

# Primary Prevention Partners Meeting Minutes

August 29, 2019

1:00 — 4:00 p.m.

Present: Mallory Sattler, NDDoH; Kaitlin Atkinson, CVIC; Brittany Love, CVIC; Courtney Renner, CVIC; Greg Lemke, RACC; Tama Puhr, RACC; Kristin Peterson, Valley City Green Dot; Katie Fitzsimmons, ND University System; Kristina Knutson, CAWS; Jennifer Obinna, The Improve Group; Heather Jenkins, DVPNW ND (Phone); Darla Juma, DVPNWND (Phone); Mary Thysell, Safe Shelter; Lisa Weisz, WARC; Rachelle Hauser, WARC; Liz Anderson, ARN (Phone); Carrie Richardson-Ozuna, DVCC (Phone); Becky DeVries, TRCC (Phone); Veronica Zietz, CHI St. Alexius (Phone); Debra Olson, DVAC (Phone); Staci Jensen, DVAC (Phone)


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- **Rape Prevention and Education (RPE) – Katie Jones, Public Health Advisor (ND RPE Project Officer)**
  - Katie presented an overview of sexual violence prevention and the Rape Prevention and Education Program (see attached PowerPoint) as part of ND's RPE Site Visit
- **Upstanders – Brittany Love, Community Violence Intervention Center**
  - The 8-session program, developed by CVIC, supports positive leaders in schools by promoting respect and healthy relationships (see attached PowerPoint).
- **Principles of Prevention Activity – Mallory Sattler and Kristina Knutson**
  - Correctly identifying the principles of prevention was the lowest score on the Prevention Capacity Survey so the 9 Principles were reviewed (see attached PowerPoint).
- **Community Readiness Planning and Updates – Kristin Knutson**
  - Messaging templates for each ally and readiness level will not be created due to lack of time and resources.
  - The Community Readiness Gameboard will still be pursued.
- **Member Updates using Community Readiness Table**
  - Mary – Medina did 10 sessions Safe Dates; Carrington Fall, Zonta Group Prevention on campus
  - CVIC – Green Dot launch; met with rural schools; environmental scans; Friendships that Work adapted for 4th grade (includes posters and parent brochure)
  - Becky – Presentations in schools, NDSCS nursing class; Sources of Strength
  - Carrie – reaching out to rural schools (Teen Maze), partner on Sources of Strength; social media campaigns; podcasts; MidDakota Education Cooperative
  - Liz – Safe Dates; Olweus; Within My Reach; weekly outreach; Denim Day had 140 people; Women's Event with activities for Within My Reach
  - Veronica – Within My Reach
  - Staci – Safe Dates; requests for social media safety; Teen Maze; Consent; Looking into The 4th R

- Greg – refocusing on Green Dot; COE Prevent Child Abuse Program; Pride Event; Healthy relationship program in all public schools; Universities; Sexual Harassment with City of Fargo; Red Flag/Green Flag (Safe Boundaries and Boundary Ownership), 9-12 healthy relationships (1, 2 & 6 sessions)
- Tama – Trained in *Not a Number*
- Rachelle/Lisa – Safe Dates; healthy relationship stuff; church awareness packet; Denim Day
- Kristin – 4 sessions of Safe Dates

## **Future Meetings:**

Wednesday, October 23, 2019

National Center for Injury Prevention and Control 

## Rape Prevention and Education: Using the Best Available Evidence for Sexual Violence Prevention

### CDC's Site Visit to North Dakota: Meeting with Primary Prevention Partners

**Katie Jones**  
Public Health Advisor  
CDC - North Dakota Department of Health Site Visit

August 28-29, 2019

## Presentation Goals and Objectives

### Goals and Objectives

- Connect the work of RPE to the field of SV prevention
- Review the research on the connections between Bullying and childhood risk factors to sexual violence
- Present information on strategies with the best available evidence for preventing sexual violence
- Share innovative and emerging strategies

## Sexual Violence Prevention and RPE

## Requirements of the RPE Program

- Strong research or evaluation backing
- Based on sound theory
- Comprehensive
- Use a variety of methods for implementation
- Hearing or seeing the message multiple times
- Building capacity
- Aligning selected populations with chosen strategies

## Developmental Pathways & Risk Factors

## Developmental Pathways & Risk Factors for SV Perpetration

- Bully-Sexual Violence Pathway Theory
  - [https://www.cdc.gov/violenceprevention/pdf/ASAP\\_BullyingSV-a.pdf](https://www.cdc.gov/violenceprevention/pdf/ASAP_BullyingSV-a.pdf)
- Risk factors
  - Childhood sexual abuse (among males)
  - Childhood physical abuse
  - Witnessing violence in the family



## Programs, Practices, or Policies with the Best Available Evidence

### Child Development & Parenting Skills

- Parenting skill and family relationship approaches
  - Adults and Children Together Against Violence: Parent Raising Safe Kids (ACT)
  - The Incredible Years
  - Strengthening Families 10-14
- Focus on Adults, NOT on children

### Youth curriculum-based approaches

- Social emotional learning
  - Second Step (Steps to Respect)
  - Promoting Alternative Thinking Strategies (PATHS)
- Healthy relationships
  - Safe Dates
  - The 4<sup>th</sup> R
  - Expect Respect
  - Shifting Boundaries

### Social Norms

- Public engagement and education campaigns
  - Breaking the Cycle

### Environmental approaches

- *Preventing Child Sexual Abuse Within Youth-serving Organizations: Getting Started on Policies and Procedures*
- Shifting Boundaries
- Crime Prevention Through Environmental Design (CPTED)

### Essentials for Childhood: Steps to Create Safe, Stable, Nurturing Relationships & Environments

- Framework for state and community action related to child abuse and neglect
- Four goal areas:
  - Raise awareness and commitment
  - Use data to inform actions
  - Create the context for healthy children and families through norms change and programs
  - Create the context for health children and families through policies

### Innovative and Emerging Strategies

- Crime Prevention Through Environmental Design
- Safe Bars/bar bystander programs
- Alcohol policies
- Gender equity
- Workplace policy and environmental change
- Addressing Social Determinants of Health
- Strategies that address shared risk and protective factors

### Questions/Discussion



THANK YOU!

Please contact Katie for additional questions or information:  
[yde9@cdc.gov](mailto:yde9@cdc.gov)


National Center for Injury Prevention and Control






# UPSTANDERS

Leading by Example

- 
- ✓ To become **positive leaders** within our school community by promoting **respect** and **healthy relationships**.
  - ✓ **Change social norms** to a culture of **safety** and **respect**.

UPSTANDERS: Leading by Example 



## 8 Sessions of Leadership


1. Group Agreements & Respect
2. Understanding Privileges
3. Self-Image
4. Friendships
5. Healthy Relationships
6. Setting Boundaries
7. Rumor Spreading
8. Upstander Behavior



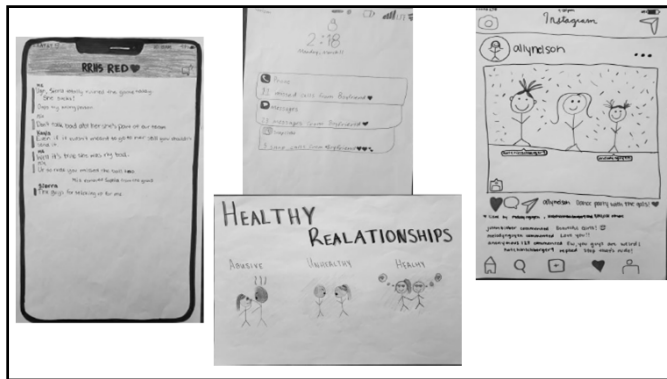
## Healthy Relationships



## Star Relationships Activity



## Upstander Behavior



## A Call to Men @ Community High School

Our Overarching Goal – To step out of society's gender "rules", or the "Man Box," and **think critically about serious topics** such as violence, abuse, sexism, and **manhood**

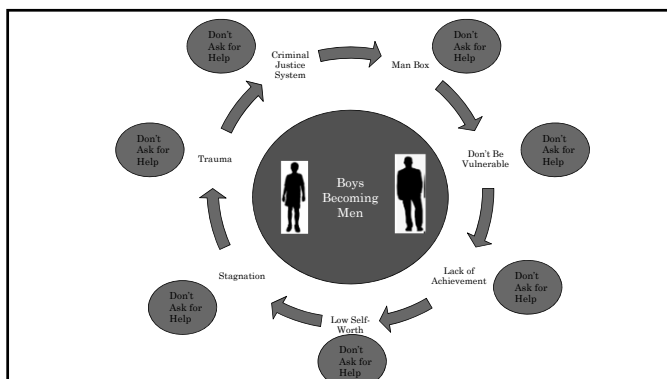
**A CALL TO MEN**  
The Next Generation of Manhood

## The 9 Conversations

1. The Man Box
2. Society's Gender Rules
3. Man Box Teachings
4. The Media Connection
5. Understanding Objectification
6. Understanding Sexual Harassment
7. Understanding Sexual Assault
8. Interrupt the Cycle
9. Healthy Manhood, Healthy Relationships

## Barriers & Concerns

- Confidentiality – What's said here, stays here
- Transparency – ALL of US will share in an open and safe environment
  - No one will be judged nor blamed
- Language – Language may become "blue" at times – Let's ensure the language fits in the discussion
  - It is NEVER okay to curse at one another or when talking about others
- Victim Blaming – Blaming the victim and not taking responsibility for abusive behaviors
  - IT IS NOT the victim's fault
- Respecting the LGBTQ Community
- We respect personal experiences of those in this room
  - Prepared to assist – Caring Adults



**SEXUAL HARASSMENT**

**"IT'S JUST A JOKE."**

- NYC Commission on Human Rights

Meeting 6 –  
Understanding Sexual Harassment



Meeting 8

Interrupt  
the Cycle

understanding patient  
thoughtful integrity giving loving trustworthy  
encouraging supportive wise gentle kind  
selfless respectful caring  
love honor humble  
compassionate forgiving  
faithful empathetic honest good listener  
truthful openminded sensitive  
responsible helpful respect generous strong  
rolemodel listener empowering

Meeting 9 –  
Healthy Manhood;  
Healthy Relationships



Welcome! – We will begin shortly

AUGUST 29, 2019

## PRIMARY PREVENTION PARTNERS MEETING

### RAPE PREVENTION AND EDUCATION GRANT

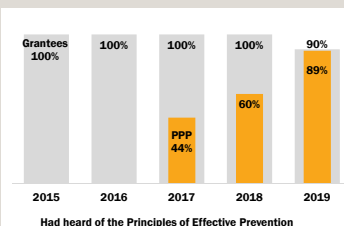
- Primary Prevention using Public Health Approach
- 3 RPE Grantees and Evaluator
- Toolkit Listserv



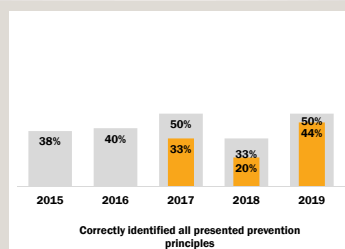
### PRIMARY PREVENTION PARTNERS

- Intimate Partner Violence and Sexual Violence Primary Prevention
- Share activities and resources
- Discuss collaboration
- Leverage Resources

### PREVENTION CAPACITY SURVEY



### PREVENTION CAPACITY SURVEY



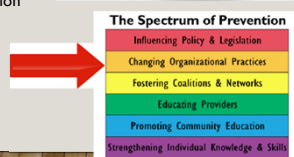
### PRINCIPLES OF PREVENTION

- 9 Principles Based on Research



## COMPREHENSIVE

- Social Ecological Model
- Spectrum of Prevention



## VARIED TEACHING METHODS

- Interactive
- Skills-based component



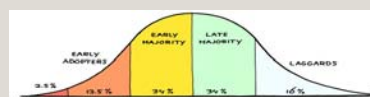
## SUFFICIENT DOSAGE

- High contact/Exposure
- Concentrated Time Frame
- Reinforcing
- Key Messages



## THEORY DRIVEN

- Scientific Justification
- Logical Rational
- Theory of Change



## POSITIVE RELATIONSHIPS

- Promote Protective Factors
  - Healthy sexuality
  - Healthy relationships
  - Connections with trusted adult
  - Others?



## APPROPRIATELY TIMED

- Developmentally Relevant
- Usually begin early



## SOCIO-CULTURALLY RELEVANT

- Culturally Appropriate
- Community Norms



## OUTCOME EVALUATION

- Strategy to provide ongoing feedback to planning and implementation processes



## WELL TRAINED STAFF

- Sensitive
- Competent
- Sufficient Training
- Supervision



## Discovery Dating (DD)

DD is a healthy relationship development program that provides a process for:

- exploring personal values
- discernment of character traits in others, and
- skill-building toward decision-making

It's tenets are love, respect and belonging and other indigenous community values.

DD has been used in a myriad settings, including:

- elementary school classrooms
- educational sessions for mothers receiving public benefits
- prison inmate groups
- youth clubs
- high school enrichment offerings
- adult women's support groups

From <https://www.wisconsinmango.org/discovery-dating/>

The basic model consists of:

- 14-45 minute sessions
- After-school "clubs" and out-of-class activities with parents and mentors are encouraged to make the program comprehensive

Desired outcomes for DD are twofold:

1. increased personal agency, and
2. improved healthy relationship skills

Personal agency = protective factor for multiple forms of violence.

- Evaluations in tribal communities found DD youth statistically significantly increased their personal agency
- One evaluation found a reduction in teen pregnancy rates with high schools students who participated in DD in middle school

<https://www.youtube.com/watch?v=kDpnlQ5VwY&feature=youtu.be>

## PRIMARY PREVENTION PRINCIPLES IN ACTION DISCOVERY DATING

1. Comprehensive	Youth and mentor components
2. Varied teaching methods	Lesson plans, diary sheets, goals charting, role plays
3. Sufficient dosage	14 45-minute sessions plus homework
4. Theory-driven	Self Efficacy and Self Regulation
5. Positive relationships	Healthy relationship skill-building; time with adult mentor
6. Appropriately timed	Can be modified for various age ranges
7. Socio-culturally relevant	Effective with tribal and non-tribal communities
8. Outcome evaluation	Use of pre- and post-test evaluation instruments
9. Well-trained staff	Training is required

## THE 4<sup>TH</sup> R

- <https://www.youtube.com/watch?v=2Njs2BtBVlo>



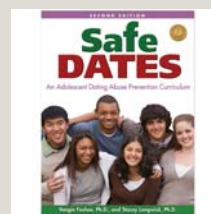
## PRIMARY PREVENTION PRINCIPLES IN ACTION

### THE 4<sup>TH</sup> R

1. Focus on youth 12-18 Years Old
2. 14 sessions
3. Builds strengths, resilience and coping skills
4. Facilitators model honesty and integrity
5. Role playing and group input
6. Public and Catholic Schools, LGBTQ+, and Indigenous Informed
7. 4 Guiding Principles
8. Randomized Control Trials
9. Injury prevention, substance use, addictions, sexual health, etc.

## SAFE DATES

- [https://www.youtube.com/watch?v=T\\_7PYE4tjGE](https://www.youtube.com/watch?v=T_7PYE4tjGE)



## PRIMARY PREVENTION PRINCIPLES IN ACTION SAFE DATES

1. Comprehensive	Youth, parent, and teacher components
2. Varied teaching methods	Games, discussions, role play, writing, panel, play, poster contest
3. Sufficient dosage	9 50-minute sessions
4. Theory-driven	Health Belief Model and Theory of Planned Behavior
5. Positive relationships	Teaches caring relationships
6. Appropriately timed	Aligned with developmental age for beginning to date
7. Socio-culturally relevant	Proven equally effective for diverse student groups
8. Outcome evaluation	Use of pre- and post-test evaluation instruments
9. Well-trained staff	Preparation materials are included with the curriculum, training required to facilitate

## TRANSLATING INTO YOUR WORK

