



START STRONG: BUILDING HEALTHY TEEN RELATIONSHIPS

Engaging Youth In- and Out-of-School
July 17, 2013

Welcome to the webinar! We will begin in a moment.

To listen to audio via phone:

Call: 1-888-850-4523

Passcode: 418086

For technical support, please call Adobe at (800) 422-3623

The slides and recording from today's webinar will be available to download at:

http://www.futureswithoutviolence.org/section/our_work/tweens_and_teens/7_17_13



Facilitators



David Lee

CALCASA/PreventConnect

david@calcasa.org



Lisa Sohn

Futures Without Violence

lsohn@futureswithoutviolence.org



How to use this technology

- Text chat
- Polling Question
- The slides and recording will be available after the webinar:
http://www.futureswithoutviolence.org/section/our_work/tweens_and_teens/_6_5_13
- Please send a private chat message to “Hosts” for help
- Call Adobe Technical Support: (800) 422-3623



What best describes
your organization?



Speakers



Nancy Carroll

Start Strong Wichita

Ncorkins.carroll@gmail.com



Christina Garcia

Sojourner House/Start Strong Rhode Island

cgarcia@soujournerri.org



Emily Austin

Peace Over Violence/Start Strong Los Angeles

emily@peaceoverviolence.org



Paige Nelson

RYASAP/Start Strong Bridgeport

pnelson@ryasap.org



START STRONG: BUILDING HEALTHY TEEN RELATIONSHIPS

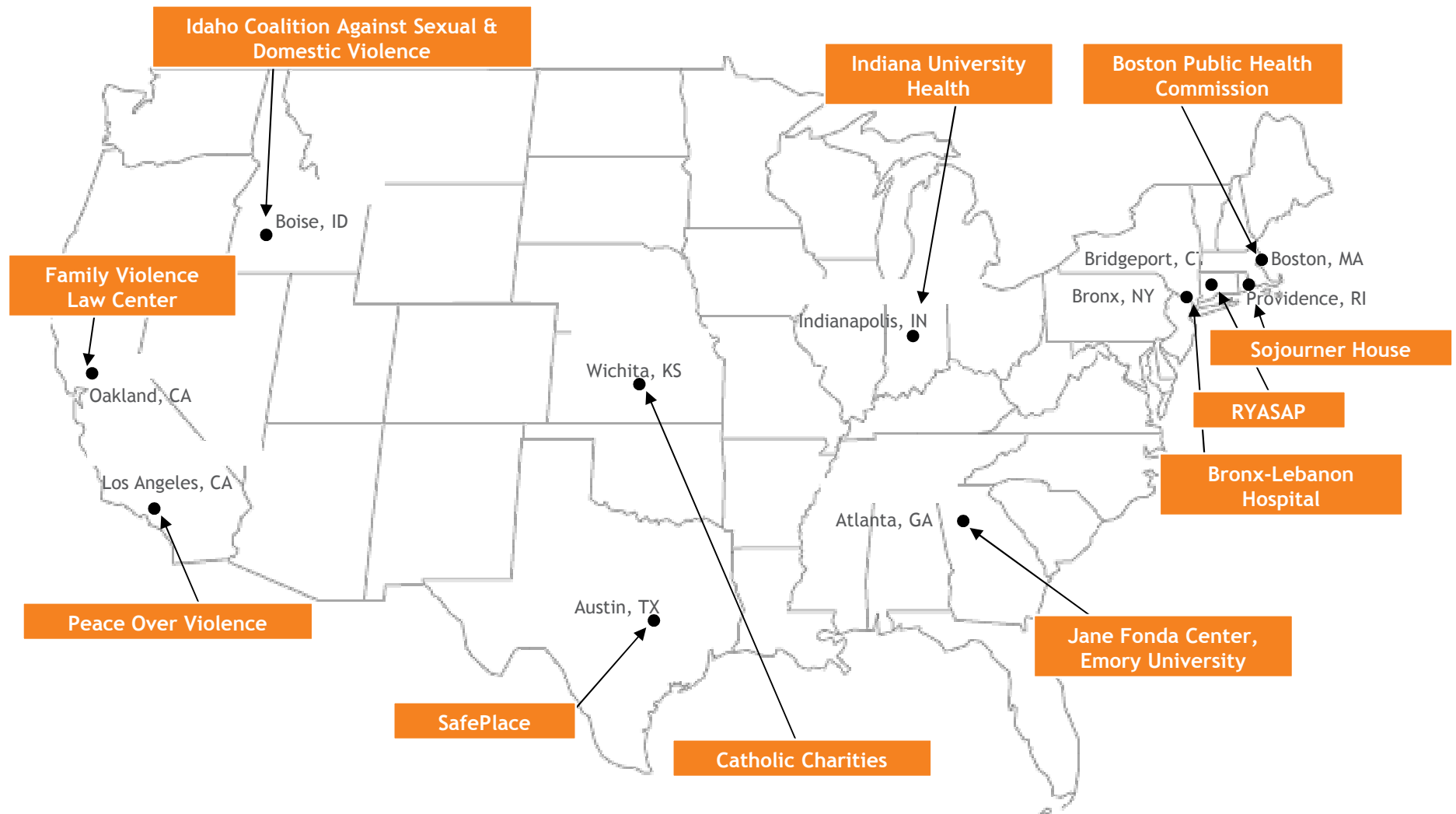
- Four years: Nov 2008 - Nov 2012
- \$18 million investment in 11 communities
- Funded by Robert Wood Johnson Foundation and Blue Shield of California Foundation
- Focus on 11-14 year old youth



Blue Shield of California Foundation is an Independent Licensee of the Blue Shield Association



The Communities of *Start Strong*



Socio-Ecological Model



- Educate and engage youth in & out of school
- Educate/engage teen influencers
- Change policy & environmental factors
- Promote social norms change through social marketing and communications



What We've Learned from Start Strong Schools

Piloting two evidence-based curricula
in school and in after-school programs
across the USA



**What do you hope
to learn from this
web conference?**



Poll Time!





**Schools: the
optimal place
for reaching
middle school
youth
(and parents)**



Pre-Teens Have to Be There!



More importantly...



The Need Is There!



Curriculum + ...





School Climate is:

- Rules and Norms – clearly communicated
- Sense of Physical Security
- Sense of Social and Emotional Security

(National School Climate Center. The 12 Dimensions of School Climate Measured.
<http://www.schoolclimate.org/climate/>)



School Climate is:

- Respect for Diversity
- Supportive and caring adult relationships for students
- Supportive and caring peer relationships
- Feeling connected to school/positively identified



Be Patient yet Persistent

*Organizational change occurs
through gentle pressure,
relentlessly applied.*

--anonymous wise sage



What programming
have you done to
create a healthy
school climate?



A photograph of two young women with dark skin and hair. The woman on the left has long, wavy dark hair and is wearing a black t-shirt, a large silver chain necklace, and a silver bracelet. She is looking down at a red flip phone held in her hands. The woman on the right has her hair pulled back into a bun with a silver headband and is wearing a black t-shirt. She is leaning in and whispering into the ear of the first woman. The background is a green wall with a diamond-plate texture.

Curricula

How do we affect
where teens are
getting their
information on
healthy
relationships?

Broad Considerations

- ❑ Materials based on State and/or National standards of health education
- ❑ Effectiveness in behavior change demonstrated by evaluations
- ❑ Curricula content
- ❑ Diversity



School Considerations



- ☐ Can materials be integrated into already existing health/ English/art curriculum?
- ☐ Curricula need to be flexible
 - Sessions fitting allotted time
 - Adaptable for multiple classroom settings (Life skills, health, English, art, social studies)
- ☐ Classroom teacher vs. outside instructor



Teaching Considerations

- ❑ Multiple sessions
- ❑ Small groups or classrooms
- ❑ Varied teaching methods and activities

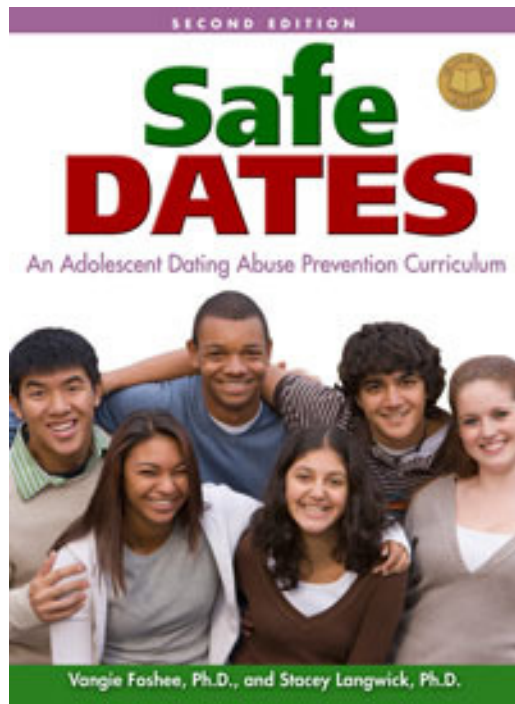


Recommended Action Steps

- ✓ Health educators review curricula
- ✓ Teens review curricula
- ✓ Choose curriculum that allows flexibility while still maintaining fidelity



Start Strong: Curriculum



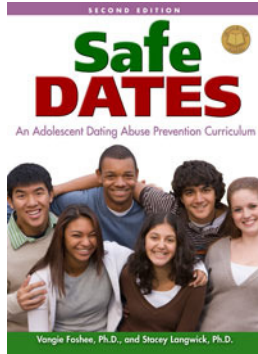
Poll Time!



Evidence-based Curricula

Safe Dates

- ☐ Tied to state requirements
- ☐ Student awareness on healthy and abusive dating relationships
- ☐ Equips students with the tools to help themselves/friends in abusive dating including positive communication, anger management, and conflict resolution.
- ☐ Taught by teachers or prevention specialists
- ☐ 10 sessions
- ☐ Includes dating abuse play and poster contest

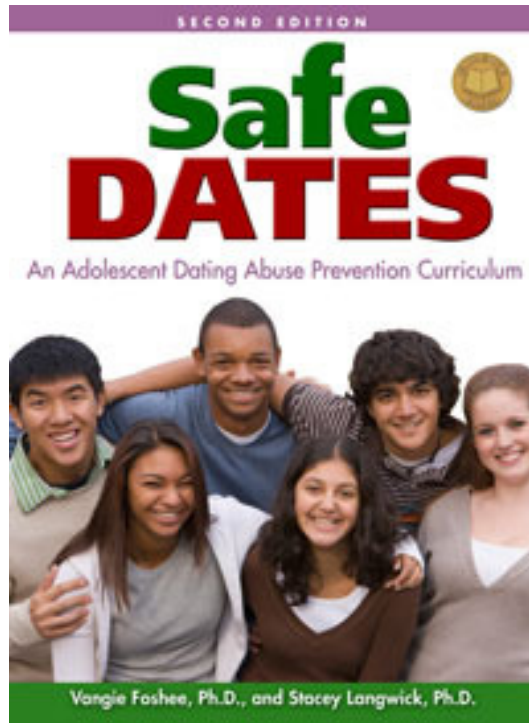


The Fourth R

- ☐ Tied to State requirements
- ☐ Social Emotional learning and skills-based approach
- ☐ A relationship-based approach to reducing dating violence and other related risk behaviors: peer and dating violence prevention, healthy growth and sexuality, substance use and abuse.
- ☐ Taught by teachers
- ☐ 21 lessons, flexible sessions
- ☐ Covers multiple risk behaviors



Significant Outcomes



- Compared to 8th and 9th grade youth who were not exposed to Safe Dates, adolescents reported:
 - ✓ less psychological, moderate physical, sexual dating violence perpetration
 - ✓ less physical and sexual dating violence victimization
- In comparison to controls, adolescents exposed to Safe Dates and who reported at baseline no or average prior involvement in severe physical perpetration reported less severe physical perpetration at all four follow-up periods
- In comparison to controls, adolescents exposed to Safe Dates reported from 56% to 92% less dating violence victimization and perpetration four years after exposure to Safe Dates.



Significant Outcomes



- Students in the intervention group demonstrated **increased relationship skills and peer resistance skills** based on observational data as rated both by research coders and a group of teachers
- Following intervention at the school level, the Fourth R program provided a protective impact for vulnerable youth; that is, **the relationship between multiple experiences of child maltreatment and engaging in violent delinquency was greatly reduced** among youth in Fourth R schools
- Specifically, youth who received the Fourth R:
 - ✓ reported **reduced dating violence**, especially for boys in intervention schools
 - ✓ reported **higher condom use**, especially for boys in intervention schools



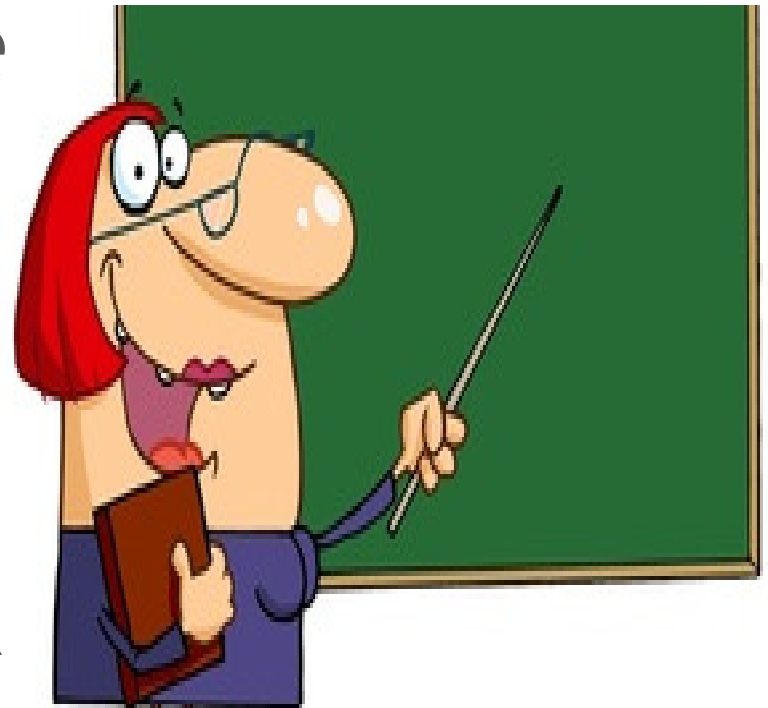
Classes Where Curricula Taught

- Health
- Advisory
- English Language Arts
- Math
- Social Studies/
American History
- Science
- Teen Leadership



Safe Dates Quotes from Facilitators

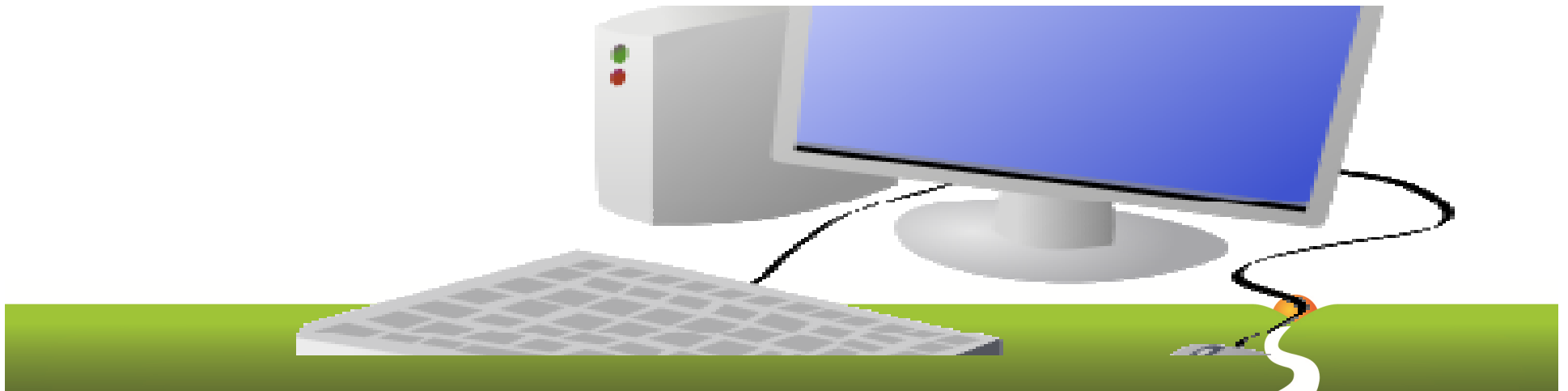
“The Feelings handout was very useful--it gave the students more vocab to describe how they feel and what terms mean to them. We needed time to talk and define some of the terms as a group.”



Fourth R Quotes from Facilitators

“The bully and cyber bullying lessons had a tremendous impact. Even now, I see the results of the lessons. The students are now more sensitive to the needs of others.

I have seen this in how they deal with each other and how they deal with staff.”

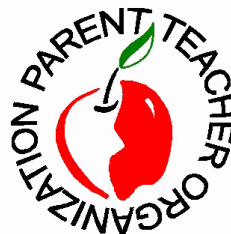


What features do you think
are most important in
selecting a curriculum?



Working with Schools

1. Evaluate the educational environment in the community you serve.
2. Inform key stakeholders of your work.
3. Determine what individuals or groups you must persuade.

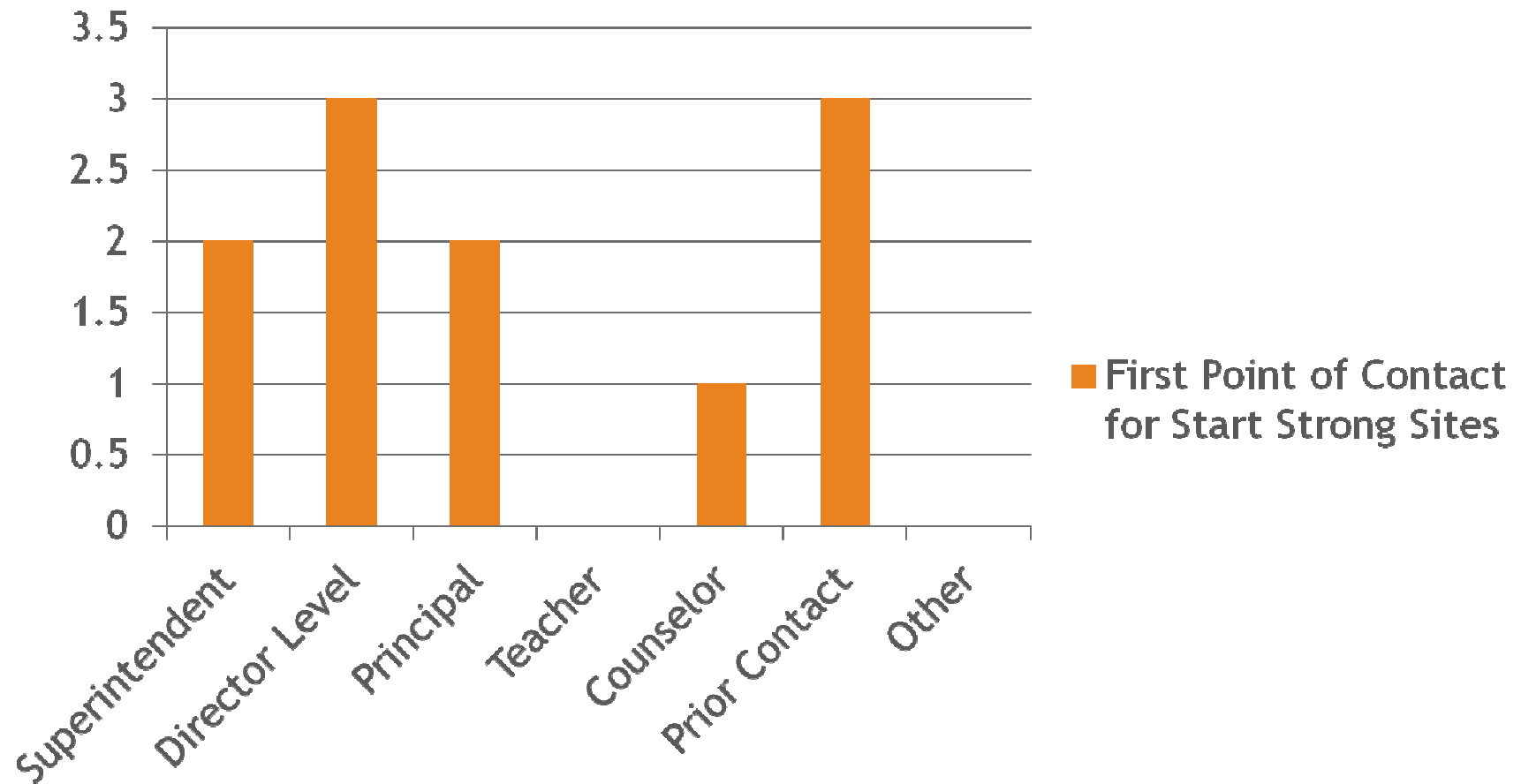


Working with Schools

4. Identify key allies.
5. Develop your case.
6. Make your “ask.”



First Point of Contact for Start Strong Sites



Getting Accepted

7. Seek media support
8. Participate in meetings with key stakeholders
9. Offer ongoing support and information
10. Establish a procedure for evaluating, updating and improving your efforts
11. Sustainability



REJECTED



Implementation Strategies: Now what?



Implementation Strategies



Method of program delivery

- Program Staff vs. School Staff

Special Considerations

- Need for staff training
- Comfort level of teacher
- Collaboration with support staff
- Ongoing support and development



Implementation Strategies

Stipends/Rewards

- A few considerations:
 - Rewards don't have to be monetary
 - Make sure you are working with people who are invested in the project and not just the reward
- Make sure your partnering school district allows stipends or rewards to be distributed



Implementation : Now what?

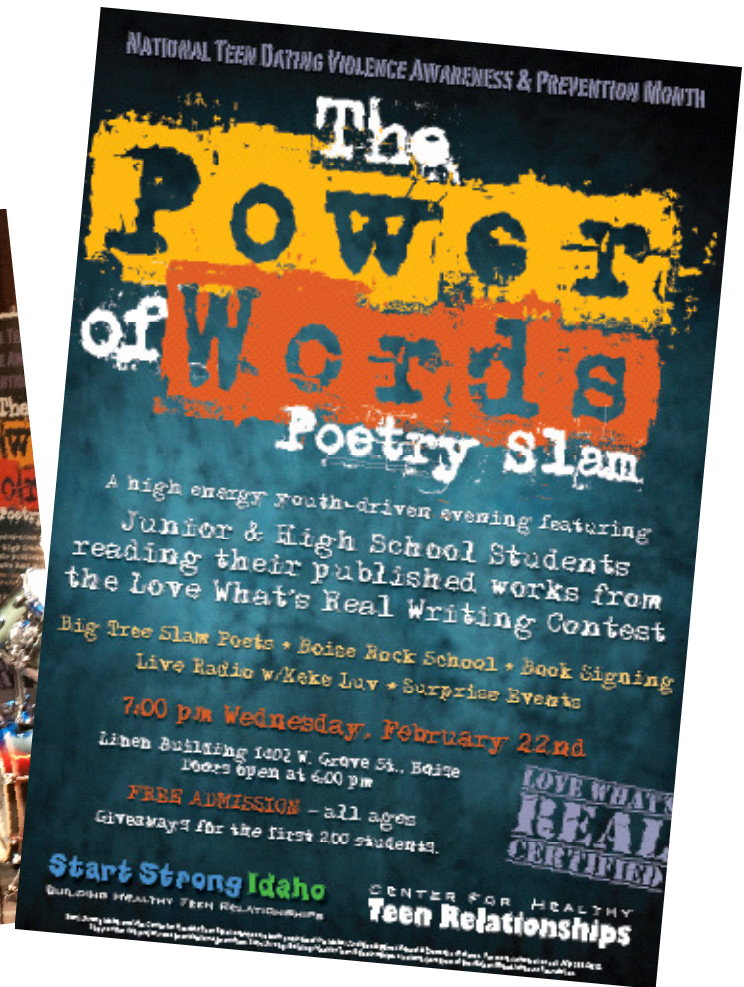
Unforeseen
challenges?

Here's your
opportunity!



Implementation Strategies

- Expand in-school strategy to out-of-school event



Implementation Strategies



- Expand in-school strategy to other school activities
 - ❑ National Teen Dating Violence Awareness & Prevention Month
 - ❑ Movie showings
 - ❑ English/Reading and Writing Contest

Out of School Settings

- Why do it? Youth are there!
- Youth organizations - your champions and allies!



Out of School Settings



- **Challenges**

- Fluctuating attendance
- Focus on athletics or homework/tutoring
- No need for topic area

- **Opportunities**

- Mutual goals
- Expand youth leadership
- Build on existing curricula or activities
- Build capacity of youth organization staff as champions



- Buy-in and training are essential
- Be creative
- Keep an eye on the future



How have you worked with
students beyond classroom
presentations?



Questions?

Assessing
Readiness
Rural - Urban

School
Engagement
~
Champion in
School

Out-of-
school
activities

I'd like to
know
more
about...

How do I
get
started?

Safe Dates
vs
Fourth R

School climate
change



CONTACT US!



Emily Austin
Peace Over Violence/
Start Strong Los Angeles
emily@peaceoverviolence.org



Lisa Sohn
Futures Without Violence
lsohn@futureswithoutviolence.org



Nancy Carroll
Start Strong Wichita
Ncorkins.carroll@gmail.com



Paige Nelson
RYASAP/Start Strong Bridgeport
pnelson@ryasap.org



Christina Garcia
Sojourner House/
Start Strong Rhode Island
cgarcia@soujournerri.org



Upcoming Webinars

Each 90 minute webinar will begin at 11 PT/12MT/1CT/2ET

August 7: Policy

September 17: Start Strong Evaluation

*All webinars are recorded; recordings and registration information can be accessed at:
www.StartStrongTeens.org/webinars*

