

# Pathways to Prevention

*Working Together  
to End Violence*



## *Violence is Preventable*

The Pathways to Prevention Statewide Steering Committee operates from the premise that violence is preventable and *because violence is so pervasive in Alaskan homes and communities, primary prevention is urgent*. Nationally and in Alaska, studies have shown primary prevention works when strategically planned, well-coordinated, and comprehensive.

## *What is Pathways?*

*Pathways to Prevention Statewide Steering Committee is a collaborative of 20 individuals and organizations from across the state committed to ending violence.* The purpose of this group is to stop violence before it starts and to promote healthy individuals, relationships and communities. For more than six years, building on the best available research and community practices, this group has been planning, implementing, and evaluating violence prevention efforts. In 2011, focus was placed on the following areas:

- ▶ Expand youth leadership efforts to support domestic and sexual violence prevention.
- ▶ Integrate domestic, teen dating, and sexual violence prevention curricula into grades k-12.
- ▶ Establish a statewide infrastructure to coordinate domestic, teen dating, and sexual violence prevention efforts.
- ▶ Strengthen media efforts and media partners for promoting respect healthy relationships and equality.
- ▶ Build the data and research related to the prevention of domestic, teen dating, and sexual violence efforts.
- ▶ Increase the number of statewide partners that support programs and approaches which create parity across class, race, gender, and religion thereby addressing the root causes of violence.
- ▶ Increase and support Alaskan communities and community leaders engaged in promoting healthy relationships.

*To effectively stop domestic, sexual, and teen dating violence we must work together to build strong individuals, healthy families, and respectful communities.*



Over the years more and more Alaskans are standing up and speaking up to promote respect and to end violence. A growing number of organizations, communities and leaders have turned their attention toward and have committed to ending domestic, teen dating, and sexual violence in Alaska. This document is unable to showcase all of these efforts within the state and focuses on state level and community projects that directly relate to the Pathways objectives.

The role of the Pathways Committee is to build on effective primary prevention approaches, to strengthen statewide prevention capacity, and to collaborate to implement and evaluate the statewide Pathways to

Prevent Domestic Violence Prevention and the Primary Prevention of Sexual Violence Strategic plans.

Pathways works to prevent teen dating, sexual and domestic violence and is guided by the DELTA Pathways plan. The full plan can be seen at <http://www.andvsa.org/v2/wp-content/uploads/2009/06/pathwaysplanfinal.pdf>. In recent years, Pathways has worked to carry out a parallel plan to address sexual violence prevention developed by a group of concerned Alaskans. It can be located at: [http://www.hss.state.ak.us/dph/chronic/cps/pubs/RPEplan\\_6-09.pdf](http://www.hss.state.ak.us/dph/chronic/cps/pubs/RPEplan_6-09.pdf)

While Pathways to Prevention Statewide Steering Committee members participate and work closely with projects such as the Division of Behavioral Health Rural Pilot Project on Domestic Violence and Sexual Assault and community projects launched throughout the state, this document acts as an update to the goals and outcomes identified in the Pathways to Prevention Document and related prevention strategies implemented in 2011 by various partners



# Pathways Update at a Glance

*In 2011, the Statewide Steering Committee and key implementation partners have focused on these strategies to promote healthy relationships and end violence:*

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*Fourth R: Healthy Relationship Curricula & Instruction (grades 8-10)*

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*Alaska Men Choose Respect (campaigns and programs developed with men)*

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*Lead On! For Peace and Equality in Alaska (youth leadership for promoting respect)*

*Stand Up Speak Up Alaska (youth media and engagement campaign)*

*When I am an Elder: A world without Violence*

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## Partnering with Schools for Violence Prevention



*Implementation and Funding Partners: Alaska Department of Education and Early Development; Alaska Division of Public Health-Women's Children and Family Health, Council on Domestic Violence and Sexual Assault; Alaska Network on Domestic Violence and Sexual Assault, University of Alaska Anchorage; Canadian Center for Addictions and Mental Health Prevention Science, more than 30 schools and teachers across Alaska.*

### **Fourth R: Healthy Relationship Curricula**

The Fourth R is the missing element in the education of many Alaskan children. While they learn to read and write in school, many young people have few places in which they can learn the skills for relationships. The Fourth R is school-based curriculum

with lessons on dating violence, healthy relationships, and substance abuse prevention. It was originally designed and evaluated in Canada and has been adapted for use throughout Alaska. It has been shown to reduce violence and promote protective factors, improve decision-making, and communication to prevent first time perpetration and victimization.

Building on teacher and community feedback, Fourth R implementation partners work closely with the Fourth R teachers, communities, and others to refine the 9th grade and village versions for Alaska. In Alaska, we have:

- ▶ Trained 50 health teachers, domestic violence and sexual assault prevention staff, and community members on Fourth R instruction for grades 8-10 this year.
- ▶ Trained six Fourth R Alaska trainers.
- ▶ Provided follow up support to more than 20 teachers and 17 schools using the Fourth R in the classroom. Each teacher has developed school/community action plans for using the Fourth R.
- ▶ Provided follow-up support, planning stipends, and additional materials to communities implementing the Fourth R.
- ▶ Provided core training for new Fourth R teachers, Fourth R master training, and media literacy training for teachers to work with parents/students.
- ▶ Hosted a core training for new Fourth R teachers at the 2011 School Health and Wellness Institute.

For more information on the Fourth R healthy relationships curricula please contact Patricia.owen@alaska.gov or kmoore@andvsa.org

*Many adults and teens report they never learned skills for being in a relationship and it is not always easy. Fourth R, healthy relationship curriculum, is a comprehensive and evidence-based curriculum to build skills for healthy relationships among Alaskan students.*

# Partnering with Men for Prevention

Funding and Planning Partners: Alaska Network on Domestic Violence and Sexual Assault; The Council on Domestic Violence and Sexual Assault; Office of Violence Against Women; Aiding Women in Abuse and Rape Emergencies (AWARE); Sitkans Against Family Violence (SAFV); Standing Together Against Rape (STAR); Tundra Women's Coalition (TWC); Women in Safe Homes (WISH); and more than 20 men and women from Anchorage, Bethel, Juneau, Ketchikan, and Sitka.

## Alaska Men Choosing and Promoting Respect:

Alaska Men Choose Respect is a statewide effort of men to end violence by choosing and teaching respect. Men across Alaska have participated in statewide and local campaigns and community engagement efforts.

**The Campaign:** Alaska Men Choose Respect prevention messages focus on shifting norms around respect and men's role in preventing domestic and sexual violence. This campaign includes television ads with themes of teaching respect, and culture, and coaching boys to men.

The website [www.AlaskaMenChooseRespect.org](http://www.AlaskaMenChooseRespect.org) provides information and programs for men involved or wanting to become involved in prevention efforts. According to the site analytics tracking the site, the most frequently visited pages on the Alaska Men Choose Respect website are "our commercials", "what men can do", and "a man's issue".

**The Tools:** Over the past year, ANDVSA and its member programs have received requests from individuals and groups looking for tools to mentor boys about respect and wellness. In June of 2011, a group of individuals from Bethel, Juneau, Ketchikan, Anchorage, and Sitka came together to review and adapt materials for mentoring that can be integrated into outdoor, subsistence, and athletic activities. The toolkit and Alaska Men Choose Respect messages will be released in the spring/summer of 2012.

**Men Taking Action:** Men across the state are taking action to end violence in their communities and are taking action to end violence and promote respect. ANDVSA and CDVSA provided mini-grants to support these projects. Examples are listed below.

\*The City of Saxman worked with artist Andrew Morrison and the community's boys and men to complete a community center mural project \*STAR developed "Only Go on Green", a campaign highlighting the importance of consent. \*Safe and Fear-Free Environment in Dillingham worked with men to develop a series of posters and activities through their "We're looking at a few good men" campaign. \*Women in Safe Homes (WISH) in Ketchikan will lead a young men's group to discuss topics such as gender stereotypes and healthy relationships. \*Aiding Women in Abuse and Rape Emergencies (AWARE) in Juneau will work with realtors in Juneau to conduct the White Ribbon Campaign, a national effort to end violence against women in all its forms (see images on this page).



*Including these tools into my team, has built a stronger team and stronger men. They can communicate better, understand themselves, and are committed to promoting respect.*

## Lead On! 2011

More than 21 communities  
and 115 youth were  
represented at Lead On 2011.

Akiachak  
Akiak  
Anchorage  
Barrow  
Bethel  
Cordova  
Deering  
Dillingham  
Gustavus  
Juneau  
Ketchikan  
Kipnuk  
Kotzebue  
Kwethluk  
Napaskiak  
New Stuyahok  
Nuiqsut  
Palmer  
Sitka  
St. Paul  
Wrangell

95% of  
participants  
agreed that upon  
leaving Lead  
On! they know  
ways they can  
encourage respect  
among dating  
peers and dating  
partners.

## Partnering with Youth For Prevention



*In 2011, funding and planning partners for this project included the Walmart Foundation; Association of Alaska School Board; Alaska Division of Public Health- Women's Children and Family Health & Chronic Disease Prevention and Health Promotion; Reuben E. Crossett Fund; Alaska Division of Behavioral Health; Council on Domestic Violence and Sexual Assault.; Association of Village Council Presidents; DV/SA programs, youth, and youth groups from Anchorage, Deering, Port Alexander, Juneau, Sitka, St. Paul, and Bethel assisted with planning for Lead On.*

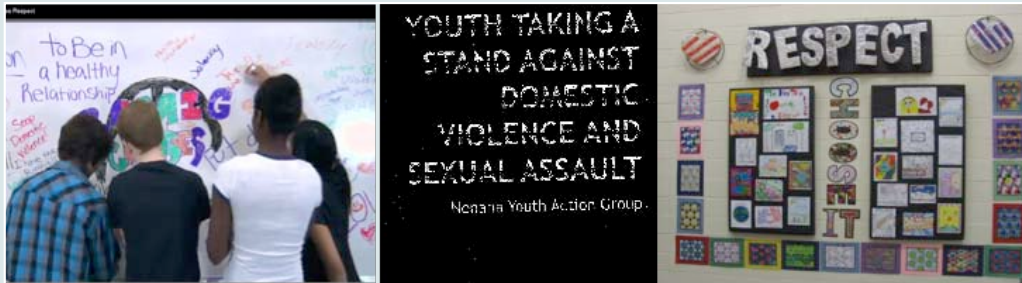
### Lead On! For Peace and Equality

Lead On! prepares youth to be leaders in preventing violence and promoting respect. Lead On! For Peace and Equality is an innovative strategy that creates space for youth to take a leadership role in preventing violence and promoting respect. Lead On! is based on a model that identifies, enlists and trains youth opinion leaders to change social norms and behaviors. The program is based on behavior change theory and social influence principles, which state that trends and innovations are often initiated by a relatively small segment of opinion leaders. Once innovations are modeled and accepted, they diffuse throughout the population. In 2011, 115 youth and adults from across Alaska came together for a three-day summit. Youth gained skills through workshops, provided testimony to policy makers, expressed themselves through digital stories became inspired to develop ideas and created a plan for prevention projects in their home community. These projects have ranged from community-wide events, developing local public service announcements, starting a peer-education program, working on culture-based projects, and developing outdoor leadership programs that bring youth and positive adults together.

At the close of Lead On! 2011:

- ▶ 95% of participants agreed that upon leaving Lead On! they know “ways they can encourage respect among peers & dating partners.”
- ▶ 99% of participants stated they now know how to plan projects that promote respect and work to end violence in my own community.
- ▶ 93% believe they could share messages to promote respect and end violence.
- ▶ 90% stated now having skills and tools to be a leader for respect in communities.
- ▶ 90% of participants stated they would know what to do if someone they knew was being abused.

# Youth Making A Difference



Through funds provided by the Department of Health and Social Services- Division of Public Health- Women's Children's and Family Health and the Council on Domestic Violence and Sexual Assault, ANDVSA was able to support youth-led mini-grants to promote respect and end violence in the following communities.

**Anchorage:** Romig Middle School and AWAIC worked together to spread awareness about teen dating violence to middle-school students in the Anchorage school district; a second grant went to young women, working with Black Feather Poets, to develop PSAs encouraging respect and healthy relationships.

**Cordova:** Cordova youth worked with the Cordova Family Resource Center to provide healthy activities by holding bi-monthly youth activity nights.

**Gambell:** Students at Gambell School worked to promote positive teen relationships and healthy eating habits at a school lock-in, creating a fun, drug-free environment.

**Juneau:** Juneau youth collaborated with AWARE to promote respect, equality and nonviolence through local community involvement in a respect mural project.

**Ketchikan:** Working with WISH, Ketchikan teens worked with a "Be the Change" group, holding school meetings, community events, and service activities to encourage youth leadership and respectful relationships.

**Mat-Su:** Youth in the area worked with their local United Way to engage youth in promoting respect, diversity and healthy relationships through a creative medium. The grant recipients accomplished this goal by sponsoring a poster contest for middle and high school students.

**Nenana:** Teens collaborated with the nonprofit Railbelt Mental Health & Addictions to promote healthy relationships and create a cohort of peer educators. The youth did this by creating and presenting a video about healthy relationships for the entire community.

**Palmer:** Grant recipients in Palmer worked to foster a healthy learning environment and establish school-based connections and relationships. Students in the National Honor Society's Peer Mentoring Program advised, motivated and supported struggling students.

**Sitka:** Sitka Youth Leadership Committee, working with SAFV, promoted respect and built bridges among teens in Sitka and across Alaska. They developed a respect campaign comprised of sweat-shirts, writing contest, and outdoor leadership trip.

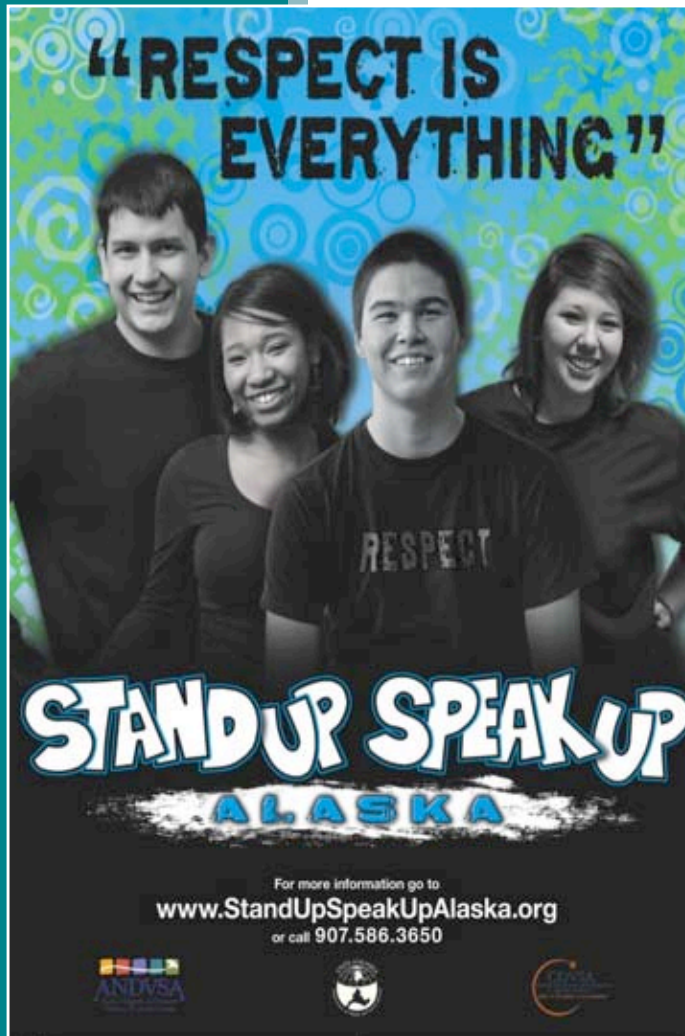
**Southeast Alaska:** Working with AWARE, Southeast Alaska teens and Mt Edgumbe students provided life-changing experiences for teens through a week-long kayak trip in Glacier Bay, that fostered skills to build respect internally and between peers.

**Unalaska:** Unalaska youth collaborated with Aleutian Pribilof Island Association to create "Influence the Difference" youth retreat and poetry slam.

*We cannot  
always build the  
future for our  
youth, but we  
can build our  
youth for the  
future.*

## Stand Up, Speak Up!

*Funding and Planning Partners: The Alaska Network on Domestic Violence and Sexual Assault.; The Council on Domestic Violence and Sexual Assault; Alaska Division of Public Health; Alaska Native Tribal Health Consortium; Youth Alliance for a Healthier Alaska; Teens Acting Against Violence-Bethel; Sitka Youth Leadership Committee and Mt Edgcumbe students.*



Through this campaign, youth speak up and encourage other youth to stand up and speak up to end violence. The radio public service announcements, tv ads, posters, bus signs, interactive website, and mini-grants focus on the six basics of healthy relationships and respect identified by Alaska youth:

**Relationship and Respect Basics • Respecting Yourself  
Keeping Respect Going • Building a Culture of Respect  
Leading the Way • Getting Help**

Key partners of the Stand Up Speak Up Campaign continue to distribute posters and materials across the state. The *Stand Up, Speak Up!* tv ads, posters, bus signs, and Google ads attracted more than 4,000 unique visitors from communities across Alaska to the website. The website offers tools, information and ways to become more involved. Planning is under way for new television spots, social networking tools, and web-based engagement strategies.

A small-scale evaluation was conducted over the summer of 2011 indicating a high level of name recognition for this campaign among youth from across the state. They were able to recall the major campaign messages of respect, standing up for what's right, and becoming involved in their community. They also reported the *Stand Up, Speak Up!* campaign having a significant impact on their lives in three ways: taking action, improving knowledge, or increasing awareness about respect and ending violence.

Visit: [www.standupspeakupalaska.org](http://www.standupspeakupalaska.org) for more information.

Visit: <http://www.youtube.com/user/StandUpSpeakUpAlaska?feature=watch> to watch Stand Up Speak Up Alaska videos.



# When I am an Elder: A World Without Violence

*Funding and Implementation Partners: The Alaska Network on Domestic Violence and Sexual Assault; The Council on Domestic Violence and Sexual Assault; The Tundra Women's Coalition; Teens Acting Against Violence; Arctic Women in Crisis; North Slope Borough Police Department, Barrow Boys and Girls Club.*

*When I am an Elder* is the latest addition to a number of PSAs and materials developed by youth committed to standing up and speaking up to end violence.



The television spots are based on a poem, called “When I’m an Elder” created and written by Bethel Teens Acting Against Violence (TAAV) in 2002. Over the years, TAAV youth have added more ideas and stories, slowly making “When I’m an Elder” a powerful creation.

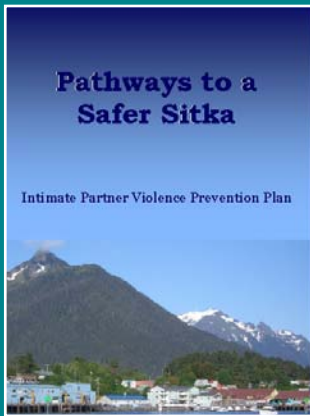
In June 2011, youth from Kipnuk, Kwethluk, Napaskiak, and Bethel created three “When I am an Elder” public service announcements. The result, a heartfelt message about safe and

strong communities. In October 2011, 23 youth from Barrow and Wainwright worked with Arctic Women in Crisis, the North Slope Borough Police Department, the Barrow Boys and Girls Club, and the Alaska Network on Domestic Violence and Sexual Assault to create PSAs. Considering what would make their community strong and safe for everyone, they created a vision for a world without violence that includes the things they cherish most.

Through funding from the Council on Domestic Violence and Sexual Assault and support from the Alaska Network on Domestic Violence and Sexual Assault, these PSAs have been aired across Alaska. In spring of 2012, youth in two more communities will develop PSAs of their community vision.

Visit [www.standupspeakupalaska.org](http://www.standupspeakupalaska.org) to see the PSAs and to learn more about getting involved go to <http://www.andvsa.org/our-commercials/> to learn more about this campaign.





### Example Community Prevention Plans

*“The best way to  
predict the future  
is to invent it.”*

## Partnering with Communities for Prevention

*DELTA Implementation Partners: AWARE- Juneau, SAFE- Dillingham, SAFV- Sitka, WISH- Ketchikan, Juneau CCR, Ketchikan Wellness Coalition, Pathways to a Safer Sitka, Rural Alliance For Teens/CANDU- Dillingham. Local Prevention- AWAIC- Anchorage, STAR-Anchorage, AWIC- Barrow, TWC-Bethel. CFRC-Cordova, IAC-Fairbanks, SPHH- Homer, Leeshore- Kenai, KWRCC- Kodiak, MFCC-Kotzebue, BSWG- Nome, USAFV-Unalaska, AVV-Valdez (for more information see ANDVSA community prevention snapshots)*

### Communities Collaborating and Planning for Prevention: DELTA

In 2006 with funding from the Centers for Disease Control and Prevention through ANDVSA, four communities began efforts to improve their prevention programs, develop evaluation plans and obtain the evaluation skills needed to assess the effectiveness of their efforts. Coalitions in Dillingham, Juneau, Ketchikan, and Sitka each worked through a planning, implementation, evaluation and sustainability process.

Below are promising strategies identified by the prevention coalitions – each strategy is linked to specific measurable outcomes.

- ▶ Youth Leadership Committees / Outdoor Programs
- ▶ Culture camps and year round culture programs
- ▶ Green Dot Bystander Intervention Strategy
- ▶ Peer education efforts
- ▶ Coaching Boys to Men
- ▶ Girls on the Run
- ▶ Mentoring teen parents program
- ▶ School-based prevention (FourthR, bullying prevention)
- ▶ Campaigns to engage men and youth
- ▶ Arts-based programs



### Partnering for Prevention

In addition to DELTA funded Domestic Violence and Sexual Assault programs, other domestic violence and sexual assault programs and community coalitions are working across the state to strengthen prevention efforts and partnerships. For an overview of prevention activities in each community please contact ANDVSA for the Community Prevention Snapshot [lgrassgreen@andvsa.org](mailto:lgrassgreen@andvsa.org)

# Bystander Intervention: The Green Dot in Alaska



Communities across Alaska have expressed interest in innovative prevention and bystander interventions strategies. Several communities including Kodiak, Bethel, Dillingham, Anchorage and others have participated in or hosted trainings for the Green Dot.

Green Dot is an evidence based bystander intervention program that engages individual community members and leaders in prevention by providing them with the tools to intervene safely before violence occurs. The goal is to equip community members with skills allowing them to integrate mo-

ments of prevention within existing relationships and daily activities. By doing so, new norms are introduced and those within their sphere of influence will be significantly influenced to move from passive agreement that violence is wrong, to active intervention.

In fiscal year 2012, the Council on Domestic Violence and Sexual Assault and domestic violence and sexual assault programs in Bethel, Dillingham, Kodiak, and Anchorage began working with statewide partners and the University of Kentucky (developers of the Green Dot bystander intervention program) to develop curriculum and a Train the Trainer module to expand the program in Alaska.

Communities across the state have worked with Green Dot to develop materials for community specific needs, adapt materials for high school-aged students, and incorporate child abuse materials into the content of the Green Dot. These projects have been funded through the Department of Health and Social Services Division of Behavioral Health and the Council on Domestic Violence and Sexual Assault.

Please contact [ann.rausch@alaska.gov](mailto:ann.rausch@alaska.gov) for more information



*A single choice  
in one moment  
in time to use  
your voice,  
actions or  
choices to make  
one small  
corner of the  
world safer.*

## Prevention Training and Infrastructure

Alaska has seen an increase in domestic and sexual violence prevention training on a state level.

- ▶ ANDVSA offers monthly web-conferences for prevention workers on topics ranging from prevention planning, evaluation, youth engagement, and involving men.
- ▶ DHSS- Division of Public Health- Women's, Children's and Family Health; Chronic Disease Prevention and Health Promotion; the Council on Domestic Violence and Sexual Assault; and the Alaska Network on Domestic Violence and Sexual Assault hosted four web-conferences on effective sexual violence prevention messaging and programming that included nationally recognized experts.
- ▶ Through the Governor's Spectrum of Prevention Workgroup and the Council on Domestic Violence and Sexual Assault, planning has begun for a 2012 Prevention Summit.
- ▶ Planning has begun for a new web-conference series exploring how to best address the root causes of violence through the Pathways Steering Committee.
- ▶ A Domestic Violence and Sexual Assault Prevention Training and Infrastructure workgroup has been launched through the Pathways to Prevention Statewide Steering Committee. Contact [Jayne.Andreen@alaska.gov](mailto:Jayne.Andreen@alaska.gov) for more information.



- ▶ The Department of Education and Early Development hosts Fourth R training for teachers and school administrators interested in promoting healthy relationship skills in the classroom.
- ▶ There has been an increase in domestic violence and sexual assault prevention training across the state including the Division of Behavioral Health DV/SA Pilot Grantee meetings, Alaska Public Health Summit, and community seminars.

Contact [lgrassgreen@andvsa.org](mailto:lgrassgreen@andvsa.org) or [ann.rausch@alaska.gov](mailto:ann.rausch@alaska.gov) for more information.

# Evaluation and Research

The Pathways Statewide Steering Committee is committed to understanding the impacts and effectiveness of the prevention strategies being implemented. The following evaluation efforts are under way.

## Fourth R Evaluation

In 2011, Strategic Prevention Solutions, was hired to implement a three-year, multi-site program evaluation assessing the effect of the Fourth R curricula's on physical and sexual dating violence, and other risk behaviors. The evaluation project is currently funded through the Council on Domestic Violence and Sexual Assault, Department of Health and Social Services Division of Public Health and supported by the Department of Education and Early Development and the Alaska Network on Domestic Violence and Sexual Assault.

The evaluation uses a design that will result in all participating students (approximately 30 schools and 1,979 students) receiving the intervention by the 2013-2014 school year. Data collection will begin in spring 2012, and end in spring 2014.

Specifically, this process will measure changes in:

- ▶ The rate of self-reported perpetration of dating violence and peer violence;
- ▶ The rate in participant awareness and understanding of dating behavior, including dating violence;
- ▶ Interpersonal relationship skills relevant to curriculum objectives;
- ▶ Healthy behaviors; and
- ▶ Social connectedness

For more information about the Fourth R Evaluation Project, please contact [lgrassgreen@andvsa.org](mailto:lgrassgreen@andvsa.org) who can connect you with Strategic Prevention Solutions.

## Stand Up Speak Up/ Lead On! Youth Engagement Strategies

An evaluation of *Stand Up, Speak Up!* Alaska, a communications and social marketing campaign launched in 2008, and Lead On! leadership mini-summit for youth held annually since 2008 was conducted to determine the extent of attitudinal and behavioral change from these two strategies. *Stand Up, Speak Up!* Alaska promotes healthy relationship attitudes and behaviors while LeadOn! establishes leadership and community involvement among youth.

The evaluation included a summary of the *Stand Up, Speak Up!* website trends and traffic in relation to specific promotional strategies executed between June 14, 2010 and May 31, 2011. The second part of the evaluation was a qualitative assessment of the impact of *Stand Up, Speak Up!* and Lead On! including perceptions of violence and healthy relationships from selected youth and the overall impact on youth participating in the campaign. A questionnaire developed by an evaluation consultant identified Alaskan youths' experience with *Stand Up, Speak Up!* and *Lead On!*. Youth were assigned to three levels of exposure to *Stand Up, Speak Up!* or *Lead On!* limited, some, or high.

**Findings:** It was clear that the youth understood and identified with the messages in this campaign. There was a positive relationship between viewing promotional materials and higher levels of understanding in this campaign. There is clear evidence that Stand Up, Speak Up! has had an impact on the attitudes and engagement level of youth exposed to the program's message. Many participants shared that the campaign created the desire to take action or validated past action in their community. In addition, many participants revealed that their knowledge of the components of a healthy relationship and how to contend with a potentially harmful relationship increased, specifically from material on the website. Increased awareness of respect was also found among the participants. Lead On! generated overwhelmingly positive feedback from participants. Almost all summit participants reported positive experiences.



### Alaska Men Choose Respect

We have had tremendous interest in this campaign and are in the beginning stages of developing tools to document the increased interest and engagement of men in the community. Website analytics indicate that there was a correlation between campaign ads and visits to the website.

### Evaluation Support for DELTA Communities

Since 2006, four communities began working with ANDVSA through the Centers for Disease Control and Prevention's DELTA project to improve domestic violence prevention programs and evaluation expertise. Current DELTA grantees, W.I.S.H. (Ketchikan), SAFV (Sitka), SAFE (Dillingham), and A.W.A.R.E. (Juneau) meet regularly with an evaluator and other support staff to build their evaluation capacity and work toward more comprehensive prevention programming. In 2011, these four DELTA-funded communities implemented their community-wide domestic and sexual violence prevention plans and continued collecting data for their process and outcome evaluation. Prevention coordinators practiced using their evaluation findings for continuous quality improvement, program sustainability, and revising their prevention planning processes. Three of the four communities expanded their prevention programs and prevention support staff. The DELTA project is working with local agencies to strengthen evaluation infrastructure and to secure the training and resources required to evaluate prevention strategies. The DELTA model of implementation and evaluation is possible because of

- ▶ The resources allocated to prevention programming.
- ▶ Community-wide support and participation.
- ▶ Local prevention staffing .
- ▶ Statewide support to assist with program evaluation tasks.

If your community is interested in learning more about evaluation tools and learning the outcomes of your prevention activities, evaluation support is available. Contact ANDVSA for more information and contacts.

# Addressing the Roots of Violence

*Health and safety inequities and inequalities are often perpetuated by the circumstances or conditions in which people live, work, and grow.*

Most often when we think of violence, we think about addressing the symptoms of violent behavior. With prevention, we often address those factors that protect or put an individual at risk for being a part of violence. Taking a closer look we see greater social and economic inequities which allow for violence. The Pathways to Prevention Statewide Steering Committee and implementation partners are committed to reducing risk, promoting health, and systematically addressing the roots of violence.

There is no simple answer regarding the root causes of violence. However, in Alaska, it is important to consider the historical context, social and economic policy, internalized oppression, and access to decision making that shapes individual and community experiences within Alaska.

There are many tools and frameworks for analyzing root causes: exploring specific determinants of health; considering gender analysis; or addressing underlying systemic oppression. The Pathways to Prevention Statewide Steering Committee works to break down worldviews, systems, policies, and approaches that can be barriers to Alaskans' health and safety. To address root cause of violence we must:

- ▶ Integrate knowledge about Alaska's history and its implications for our diverse population.
- ▶ Promote well-being and harmony within relationships, families and communities in the state.
- ▶ Value and incorporate diverse worldviews, traditions, experiences, scholarship, and knowledge.
- ▶ Minimize power differences as it relates to social needs, organizing, and response to needs.
- ▶ Consider gender as a determinant of health for boys, girls, women, and men.
- ▶ Consider the intersections between economic, racial, gender, and ethnic hierarchies.
- ▶ Break down attitudes and practices that contribute to disparities and cultivate violence.
- ▶ Identify engrained structural and systemic factors that affect individual's wellness and safety.
- ▶ Clarify and work to shift mechanisms by which social determinants generate health inequities.
- ▶ Incorporate evaluation tools that provide a framework for assessing how well we are working to address root cause and impacting the social determinants of health for specific groups in Alaska.

Specifically, Pathways is working to:

- ▶ Make information on root cause and social determinants of health available to anyone who is interested.
- ▶ Compile tools and checklists for organizations working to establish ways within their own organization that increase health and safety parity.
- ▶ Identify partners that could conduct a more comprehensive analysis of their own organizational barriers to breaking down the roots of violence.

*Social and economic policies have a determining impact on whether a child can grow and develop to its full potential and live a flourishing life or whether it will be blighted.*

— World Health Organization

## Next Steps for Prevention: Priorities 2012-2013

The Pathways to Prevention Statewide Steering Committee has identified key priorities to build prevention capacity and to work toward ending violence in Alaska. **The Pathways group will continue to prioritize existing strategies that show promise and effectiveness.** The 2012-2013 Pathways priorities are guided by the needs and resource assessment, strategic planning, and available research on effective prevention strategies compiled by the Pathways to Prevention Steering Committee.

- ▶ Fund local **prevention staff to support prevention collaboration** and sustain prevention coalitions.
- ▶ Develop **health education standards** inclusive of social and emotional learning and domestic violence and sexual assault prevention.
- ▶ Develop and support implementation of **K-6 curricula for healthy relationships** — Fourth R or other curricula.
- ▶ Establish **messaging campaign and tools for parents** to talk to youth about healthy relationships.
- ▶ **Work with Elders** to identify prevention activities that will engage interested Elders and key community leaders.
- ▶ Develop **new tools and approaches to address root causes of violence.**
- ▶ Develop **communication tools**, information, and media messages to promote primary prevention messaging. Establish a collaborative, consistent, and comprehensive **training program on primary prevention** for key sectors.
  - ▶ Host a domestic violence and sexual assault **prevention summit** to increase understanding of primary prevention and to establish specific collaborative action for prevention.
  - ▶ Integrate healthy relationship and prevention efforts into youth groups and youth coalitions (develop tools and training). Intimate Partner Violence prevention **training for youth-serving organizations.**
  - ▶ Establish **youth action research** efforts that offer youth an opportunity to develop research skills and define community issues.
  - ▶ Work with coaches certification program to **incorporate healthy relationship content into athletic programs.**
  - ▶ Establish accessible **mechanisms to share promising practices.**





# Moving Forward Together

We learn respect and nonviolence from many places and people in our lives. Therefore, it takes many people working together to promote respect in relationships. By working together, we CAN stop violence before it ever starts.

## Policy Makers

- ▶ Learn more about statewide and local prevention efforts by contacting programs in your community.
- ▶ Prioritize investment for the primary prevention of teen dating violence and domestic violence.
- ▶ Place an emphasis on supporting community collaborations and promising practices for prevention.
- ▶ Support policies and resources that ensures healthy relationships, Fourth R, 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 and be a spokesperson for promoting healthy relationships in local primary prevention efforts.

## Parents

- ▶ Talk to your children about relationships and rights.
- ▶ 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

- ▶ Use research-based materials to build respect and relationship skills in the classroom and in your school (ex. Fourth R).
- ▶ Advocate for promising and evidence-based materials on healthy relationships.
- ▶ Seek professional development around healthy relationships and building safe school environments.
- ▶ Learn about peer education and after school programs that promote healthy relationships and respect.
- ▶ Develop a safe school plan.
- ▶ Encourage youth to take leadership roles and treat the youth you know with respect.

## 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.
- ▶ Know where to go for help.

## Men

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

## Elders

- ▶ Promote values that are consistent with strong traditions and strong families and nonviolence.
- ▶ Get involved in sharing the message through community events and media.
- ▶ Share stories and skills with youth in your community.
- ▶ Provide others with the skills they need to become Elders.
- ▶ Help break the silence around violence.

## Women

- ▶ Build relationships based on respect and equality.
- ▶ Teach your sons and daughters about the importance of respect in relationships.
- ▶ Advocate for federal, state, local, and organizational policy change supporting equality and accountability.
- ▶ Bring prevention efforts to your community groups and activities.
- ▶ Encourage the men in your life to get engaged in ending men's violence against women.
- ▶ Learn how to intervene safely as a bystander.

## Youth Group 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 youth group and activities.
- ▶ Work on projects with youth that develop leadership skills and healthy communities.
- ▶ Do not tolerate disrespect and violence within the community.

## Law Enforcement

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

## 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.

## Faith Leaders

- ▶ Establish a norm of nonviolence in your congregation.
- ▶ Promote values that are consistent with 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.

# Thank you

to all of the community members and state partners that work tirelessly to end violence, strengthen families, and restore respect in communities. A special thank you goes to the following Pathways to Prevention Statewide Steering

## Committee Members:

Alaska Network on Domestic Violence and Sexual Assault  
The Association of Alaska School Boards  
Council on Domestic Violence and Sexual Assault  
Alaska Department of Education and Early Development  
Alaska Department of Health and Social Services Division of Public Health  
Anchorage Municipality- Safety Links Program  
Clarke Public Health Consulting- Sitka  
Dillingham Public Nursing  
First Alaskans Institute  
Strategic Prevention Solutions  
University of Alaska Anchorage  
University of Alaska Fairbanks  
Women in Safe Homes-Ketchikan

*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.*

For More Information, Please Contact:



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