



## Teen Dating Violence Prevention Program

### Program Overview

The Teen Dating Violence Prevention program is a universal primary prevention program that encourages teens to declare their personal relationships and spaces as violence-free zones. The program combines educational workshops with a complimentary youth-led media campaign. It specifically aims to increase teens' awareness of abuse and prevent incidents of dating violence by building knowledge of teen dating violence and encouraging help-seeking behaviors among participants. Our program is part of Interface's greater efforts to prevent family violence, specifically targeting 9th grade students in Health classes throughout Ventura County.

The purpose of the Teen Dating Violence Prevention Program is to reduce and prevent dating violence by increasing age appropriate knowledge about healthy dating relationships. Through the power of education, teens will develop an understanding of how they can make healthy choices in relationships, in turn, preventing of the continuation of the cycle of violence.

### Why It Matters

- Violence in teen relationships is occurring in alarming numbers and can begin as young as 11-12 years of age.
- Abuse can occur anywhere (e.g. school, home, community, and neighborhood).
- Approximately 1 in 3 high school students have been or will be involved in an abusive relationship.
- Historically, and to date, Interface has provided Teen Dating Violence Prevention Program to middle and high school students throughout Ventura County reaching over 20,000 students (approximately 3,200 per year).

### Effective Workshops

- Four (4) workshops (each lasting approximately one hour) are conducted throughout the semester. The workshops can be scheduled over the course of a week, a month or the semester.
- The workshops are interactive and designed to engage youth audiences through a multi-media approach including discussions, videos, and other educational activities

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## Brief Program Overview

### Session 1: Control, Respect, and Rights

#### Learning Objectives

##### Students will:

- ✓ Understand the difference between respect, power, and control
- ✓ Be able to correctly differentiate between control of one's self and the abusive control of others.
- ✓ Critically think about the ways in which gender roles can contribute to violence in relationships
- ✓ Identify healthy, mutually respectful behaviors and personal rights

### Session 2: Dating Violence

#### Learning Objectives

##### Students will:

- ✓ Define and recognize the various forms of dating violence: Physical, Verbal/Emotional, Sexual, and Digital
- ✓ Understand and identify warning signs of abusive relationships
- ✓ Understand the cycle of violence

### Session 3: Ending the Violence

#### Learning Objectives

##### Students will:

- ✓ Define and identify the roles of participants in teen dating violence: Perpetrator, Target, Bystander, and Activist.
- ✓ Learn how to safety plan
- ✓ Become familiar with local and national resources available for targets and perpetrators of dating violence

### Session 4: Human Trafficking

#### Learning Objectives

##### Students will:

- ✓ Define and identify the different types of human trafficking
- ✓ Recognize indicators of human trafficking
- ✓ Gain an understanding of barriers to leaving and other vulnerabilities
- ✓ Learn how to protect themselves and build an awareness of local resources

### Session 5: Toxic and Healthy Masculinity (optional)

#### Learning Objectives

##### Students will:

- ✓ Understand healthy & toxic masculinity
- ✓ Analyze where men learn violent behaviors
- ✓ Learn how to change the culture, break down barriers, and apply healthy behaviors

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