence.

The four main goals of the MVP Program:

- Raise Awareness of participants about the level of men's verbal, emotional, physical and sexual abuse of women.
- Challenge Thinking by countering mainstream messages about gender, sex and violence.
- Open Dialogue by creating a safe environment for men and women to share their opinions and experiences.
- Inspire Leadership by empowering participants with concrete options to effect change in their respective communities.

For more information:

<http://www.sportinsociety.org/mvp/mvphome.html>

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Sexual Violence Action Team

The Sexual Violence Action Team (SVAT) will provide a vehicle for bringing interested parties together for learning, raising community awareness, and taking action, collectively and individually, to prevent sexual violence and assure that intervention / support services and resources are available and known about in the broader community.

The work of the Action Team will evolve over time. We will educate others who work with youth about issues of sexual violence; raise awareness and understanding about sexual violence; and together determine meaningful actions we can take now and in the future, collectively and also in each of our own arenas of work and spheres of influence. The Action Team has an expectation to be goal-driven while staying committed to meaningful action.

The primary population focus of the Action Team's efforts will be for middle school aged youth, males and females as well as the people who interact with and influence them: parents and other caring adults, including school and community organizations staff.

For more information:

http://www.co.ramsey.mn.us/ph/hc/initiative_sexual_violence.asp

Other

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMSHA), Center for Substance Abuse Prevention has excellent resources on substance abuse and mental health model programs available at:

http://www.modelprograms.samhsa.gov/template_cf.cfm?page=model_list.

Concepts from the SAMSHA Model programs may be applicable to sexual violence prevention.

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