

eliminating racism
empowering women

ywca



**ACCESS York &
Victim Assistance Center**

PREVENTION EDUCATION PROGRAM

Violence is a public health epidemic that has no socio-economic or geographic boundaries, and has a devastating impact on individuals, families, and entire communities. Violence is a learned behavior, but it can be unlearned and prevented. Public health research has shown that primary prevention is the key to stemming the tide of violence in our communities. The independent Community Preventive Services Task Force, appointed by the Centers for Disease Control and Prevention, recently found “strong evidence that universal, school-based programs decrease rates of violence among school children.”

COMMUNITY IMPACT

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.¹
- One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.²
- Violent behavior typically begins between the ages of 12 and 18.³
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse.⁴
- More than one out of every five (20.8%) students report being bullied.⁵
- 15.5% of high school students and 24% of middle school students were cyberbullied in 2015.⁶
- 1 in 10 children will be sexually abused before age 18.⁷

“You may feel weak, but within you is the strength to leave, within you is the strength to overcome, and achieve that which you deserve.”

- From Stories of Survivors

PROGRAMS OFFERED

Through YWCA York's Prevention Education Programming we focus on the individual and relationship levels of the socio-ecological model. We use this model as a framework for prevention because we know there are many combinations of factors that influence behavior. Evidence based practice dictates that interventions address interlocking systems of oppression and promote protective factors while reducing risk factors.

Our prevention advocate is tasked with providing healthy relationship, curriculum-based lessons in the primary and secondary education system. Through our prevention programming we seek to promote social norms that protect against violence and teach skills to prevent dating abuse and sexual violence.

Boss of My Body A child sexual abuse prevention lesson designed to educate children on how to: recognize red flags, identify trusting adults, and respond to unwanted sexual contact. **Intended audience: 1st & 2nd grade.**

Changing Attitudes, Changing Behaviors A series of lessons covering topics such as: Defining Caring Relationships, Defining Dating Abuse, Defining Bullying Behavior, Equal Power through Safe and Respectful Communication, Causes & Consequences of Dating Violence, Recognizing Harmful Gender Stereotypes, Identifying and Expanding our Feelings, Vocabulary, Stress & Calming Strategies, and Bystander Intervention. **Intended audience: 5th-12th grade. Customized to fit the needs of audience.**

Programs utilize the following evidence-based curriculums: **Safe Dates, Expect Respect, Coaching Boys Into Men, Green Dot.**

FOR ADDITIONAL INFORMATION OR TO SCHEDULE A HIGH-CONTENT, IMPACTFUL TRAINING, PLEASE CONTACT COMMUNITY EDUCATION AT 717.845.2631. TRAININGS CAN BE CUSTOMIZED TO FIT YOUR NEEDS.

References

¹Centers for Disease Control and Prevention, "Physical Dating Violence Among High School Students—United States, 2003," Morbidity and Mortality Weekly Report, May 19, 2006, Vol. 55, No. 19.

²The National Council on Crime and Delinquency Focus, http://www.nccd-crc.org/nccd/pubs/2008_focus_teen_dating_violence.pdf.

³Rosado, Lourdes, The Pathways to Youth Violence; How Child Maltreatment and Other Risk Factors Lead Children to Chronically Aggressive Behavior. 2000. American Bar Association Juvenile Justice Center.

⁴Liz Claiborne Inc., conducted by Teenage Research Unlimited, (February 2005).

⁵<https://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2017015>.

⁶http://www.cdc.gov/healthyouth/data/yrbs/pdf/trends/2015_us_violence_trend_yrbs.pdf.

⁷Children's Exposure to Violence: A Comprehensive National Survey.