

SAFE DATES

DATING ABUSE & VIOLENCE PREVENTION



ADOLESCENT DATING ABUSE PREVENTION PROGRAM

The Safe Dates curriculum is an engaging, evidence-based program that deals with attitudes and behaviors associated with dating abuse and violence. In a safe and respectful environment, topics such as dating and sexual abuse, communication, and gender stereotypes are discussed.

Goals of the *Safe Dates* Program:

- Identify the difference between a healthy and abusive dating relationship
- Raise awareness of dating abuse and its causes and consequences
- Teach students skills and provide resources to help themselves or friends in abusive dating relationships
- Develop skills for healthy dating relationships, including positive communication, anger management, and conflict resolution

Safe Dates is appropriate for middle and high school students. It is a 10-session program that may be modified to a six or four-session program. Each session is approximately 50 minutes long and can be implemented over a period of days or weeks. The Safe Dates program can be taught in a school, community, and after-school settings.

*If you are interested in having this program at your school or organization, please contact
Melanie Stone, Health Educator, at 248-858-8745 or stonem@oakgov.com*

SAFE DATES

SCOPE & SEQUENCE

SESSION 1: DEFINING CARING RELATIONSHIPS	<ul style="list-style-type: none"> Identify the qualities that are most important in a dating relationship to the participant Identify actions that are caring and supportive Understand how they would like to be treated and treat a dating relationship
SESSION 2: DEFINING DATING ABUSE	<ul style="list-style-type: none"> Define physically and emotionally abusive behaviors Identify harmful dating behaviors, and physical and emotional abuse in dating relationships Increase ability to identify abusive behaviors as abusive, and reject abuse as normal Increase awareness in a person's susceptibility to dating abuse
SESSION 3: WHY DO PEOPLE ABUSE?	<ul style="list-style-type: none"> Describe the controlling and manipulative functions of dating abuse Identify abusive behaviors as abusive Acknowledge common misperceptions of why dating abuse happens Understand that dating abuse is a serious matter, and not the victim's fault Describe the serious short and long-term consequences of abusive relationships
SESSION 4: HOW TO HELP FRIENDS	<ul style="list-style-type: none"> Recognize the complexity of the decision to leave an abusive relationship and the many different opinions about when one should leave Recognize the difficulty and fear of a friend's ability to reach out for help in an abusive relationship Describe the community resources available for teens in abusive dating relationships Seek help if they're victims of abuse or are abusive partners in a dating relationships
SESSION 5: HELPING FRIENDS	<ul style="list-style-type: none"> Identify red flags that may indicate an abusive partner or a victim of dating abuse Feel more comfortable confronting a friend who is abusive in a dating relationship Understand how to support a friend in an abusive relationship
SESSION 6: OVERCOMING GENDER STEREOTYPES	<ul style="list-style-type: none"> Understand that people hold specific images of dating relationships Describe how the images people hold influence their interactions in dating relationships Identify the harmful consequences of gender stereotyping Explain the role that gender stereotyping plays in dating relationships
SESSION 7: HOW WE FEEL, HOW WE DEAL	<ul style="list-style-type: none"> Learn how to express feelings or emotions in various ways Understand the importance of acknowledging and communicating feelings Identify situations that trigger anger, and physiological and psychological cues of anger Identify and use nonviolent ways to respond to anger Understand there are choices in how to respond to anger
SESSION 8: EQUAL POWER THROUGH COMMUNICATION	<ul style="list-style-type: none"> Describe and demonstrate the four SAFE communication skills for resolving conflict Describe nonviolent responses when a dating partner doesn't communicate in a way that is fair and equal
SESSION 9: PREVENTING DATING SEXUAL ABUSE	<ul style="list-style-type: none"> Understand that victims of dating sexual abuse are never to blame Understand that rape is always unacceptable Understand and interpret "no" cues correctly Know how to protect themselves in a potential rape situation State their sexual boundaries clearly to their dating partner Describe dating tips to decrease their chances of being a victim of sexual assault or an abusive partner Identify date rape drugs
SESSION 10: REVIEWING THE SAFE DATES PROGRAM	<ul style="list-style-type: none"> Assess what was learned in <i>Safe Dates</i>