

# Alaskans have the power to end domestic violence

**W**e learn respect from many places and people in our lives. Therefore, it takes many people working together to model, teach, and create communities that promote respect in relationships. By working together, we CAN stop violence before it ever starts.

## Stepping Forward

### Policy Makers

- ✓ Learn more about statewide and local prevention efforts by contacting programs in your community.
- ✓ Prioritize resources for the primary prevention of teen dating violence and domestic violence.
- ✓ Place an emphasis on supporting community collaborations and promising practices for prevention.
- ✓ Support legislation that ensures healthy relationships and social and emotional curriculum in schools.
- ✓ Endorse initiatives that create a peer culture for youth that promotes respect and breaks the cycles of disrespect.
- ✓ Get involved in local primary prevention efforts.

### Parents

- ✓ Ensure that schools in your community teach a curriculum on preventing dating relationship violence and building social and emotional learning.
- ✓ Never assume your child could not be in a violent relationship. Ask questions.
- ✓ Know about healthy relationship skills and practice them often with your children.
- ✓ Role model healthy relationships and encourage open communication.
- ✓ Join community efforts to prevent violence in your community.
- ✓ Advocate for policy and programs that stop violence before it ever starts.

### Educators

- ✓ Learn about research-based materials that are right for your school both in the classroom and after school.
- ✓ Advocate for resources to obtain evidence-based materials on healthy relationships.
- ✓ Seek professional development around healthy relationships and building safe school environments.
- ✓ Learn about peer mentoring programs and after school programs that promote healthy relationships and respect.
- ✓ Develop a safe school and safe school plan.
- ✓ Encourage youth to take leadership roles and treat the youth you know with respect.



*By working together, we CAN stop violence before it ever starts*

## Men

As men, there are many ways to be partners and allies in ending violence in our communities. Visit [www.AlaskaMenChooseRespect.org](http://www.AlaskaMenChooseRespect.org)

- ✓ Build relationships based on respect and equality.
- ✓ Have the strength to ask for help.
- ✓ Be a respectful role model to younger men.
- ✓ Share decision making and share power.
- ✓ Bring together male allies in your community to develop community-based solutions.
- ✓ Respect diversity and the rights of those around you.
- ✓ Contact schools, domestic violence and sexual assault programs, community groups or others to find out how to work together to end relationship violence.
- ✓ Contact [info@andvsa.org](mailto:info@andvsa.org) to get connected to campaigns like Coaching Boys into Men Alliances, or other opportunities in Alaska.
- ✓ Advocate for federal, state, local, and organizational policy change supporting equality and accountability.

## Women

- ✓ Build relationships based on respect and equality.
- ✓ Teach your sons and daughters about the importance of respect in relationships.
- ✓ Encourage the men in your life to get engaged in ending men's violence against women.
- ✓ Advocate for federal, state, local, and organizational policy change supporting equality and accountability.

## Youth

- ✓ Join a committed group of youth and adults creating change by promoting respect and nonviolence in relationships.
- ✓ Learn more about respect and healthy relationships.
- ✓ Treat others with respect.
- ✓ Participate in Lead On! for Peace and Equality in Alaska and strengthen your leadership skills to promote respect. Visit [http://www.andvsa.org/?page\\_id=1693](http://www.andvsa.org/?page_id=1693)
- ✓ Stand Up and Speak Up and visit <http://www.standupspeakupalaska.org>
- ✓ Do not tolerate disrespect and violence within the community.
- ✓ Become a peer educator.
- ✓ Know where to go for help.

## Youth Group/Community Leaders

- ✓ Encourage and support youth to take leadership roles in promoting healthy relationships and healthy communities.
- ✓ Treat youth with respect and show them that they are valued.
- ✓ Connect youth with their own culture and other cultures in the community.
- ✓ Listen to youth and provide resources for help.
- ✓ Integrate relationship teachable moments into your group, work, congregation.
- ✓ Work on projects with youth that develop leadership skills and healthy communities.
- ✓ Do not tolerate disrespect and violence within the community.

## Elders

- ✓ Promote values that are consistent with strong traditions and strong families.
- ✓ Get involved in sharing the message through community events and media.
- ✓ Translate important prevention goals into your language.
- ✓ Provide others with the skills they need to be true Elders.

*To stop intimate partner violence, we must not only act responsibly after violence has occurred, but work more diligently to prevent it from occurring in the first place*

*- Anne Menard*  
Director, National Resource Center on Domestic Violence

## Faith Leaders

- ✓ Establish a norm of nonviolence in your congregation and community.
- ✓ Promote values that are consistent with strong traditions and strong families.
- ✓ Pray and speak for peace, respect, and healthy relationships regularly.
- ✓ Encourage the congregation to work for peace.
- ✓ Mentor youth to promote respect.
- ✓ Provide forums for youth to stand up and speak up about ending violence and promoting respect.
- ✓ Create ecumenical councils for the purposes of ending domestic, teen dating, and sexual violence.

## Health Workers and Service Providers

You are uniquely positioned to promote individual, relationship, and community wellness.

You can:

- ✓ Provide regular guidance on relationship development and relationship skills.
- ✓ Ask questions that reinforce healthy relationship skills and let parents know that violence can be preventable.
- ✓ Connect youth who are at risk to community members and programs that can engage youth in nonviolent activities.
- ✓ Advocate for in-school and community-based and researched primary prevention strategies.
- ✓ Participate in community collaborations to work towards preventing relationship violence.

## Law Enforcement Officers

As a law enforcement officer, you can help to stop violence before it occurs, in the following ways:

- ✓ Let youth and other community members know how to prevent violence before it ever starts.
- ✓ Participate in community planning and safe school planning.
- ✓ Provide trainings on effective bystander intervention.
- ✓ Be a positive role model.
- ✓ Build relationships with youth in the community.
- ✓ Support a work culture and personal lifestyle that promotes respect and safety.
- ✓ Ensure that there are legal and social consequences for violent perpetration.

*A leader is someone that you can look up to, someone you can trust, someone who treats you with respect.*  
*I try to be a Leader.*

- Isis

Emerging Alaskan youth Leader, Age 15





*Domestic violence and teen dating violence have real and significant costs for Alaskans, both personally and financially.*

---

*Violence is preventable. With a coordinated and intentional approach we can shift the trends of violence in Alaska to ensure safe and respectful relationships for all Alaskans.*

*Each of us has a role to play in preventing violence. The pathways and strategies outlined in this plan provide possible steps or a roadmap for anyone to use.*

---

*To get involved in statewide prevention efforts or to get connected to local prevention efforts please contact the Prevention Director at the Alaska Network on Domestic Violence and Sexual Assault.*

For More Information, Please Contact:



130 Seward Street, Suite 214  
Juneau, AK 99801  
907-586-3650