Teen Dating, Domestic, and Sexual Violence Prevention Update

Community Prevention Snapshots
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Domestic violence, sexual assault and teen dating violence are problems that we all have a role in preventing. In Alaska, we are building prevention programming in communities that is comprehensive. This means that prevention activities take place in various settings, with a variety of populations, so everyone in a community has the opportunity to participate. Prevention activities are not just one-time events in a classroom, or at one community awareness event. Activities are occurring across the community and happening all year. Violence is complex, and in order to address it, prevention must be recurring and multi-faceted.

**What Prevention Looks Like: Sitka’s Story**

Since 2005, Sitkans Against Family Violence (SAFV) has been the recipient of federal funding through the Centers for Disease Control and Prevention to support primary prevention planning and implementation. This DELTA (Domestic Violence Prevention Enhancement and Leadership Through Alliances) grant provided the necessary resources to lay the foundation for successful prevention in Sitka. In the early years we conducted a needs assessment, built relationships with key stakeholders, and established a strong coalition to coordinate our efforts. The DELTA funding provided planning tools, technical assistance and evaluation support but it was many years of capacity building before our agency and our community partners began to truly understand the complex nature of successful primary prevention.

Over the years and with guidance from the CDC and support from the Alaska Network on Domestic Violence and Sexual Assault (ANDVSA), our understanding of primary prevention has grown tremendously, our definitions have changed and our approach has become much more strategic and comprehensive—less education, outreach and activity-based and more comprehensive, systematic and multi-layered. The DELTA funding helped our community assemble all the initial pieces of community organizing setting us up as a competitive site for the Rural Community Domestic Violence and Sexual Assault Pilot Program grant through the Department of Health and Social Services in 2011.

This additional funding helped Sitka publish and launch its prevention plan, support partner agency programs, expand prevention staff within SAFV, increase overall agency capacity for prevention, and provide community trainings and educational opportunities for individuals and agencies to acquire knowledge and skills to do prevention effectively. Since 2011, SAFV has made a concerted effort to incorporate prevention into it vision, mission and philosophy and now considers primary prevention an essential department in the agency. Continued funding will only increase the likelihood of creating true social change in our community; a goal well within our reach.

**How Prevention Happens**

One of the most important aspects of prevention in Alaska is the use of community coalitions or teams to **plan, implement and evaluate** prevention programs. Prevention is hard work and requires the collective impact of everyone in a community. With some communities, this may mean that the local domestic violence/sexual assault advocacy agency is a partner at the table with another community partner who is taking the lead to prevent violence (e.g., Boys and Girls Club or Tribe). Funding for violence prevention should support community partnerships and recognize that a community-wide effort is required for social change to occur.
Here are some changes we have seen happen in communities when prevention works:

**Example short-term impacts:**
- Increased calls to local DV/SA shelter or hotline due to increased awareness of abuse (increased help-seeking)
- Increase in diverse community partnerships working to prevent violence (i.e., not just criminal justice persons who typically respond to incidents, but also school personnel, youth mentors and organizations, faith communities, public health professionals, etc.)
- Improved awareness of abusive behaviors and patterns
- Improved skills for conflict resolution, communication, and identification and expression of emotions
- Improved communication between parents and children
- Increased youth leadership and voice around teen dating violence in their communities

**Example long-term impacts:**
- Changes in social norms related to respectful behavior
- Reduction in abuse perpetration and victimization

**What Is Needed for Prevention to Work**

Over the past 3-4 years, ANDVSA has noticed a “tipping point” for communities to be able to do comprehensive prevention programming. As communities increase resources for prevention, their ability to implement comprehensive prevention programming improves, which then improves their ability to impact and reduce violence in their community. It takes time, upwards of eight years, for communities to establish the needed resources and capacity for comprehensive prevention. We have seen that the first few years of prevention programming are dedicated to gaining knowledge and building community partnerships, internal organizational capacity and community capacity for prevention. As capacity and resources grow, prevention expands within the community such that schools, youth mentors and organizations, faith communities, public health professionals, and others are actively working together to prevent violence.

**Resources include:**
- Long-term funding for:
  - Dedicated prevention staffing
  - Building both community and organizational readiness for prevention
  - Sustainability of prevention programs
    - Staffing of community partnerships/coalitions
    - Technical assistance and training for program planning and evaluation
How Can You Help?

Everyone has a role in preventing violence! Here are some ways you can help:

✔ Visit your local ANDVSA member agency and learn about what prevention activities are happening in your community
✔ Know what coalitions are working to end violence in your area
✔ Find out more about comprehensive prevention at www.andvsa.org
✔ Support funding for violence prevention programming

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Alaska has a growing statewide community of prevention coordinators and entities working to implement violence prevention activities. The work of many of these communities is included in this year’s Community Snapshot.
Anchorage
Abused Women’s Aid in Crisis (AWAIC)

AWAIC has one full-time prevention employee who is funded through the Council on Domestic Violence and Sexual Assault (CDVSA), the Allstate Foundation, First National Bank of Alaska, United Way, and unrestricted donations to AWAIC’s administrative funds. AWAIC also hosts an AmeriCorps VISTA member who is working to build prevention capacity.

School-based Prevention
- In FY14 AWAIC conducted 79 presentations on safe dating, healthy relationships, and related topics in the Anchorage School District (ASD), reaching 5,674 ASD students.
- 97% of students surveyed after an AWAIC presentation reported an increase in social/emotional skills.
- 95% of students surveyed after an AWAIC presentation reported an increase in conflict resolution skills.

Community-based Education
- AWAIC staff engaged 6,338 youth around youth volunteerism or prevention with the aim of creating a safer community.
- AWAIC staff provided 67 community presentations to 8,439 people at health fairs and through programs such as “Green Dot” Bystander Intervention Education.
- AWAIC offers training for workplaces and professionals on domestic violence. Staff provided 91 presentations to 1,308 professionals.
- AWAIC provides prevention and awareness outreach upon request to college students and military personnel.
- In collaboration with the Anchorage Alliance for Violence Prevention (AAVP), AWAIC has provided regular community-based and workplace-based “Green Dot” trainings since April 2014.

Media or Social Norms Campaigns
- Conducted awareness and action campaigns during Domestic Violence Action Month (DVAM) and partnered with Standing Together Against Rape (STAR) during Sexual Assault Action Month (SAAM).
• AWAIC’s Deputy Director spoke about “Green Dot” Bystander Intervention Education at the Sexual Assault Awareness Month event as part of a public launch of the program.
• Maintained a teen dating violence and domestic violence website: www.itsnotcool.me
• Engaged the faith community in a city-wide event called “Shed the Light.” In October of 2013, five churches provided information to approximately 350 people in their congregations about respect in relationships and then released sky lanterns to honor survivors of domestic violence. In October of 2014, this effort was expanded to six sites, including the military faith-based community.

Prevention Capacity Building/Prevention Collaborations
• Participated in Governor Parnell’s DV/SA taskforce and in the Anchorage Youth Development Coalition (AYDC) focusing on reducing risk for youth.
• In early 2012 AWAIC and several other agencies formed the Anchorage Alliance for Violence Prevention (AAVP). Continues to coordinate meetings and events with the coalition members and serves as the primary conduit for communications in the coalition.
• AWAIC has worked with coalition members to conduct a needs and resources assessment. The Anchorage Community Violence Prevention plan was completed in September based on a preliminary needs assessment.
• AWAIC is also working on building capacity to increase the number of Green Dot trainers in the community and to work with schools in the area of bystander intervention, and intends to host teen summits in order to build protective factors in the youth population.

Youth Leadership/Peer Education
• 7 Anchorage youth participated in “Lead On!” an annual state wide youth leadership mini-summit.
• Anchorage youth applied for the Stand Up, Speak Up mini grant. This grant helps support youth-led projects in communities across the state.
• AWAIC tracks volunteerism with youth.

Prevention Systems
• AWAIC is a United Way agency and contributes to larger goals of prevention in the community.
• AWAIC’s Executive Director is the Chair of the Anchorage Domestic Violence, Sexual Assault and Child Abuse Caucus as well as the Anchorage Domestic Violence Fatality Review Advisory Committee. Both groups engage with systems to improve service delivery to victims, address barriers to safety for those experiencing abuse, and increase collaboration between agencies.
• AWAIC is a member of the Anchorage Youth Development Coalition which seeks to reduce risk factors and increase protective factors for youth in Anchorage.

Prevention Capacity
• AWAIC has two FTE staff positions who are working on prevention with a .25 FTE manager position overseeing the efforts.

Evaluation Capacity
• AWAIC’s full time prevention employee and the AmeriCorps VISTA volunteer gather and compile evaluation information for prevention activities.
• AWAIC hired an evaluation consultant to assist with formal evaluation of Green Dot prevention efforts.

Expected Changes / Outcomes
• AWAIC has worked with AAVP and CDVSA to contribute to the Green Dot process evaluation that is currently in progress. AAVP has also focused on extensive evaluation of Green Dot presenters to ensure effective delivery and accuracy of content. One of the guiding principles of Green Dot is “the messenger matters” which means that highly skilled presenters with content mastery are critical to the program’s success. Much of our time and evaluation has been focused on this principle. We have developed a survey tool as well as an electronic post survey that is utilized in the bystander trainings we host.
• Effectively evaluating our programs is a large area of focus for our agency as we continue to grow in our prevention efforts and capacity.
• Upcoming Green Dot summits that are designed to engage youth in the movement.
• Working with businesses and adult community members to engage them with Green Dot efforts.

Next Steps
1. Continue to build the Anchorage Alliance for Violence Prevention.
2. Host and coordinate a training for Green Dot instructors in order to build capacity for Green Dot Anchorage implementation in the community.
3. Host two Green Dot summits for youth.
4. Produce four Public Service Announcements branded with Green Dot
5. Assess capacity for implementing “Coaching Boys Into Men” (CBIM) in the Anchorage School District.
6. Identify sustainable funding for prevention staff to increase the number of FTEs working on prevention

For more information, please visit: www.awaic.org
STAR has three FTE funded education positions in addition to the Community Education Manager and one FTE prevention liaison. The positions are funded in part through general donations.

School-based Prevention
- Provided age appropriate classroom presentations for over 16,000 children; school-district approved content focuses on personal safety and sexual violence risk reduction for K-12.
- STAR has incorporated evaluation tools to determine the effectiveness of STAR presentations. 99% of teachers felt students had learned skills to help keep them safer. 97% of teachers felt students had learned about resources available to them.

Community-based Education
- Participated in five community health fairs and education booths.
- Presented bi-weekly at Dena-a-Coy as well as to young men/young women’s groups at the ARCH Program. Their focus is substance abuse rehabilitation.
- Conducted 53 public education presentations to 923 community members. Presentations covered all areas of sexual assault, healthy relationships, and bullying.
- Five STAR staff members were trained in “Green Dot”, a bystander intervention program.

Media or Social Norms Campaigns
- Coordinated activities for Sexual Assault Awareness Month; connected with various sectors and age groups for prevention related events and activities throughout the year. STAR promoted Denim Day, Take Back the Night, Green Dot, and Trusted Adult Superhero Day.
- STAR used, paid, and earned media opportunities to bring awareness through television ads, bus signs, events, radio PSAs, and print media.
- STAR participated in the sexual assault awareness month events.

Prevention Capacity Building/Prevention Collaborations
- STAR staff attended the 2014 Prevention Summit: Putting Prevention to Work in Juneau.
- STAR assisted with meetings and participated as an ambassador for the Anchorage Alliance for Violence Prevention (AAVP). STAR took a leadership role with the needs and resources assessment sub-group as well as with bringing “Green Dot” to Anchorage. Green Dot will be
offered to all committee members and plans are in place for offering Green Dot to community members.

- Green Dot is being offered to all members of the Anchorage Economic Development Coalition (AEDC), as well as plans for presentations to businesses affiliated with AEDC for 2015.

### Male Engagement

- Connected with community partners and programs to recommend use of evidenced-based curriculums in Anchorage.
- Opened dialogue with boys and men in small groups to discuss and break down societal myths and encourage healthy reframing of beliefs in a way that promotes safety for all in the community.

### Prevention Capacity

- STAR has three full time staff dedicated to community and school based education in addition to the Community Education Manager and one full time prevention liaison. The positions are funded in part through general donations.

### Expected Changes / Outcomes

- Continued efforts to connect boys and men with a progressive movement toward a safer community.

### Next Steps

1. Continue to expand outreach to new and diverse populations including boys and men, individuals identifying as GLBTQ, etc.
2. Continue a leadership role in Anchorage for Green Dot in 2015 and participate in Train the Trainer.
3. Expand and implement of new curricula for use with partner agencies such as Identity, Inc., Alaska Bar Association, and United Way’s 90% by 2020 campaign, and the community at large.
4. Create and implement baseline surveys and follow-up evaluations to measure the impact of our prevention work.
5. Establish working relationships with POWER Teen group, AFACT (Anchorage Faith and Action Congregations Together), Big Brothers Big Sisters of Alaska, Boys and Girls Clubs of Alaska, ASD PTA, McLaughlin Youth Center, Northstar Behavioral Health, and FFCA (Facing Foster Care in Alaska).

For more information, please visit: http://www.staralaska.com
Barrow

Arctic Women in Crisis (AWIC)

Currently there is no funding for a position focusing exclusively on prevention at AWIC.

School-based Prevention

- AWIC presented to teachers and students at the elementary, middle, and high school on topics such as bullying awareness, healthy relationships, safe touch, and sexual harassment.
- Facilitated presentations to Illisagvik College’s Allied Health Camps.
- AWIC used evidence-based curricula “Second Step” and “Steps to Respect.”
- AWIC staff, Hopson Middle School staff, and Kiita staff have been trained to use the Fourth R, an evidence-based healthy relationship curriculum adapted for Alaska.
- Four teachers were trained in Fourth R curriculum: three in high schools and one in a middle school.
- Kiita Learning Center and Barrow High School are implementing the Fourth R curriculum.
- Barrow has one Fourth R Master Trainer.

Community-based Education

- Presented to every North Slope school on bullying prevention and healthy relationships material.
- Used “Safe Dates” materials in village classroom instruction.
- AWIC provided presentations, upon request, to organizations and groups, at health fairs, and in workshops.
- Conducted awareness campaigns during Stalking Awareness, Child Abuse Prevention, Sexual Assault Prevention, and Domestic Violence Awareness months.
- Participated in community health fairs in Barrow and the North Slope villages and staffed an information table.
- AWIC led the empowering and healing “A Window between Worlds” (AWBW) art workshops to enrich the lives of participants in their weekly Family Night group. The group members create inspiring art projects that are featured on the AWBW website, www.awbw.org.
- Each quarter, advocates staff a table at the local grocery store. Advocates distribute brochures, magnets, and Victim Crime Compensation Board applications. This form of outreach gives advocates a chance to connect with community members and to explain resources in depth.
- Collaborated with the local dental clinic and jointly presented a workshop on bullying to the students in Ipalook Elementary School in Barrow.
AWIC participated in “Human Rights Day” through ribbon distribution and flying a banner to raise awareness.

Participated in the “One Billion Rising” program.

AWIC invited Dr. Dorothy Edwards developer of “Green Dot” a bystander intervention program to speak about Green Dot in assemblies at Barrow High School, and Hopson Middle School.

On April 14-16, 2014 AWIC helped the North Slope Borough Department of Health and Human Services (NSB DHHS) and Arctic Slope Native Association (ASNA) to facilitate the first ever North Slope Healthy Living Summit. The Conference was held in Barrow at Barrow High School. AWIC advocates presented information about bullying to three high school classes.

Media or Social Norms Campaigns

AWIC facilitated radio shows 2-3 times a year presenting on topics such as bullying prevention, healthy relationships, the impact of domestic violence on children, and dating safety. These shows reached 10,000 listeners.

AWIC developed posters, placemats, and collateral materials for public education on domestic violence and bullying.

AWIC, the North Slope Borough Police Department (NSBPD), and the Boys and Girls Club co-facilitated a quarterly children’s art and craft workshop.

Coordinated speakers from the community for the annual Sexual Assault Awareness Month event in Barrow.

AWIC worked with the local radio station, KBRW to promote prevention and bystander intervention messages through public service announcements on the radio.

AWIC worked with the local football coach and AWIC Board members and advocates facilitated groups about healthy relationships and respect for the Barrow High School Football Team.

Prevention Capacity Building/Prevention Collaborations

AWIC partners with the NSB DHHS, ASNA, and NSBPD on various events.

Male Engagement

Area coaches are training in the “Coaching Boys into Men” (CBIM) program. CBIM engages athletic coaches through the Coaches Leadership Program to help shape the attitudes and behaviors of young male athletes.

Parent/Family Engagement

AWIC was involved with the launch of the “Talk Now, Talk Often AK”, a program to increase parent and teen conversations around healthy relationships.

AWIC has parent groups and is involved with the Boys and Girls Club.
Expected Changes / Outcomes

- Greater involvement in the schools, which will lead to more engagement with students.
- More community knowledge and participation in events. More community members following through after events, by attending other events or being more involved.

Next Steps

1. Identify funding for prevention staffing and school-based education programs.
2. Engage men and boys in the community.
3. Fully implement Green Dot through a shared vision and support from community members.
Currently there is no funding at TWC for a position focused exclusively on prevention coordination. Outreach, education, and prevention are integrated into four youth service staff positions funded through CDVSA, Jesuit Volunteer Program, and a Division of Public Health Grant. TWC is also able to staff an Engaging Men and Boys position through an ANDVSA and Office of Violence Against Women grant.

School-based Prevention

- TWC staff and Teens Acting Against Violence (TAAV) members provide age appropriate presentations on safe touching and bullying prevention with curriculums from the Committee for Children for elementary school aged children, and a healthy relationships presentation designed by TAAV, to middle and high school students in Bethel and the surrounding villages. TAAV is a violence prevention and youth empowerment program.
- TWC staff and TAAV members have visited five village schools; Chefornak, Newtok, Alakanuk, Emmonak, and Mountain Village and gave age appropriate presentations to the entire school. TAAV has also presented at Bethel Regional High School (BRHS). TWC staff and TAAV members taught 37 classes with 776 student contacts.
- TWC staff and TAAV members give presentations to the alternative boarding school in Bethel and the UAF Kuskokwim University Campus dorm.
- The Lower-Kuskokwim School District has adopted the “Fourth R”, an evidence-based healthy relationship curriculum adapted for Alaska, for their 9th grade classes. Two Bethel teachers and one TWC staff are trained. The Fourth R is being implemented in the middle school and high school. TWC has helped evaluate and administer surveys for the Fourth R.
- TAAV members and TWC staff have tabled at high school basketball tournaments in February, which is Teen Dating Violence Awareness Month (TDVAM), April, which is Sexual Assault Awareness Month (SAAM), and October, which is Domestic Violence Awareness Month (DVAM). Information, pamphlets, posters, ribbons, and bracelets were distributed and a pledge paper was made for people to sign.

Community-based Education/Village Outreach

- TWC provides a variety of presentations to community organizations and groups including the basics of domestic violence and sexual assault, the effects of domestic violence on children, and teen dating violence. These trainings are given annually at the University of Alaska Fairbanks,
Kuskokwim University Campus, for Village Health Aids through the Yukon-Kuskokwim Health Corporation, and Bethel Public Health.

- TWC co-sponsors or assists with workshops in villages. TAAV often participates in these villages gatherings, which take place 1-3 times a year.
- TWC staff faxed Lead On! applications to all YK Delta schools. TWC staff assisted in chaperoning youth from some of the villages. “Lead On!” is an annual state wide youth leadership mini-summit.
- AVCP, TWC, and other Elluatmun partners held the first “Freedom School” for youth, a workshop teaching youth how to organize against institutional racism.
- TWC hosts a fundraiser and banquet event, called Yuketgtaaraat. The event honors community-nominated and committee-elected “people of the year.” The event is an opportunity to showcase the work that TWC does throughout the year.
- During TDVAM, SAAM, and DVAM, TWC staff and TAAV members table at events including the Saturday Market and hand out information at the grocery stores and the hospital to raise awareness about the issues.

**Media or Social Norms Campaigns**

- TWC hosts a monthly radio show, “Peacetalk”’, to discuss relevant issues, spread information about services, and speak to guests about reducing violence and increasing healthy living.
- TAAV members are often guests on “Peacetalk” to inform people about their work.
- TAAV members create PSA’s about Teen Dating Violence, Recycling, Suicide Prevention, or other relevant topics yearly.
- TAAV assists the Suicide Awareness Intervention Prevention and Healing (SAIPH) in creating a “Remembrance Room” during the Camaii Dance festival. This community event is attended by people from all over the YK region and held in the Bethel Regional High School.
- TAAV has a Facebook group page, which is used to raise awareness about TDV, DV, and SA, along with advertising for the numerous events TAAV hosts and participates in.
- TAAV has a YouTube channel which includes videos highlighting what consent in sexual relationships means and videos created during events like Lead On! and Teens Lead Ahead.
- Continues to distribute the Bethel Love, Heal, Protect campaign posters in Bethel and villages.

**Male Engagement**

- TWC has a men's advisory group from the “Engaging Men and Boys” program, which advises the staff on how best to recruit men and boys to events and programs and further advises on how to make events culturally relevant and best reflective of the people in this area.
The EMB program organizes events like traditional dance gatherings, hunting and other subsistence activities, and multi-media projects currently in process.

An increased number of teenage boys are involved in the TAAV program as a result of the after school group specifically for boys.

Two Bethel area men are involved with the “COMPASS: A Guide for Men” program and have received training to become COMPASS mentors.

### Youth Leadership/Peer Education

- TAAV youth performed multiple public performances of poems or skits about consent and healthy living at Bethel community events and gatherings.
- TAAV organized their 4th annual youth-led leadership camp, “Teens Lead Ahead”, in June. This three day camp included 17 TAAV members and 37 youth from seven villages in the YK area including Kipnuk, Napaskiak, Atmautluak, Kwethluk, Scammon Bay, Hooper Bay, and Kotlik. Youth participated in traditional cultural activities and learned from elders and other inspirational speakers.

### Prevention Capacity Building/Prevention Collaborations

- TWC works with the Bethel agency prevention coalition, called Elluatmun group. The group consists of agencies in Bethel, led by the ICWA branch of the Association of Village Council Presidents (AVCP). The coalition applied for funds and created a community risk and assets document. The coalition identified the root causes of DV, SA, and TDV. Elluatmun meets monthly and funds each other’s projects or helps with initiatives.
- TWC makes it a priority for their staff to attend training on undoing racism. Other service providers in the area are starting to engage in this area as well.
- TAAV partners with many groups in Bethel to represent the youth voice. Partnerships include the SAIPH Coalition, Diabetes Prevention, and Delta Tobacco Control Alliance.
- TWC contracts with many community members to offer TAAV members and sometimes shelter residents opportunities to fish, hunt, and engage in traditional Yup’ik activities.
- TAAV partnered with several agencies including AVCP, ONC, LKSD, Public Health, BCSF, Yuut Elitnaurviat, and UAF KUC on Teens Lead Ahead.

### Prevention Capacity

- TWC has an “Engaging Men and Boys” program which is fully devoted to prevention activities including group work with boys, teenagers, and men. There is also a men’s advisory group from the program. Events like traditional dance gatherings, hunting and other subsistence activities, and multi-media projects are currently in process.
- There are two TAAV coordinators and their work with youth and social media falls on the prevention spectrum a quarter of the time each.
- The Deputy Director of Youth Services and Prevention position is about half prevention.
Evaluation Capacity

- Worked with UAA to conduct a longitudinal study about TAAV and as part of the closeout grant they are going to be evaluating Teens Lead Ahead.
- Minimal time spent on evaluation, but surveys are often created to accompany different events and trainings hosted by TWC.

Expected Changes / Outcomes

- The TAAV program was recently evaluated as a prevention group for youth. The results should be available by the end of the year. This information will be used as a baseline for future evaluations and an evaluation tool for programming in the TAAV group.
- The “Engaging Men and Boys” program plans to have some new media, such as calendars featuring subsistence pictures, created and distributed. This program also seeks to connect more boys to the TAAV program and to healthy male role models.
- Youth in the Bethel and YK region will know better about what to expect from a healthy dating relationship.
- Increased engagement of men in ending violence and understanding by men about their role in ending violence
- Understanding that culture can be a powerful factor in decreasing violence.

Next Steps

1. Create additional materials for TAAV, as well as information on teen dating violence, and sexual violence. These are in high demand and serve to reinforce messages in the region and state.
2. Identify resources for additional prevention, outreach, and education staffing. Staff is needed to expand Bethel and village-based classroom and community presentations. TWC has a large presence in classrooms in the YK Delta Region, but cannot currently fill all of the requests for travel and outreach. Prevention staffing is needed to oversee TWC pilot projects to build male partnerships and community mobilizing for prevention.
3. Work with the community to adapt the Green Dot bystander intervention education program for Bethel and Bethel youth.
4. Identify resources to make the Teens Lead Ahead camp an annual event and to expand to more teens from more villages in the Bethel region.
5. Create a new Healthy Relationships Video for TAAV’s presentation. The current one is almost ten years old and focuses solely on the major types of abuses in relationships. A video that models healthy relationships and how healthy relationships deal with conflict is desired.

For more information, please visit: http://tundrapeace.org/
Cordova

Cordova Family Resource Center (CFRC)

Currently, there is no funding for a prevention position.

School-based Prevention/Presentations

- Offered age-appropriate presentations on safe touch, bullying prevention, and healthy relationships in the elementary and middle schools.
- The Fourth R is an evidence-based, healthy relationship curriculum adapted for Alaska and implemented in the 7th and 9th grades.
- The Bionic Group created special skills testing and peer mentoring which was implemented during home room.

Community-based Education/Village Outreach

- CFRC organized the sexual assault awareness event in Cordova.
- Offered twice a year school presentations in Chenega and Tatitlek.
- CFRC participated in a travelling health fair to promote wellness and healthy relationships.

Media or Social Norms Campaigns

- CFRC developed educational materials for the scanner.
- CFRC has a Facebook page for peer helpers and the agency.
- Shared messages about their work in partnership with local media outlets.
- CFRC organized a “Green Dot” three day summit that was attended by 15 adult providers and 15 youth. Green Dot is a bystander intervention education program.

Prevention Capacity Building/Prevention Collaborations

- CFRC partner agency Sound Alternatives attended Adolescent Brain training. They received materials to educate the community on the negative effects domestic violence and trauma has on the adolescent brain.
- CFRC significantly expanded partnerships for prevention work with the Alaska Children’s Trust, Sound Alternatives, the Native Village of Eyak, the PTA, public health, and the school district through collaboration on a parenting support/life skills class.
- CFRC hosted a Green Dot summit attended by the owner of the Cordova Times, a representative of the Bidarki Rec Center, a city representative, a representative of the forest service, and some community members, including the owner of the local liquor store and bar.

Male Engagement

- CFRC worked with the school district to have a basketball coach trained for “Coaching Boys into Men” (CBIM), which is being implemented. CBIM engages athletic coaches through the Coaches Leadership Program to help shape the attitudes and behaviors of young male athletes.
- A representative from the native villages attended “COMPASS: A Guide for Men” mentoring program training.
- Four out of the seven members of the CFRC board are men.

**Youth Leadership/Peer Education**

- CFRC staff supported youth-led prevention efforts carried out in the community.
- CFRC and peer helpers received a “Stand Up, Speak Up” mini-grant from ANDVSA to carry out a youth-led project.
- Six Cordova youth attended “Lead On!” an annual state wide youth leadership mini-summit. The youth will develop an action plan for prevention projects in 2015.
- CFRC carried out a “Windows between Worlds” program. This is a weekly art program during the school year. Through collaboration with the school district, this program has been combined with a healthy lunches program (every day) during the summer.
- CFRC and their summer AmeriCorps VISTAs provided two prevention-focused summer camps with more than 20 youth in attendance.
- CFRC organized a Green Dot three day summit that was attended by 15 youth.

**Evaluation Capacity**

- CFRC created a way to evaluate Green Dot.
- CFRC consistently has more kids that want to be involved in the programs than there is capacity for.

**Expected Changes / Outcomes**

- More men are involved – “Cordova Men Choose Respect”.
- Youth are expected to take an active role in the community and step forward to promote respect.
- Involvement of community members who wouldn’t normally be involved. Newspaper and other community members are stepping forward and being part of the conversation.

**Next Steps**

1. Identify funding to dedicate time to education and prevention.
2. Expand prevention efforts in the villages.
3. Expand youth groups in the middle and elementary schools and out of school activities.
4. Train community members for “Girls on the Run”, “Coaching Boys into Men”, and “Green Dot” to review possibilities for implementation in Cordova.
5. Work on community needs assessment and developing a community wide prevention plan.
6. CFRC will reach out to new school administrators to establish a relationship for prevention initiatives.
7. Cordova is in the planning stages of launching “Green Dot” bystander intervention program.

For more information, please visit: [http://www.cordovaalaska.org](http://www.cordovaalaska.org).
Dillingham Safe and Fear Free Environment (SAFE)

SAFE has two full-time positions: a Prevention Coordinator and a Myspace Manager. SAFE has two part-time positions: a Youth Advocate and an Outreach position. Some of these positions are funded through CDVSA and Department of Justice Violence Against Women Act.

**School-based Prevention**
- “Saturday School”, a credit recovery option available to students is successfully implemented with funding and support from SAFE.
- Healthy relationships are discussed as part of the “Fourth R”, an evidence-based being taught in Dillingham Middle/High School. More than eight community members in Dillingham have been trained in the Fourth R curriculum to support this effort.
- SAFE directs funding to the “Maximum Achievement Program”, which is the alternative school housed at Dillingham High School.

**Community-based Education**
- SAFE offers summer youth services programming for youth ages four and up. Key partners are Curyung Tribe and Bristol Bay Native Association. Day Camp was extremely successful with 86 attendees.
- The topic of prevention is presented at various community events and conference where there were many community partners.

**Male Engagement**
- SAFE is partnering with the Dillingham High School to implement “Coaching Boys into Men” (CBIM). CBIM engages athletic coaches through the Coaches Leadership Program to help shape the attitudes and behaviors of young male athletes.
- Celebrated fatherhood at the annual Father’s Day BBQ.

**Youth Leadership/Peer Education**
- SAFE continued to staff and support Myspace Youth Wellness Center, a place that empowers youth and helps them build life skills to reach their full potential. Myspace is open Monday-Saturday.
- Myspace piloted opening on the weekends during summer months, making 2014 the first year it was open year round.
- Youth of Dillingham Leadership Group (YDLG) celebrated their second year. They continue to strive to change Dillingham with youth-led community events.
- YDLG participants have attended various leadership trainings including Lead On!, Gathering of Alaska Natives, Youth Leadership Institute, as well as AFN’s Youth & Elder’s Conference.
Parent/Family Engagement

- SAFE piloted “Talk Now, Talk Often AK”, a program to increase parent and teen conversations around healthy relationships, in partnership with Dillingham Public Health. This included community outreach events, introducing the materials at the local library to access.
- Media or Social Norms Campaigns
- Worked with the local radio station, KDLG, to promote prevention activities and the need for prevention in Bristol Bay.
- SAFE worked with the school to promote positive behavioral support systems.

Prevention Capacity Building/Prevention Collaborations

- The Community Action Network Directed Upstream (CANDU) remains an active coalition to address the prevention of DV/SA and promotion of wellness.
- SAFE partners with Dillingham Tobacco Coalition to prevent youth smoking.
- Active member of Early Childhood Interdisciplinary Team with Bristol Bay Area Health Corporation.
- SAFE worked with Curyung Tribe as part of the Gathering Of Native Alaskans Advisory Group. SAFE supported community planning workshops.

Prevention Capacity

- SAFE has two FTEs dedicated to prevention, as well as two part-time positions.

Evaluation Capacity

- Contracting with UAA to evaluate the initial outcomes of the CANDU Prevention Projects.
- The Fourth R program recently went through evaluation.
- Staff received basic evaluation training.

Expected Changes / Outcomes

- Dillingham has prevention systems that connect community members and organizations across the lifecycle.
- Dillingham youth are content with themselves, within their family, within their schools and within their community.
- Dillingham has community-wide expectations and norms that promote equality and peace.
- Dillingham has a physical environment that promotes connectivity, community health and wellness.

Next Steps

1. Create an updated plan to reflect the prevention capacity within the organization.
2. Reevaluate short and long term outcomes in prevention activities in our community within the coalition.
3. Seek funding to continue successful programs.

For more information, please visit: http://www.safebristolbay.org
There was one full time prevention staff in FY14, the Prevention Specialist, funded through the Department of Health and Social Services (DHSS).

School-based Prevention
- IAC staff is trained to implement the “Fourth R”. The Fourth R is an evidence-based, healthy relationship curriculum adapted for Alaska. The foundation is a skill-based curriculum that promotes healthy relationships and targets violence (bullying, peer and dating violence) and substance use among adolescents.
- UAF launched the “Green Dot”, a bystander intervention program. IAC’s role is to be the community support and to lead in the implementation of this prevention initiative.
- IAC worked directly with “Green Dot” and UAF to coordinate the steps necessary to launch Green Dot.

Community-based Education and Outreach
- The Prevention Specialist worked with a local residential substance abuse program for teens, Graf Healing Place, to implement Fourth R Healthy Relationships Plus curriculum. Topics such as dating violence, healthy boundaries, self-esteem, coercion, and domestic violence in the media are covered twice a month with a rotating group of youth.
- IAC provided prevention presentations and outreach tables at community events throughout the year.
- IAC organized the 1st annual “Walk a Mile in Her Shoes” event with UAF students and community volunteers. Over 150 people attended this awareness event, which was used to raise prevention funds.
- IAC organized a community Green Dot training for December of 2014. 23 individuals registered for the full training to be certified as Green Dot Bystander Intervention trainers.

Media or Social Norms Campaigns
- IAC in conjunction with the Fairbanks Downtown Rotary Club organized and coordinated the Fairbanks Choose Respect event in March, 2014.
- IAC coordinated “Take Back the Night” Over 40 people participated in “Take Back the Night.”

**Male Engagement**
- IAC works with the school district on the “Coaching Boys into Men” (CBIM) program; CBIM engages coaches to help shape the attitudes and behaviors of young male athletes.
- IAC worked with the Village of Tanana to receive a mini-grant for “Alaska Men Choose Respect” (AMCR) and partnered with Fairbanks Counseling and Adoption (FCA) to work with at-risk males. FCA’s Street Outreach & Advocacy Program (SOAP) created t-shirts and posters for AMCR featuring interior men and boys.

**Youth Leadership/Peer Education**
- Two Fairbanks area youth attended “Lead On!”, an annual state wide youth leadership mini-summit.

**Parent/Family Engagement**
- IAC teaches the “Changing Patterns Curriculum” with moms weekly. This program teaches them about healthy relationships.

**Prevention Capacity Building/Prevention Collaborations**
- IAC staff participated in the Fairbanks Prevention Coalition focused on preventing substance abuse for teenagers and binge drinking.
- IAC hosted the Fairbanks Prevention Committee, which is an inter-agency collaboration which coordinates DV/SA prevention efforts within the Fairbanks community and surrounding areas.
- IAC helped form the new Fairbanks Primary Prevention Coalition. There are currently 23 signed MOU’s from agencies, military partners, and interested businesses that want to be involved in primary prevention in the community.
- IAC finalized a community prevention plan with key partners.

**Prevention Capacity**
- Two (2) FTEs working on prevention (both began Sept, 2014)
- 1 intern working on prevention 8 hours a week
- Volunteers working on prevention average 10-20 hours a month

**Evaluation Capacity**
- The prevention coordinator will be responsible for the evaluation of all prevention programs being implemented moving forward using the built in evaluation tools.
Expected Changes / Outcomes

- Complete beginning steps of the community “Green Dot” launch, including build community buy in, build a training team, and start bystander trainings.
- Complete beginning steps of the UAF “Green Dot” launch, including build community buy in, build a training team, and start bystander trainings.
- Work towards implementation of the “Fourth R” healthy relationship curriculum in the Fairbanks North Star Borough, including working on buy-in from the school board and superintendent, train more teachers, and provide on-going support and supplemental lessons for teachers so that the curriculum will be sustainable with the school district through the investment of the teachers and school district.
- The Fairbanks Primary Prevention Coalition will meet monthly to edit the prevention plan as needed and to begin implementation of the plan.

Next Steps

1. Explore sustainable funding options for prevention positions.
2. Launch and fully implement the community “Green Dot” program, including follow-up with participants who attend the December training and hold future events and trainings for members of the community.
3. Work with UAF “Green Dot” to expand the program and begin bystander trainings on campus.
4. Get a new MOU to teach Fourth R at the 9th grade level within the school district to expand the program in the schools.
5. Expand the Healthy Relationships Plus program through youth groups, churches and other resources to teach Healthy Relationships+ with the intention of those leaders being trained and teaching the program themselves for sustainability.
6. Obtain training on “Coaching Boys into Men” to work at expanding the program in the Fairbanks North Star Borough.
7. Explore “Girls on the Run” being offered in Fairbanks.

For more information, please visit: http://www.iacnvl.org/
Homer
South Peninsula Haven House (SPHH)

South Peninsula Haven House employs a full-time Prevention and Outreach Coordinator and full-time AmeriCorps VISTA Volunteer, positions supported by state and community grant funds, and collaborations with other local nonprofits including Homer Prevention Project (HPP). Having received a state grant for primary prevention in fall 2014, SPHH will be hiring a part-time prevention specialist to support its prevention and outreach programming.

### School-based Prevention
- SPHH provided staff support to the 8th grade health class. Lessons included healthy communication, dating violence, bullying, coping skills, resilience and the adolescent brain.
- SPHH offered healthy relationship, dating violence, bullying, coping skills, resilience and adolescent brain lessons to 9th grade health classes.
- In collaboration with HPP, SPHH continued to support students at the alternative high school, Flex, in developing an online database for local youth resources, called the Youth Resource Guide.
- SPHH continued HPP PhotoVoice project, at the middle and high school, a program in which youth participants explore either underage alcohol use or gender roles through photography.
- “Girls on the Run” (GOTR) was implemented in the elementary schools to support girls in grades 3-5. GOTR is a program which combines training for a 5K (3.1 miles) running event with healthy living and esteem enhancing curricula.

### Community-based Education
- SPHH prevention and outreach staff coordinate and participate in Green Dot Homer, the group of local trainers offering “Green Dot”, a bystander intervention program, training to the community. Green Dot Homer has trained over 300 individuals in peer and workplace groups, including all City of Homer employees.
- SPHH’s Prevention and Outreach Coordinator is a trained resiliency coach and works with HPP and other local agencies to offer resiliency training and provide public information on the Adverse Childhood Experience (ACE) study.

### Media or Social Norms Campaigns
- SPHH prevention and outreach staff coordinate the local “Positive Community Norms” campaign, which is funded by Homer Prevention Project and a Strategic Prevention Framework State Incentive Grant (SPF-SIG). This campaign works to promote positive facts about the community around alcohol consumption, including a youth message based on the
Youth Risk Behavioral Survey that states: “Most Homer High and Homer Flex youth do NOT drink in a typical month.”

**Prevention Capacity Building/Prevention Collaborations**

- SPHH continues to coordinate a Substance Abuse and Domestic Violence (SADV) workgroup, a community coalition addressing the intervention and prevention of these interrelated issues.

- The SADV workgroup recently approved a first draft of “Transformations: A Plan for the Primary Prevention of Intimate Partner Violence, Sexual Violence and Substance Abuse” on the Southern Kenai Peninsula.

**Male Engagement**

- SPHH prevention and outreach staff are coordinating a group of male mentors to attend a “COMPASS” training in the spring of 2015.

**Youth Leadership/Peer Education**

- SPHH continues to co-sponsor “Youth on Record Alaska,” a program aimed at connecting teens to safe community through music and mentorship. The program weaves in information for healthy relationships and violence prevention with self-expression through music production.

- SPHH prevention and outreach staff collaborate with the local teen center, the REC Room, to support their Peer Health Educators, providing training and support to the group of four-six teen peer educators. Prevention and outreach staff collaborate with the peer educators to provide presentations at schools and in the community.

- Four Homer youth attended the “Lead On!” annual state wide youth leadership mini-summit.

- SPHH prevention and outreach staff help facilitate the LeadOn! youth group which is planning a community event and awareness campaign around the issue of teen homelessness.

- The six youth who attended “Lead On!” in 2013 worked throughout the year to plan an event raising awareness and community compassion for the issues of stress, anxiety and depression in Homer. With the support of a mini-grant from ANDVSA, this team presented "Bonfire on the Bay" an all-ages event using performance and storytelling to explore these issues while providing skills for all ages to help manage stress, anxiety and depression.

**Evaluation Capacity**

- With the adoption of a draft prevention plan, the community coalition adopted a separate evaluation plan to measure the effectiveness of local prevention work.

- Evaluation currently focuses on individual strategy evaluation relying on surveys and process evaluation. Overall, prevention staff spend about two hours a week on evaluation.
**Expected Changes / Outcomes**

- Parents of 8th graders gain knowledge about adolescent development, connect with other parents to create supportive networks, and demonstrate and increase in conversation with their teens.
- 8th and 9th graders increase knowledge of healthy relationships and consent, positive coping and communication skills, adolescent brain development and drug and alcohol’s effect on the brain.
- Parents of “Girls on the Run” participants gain knowledge about child development and gain skills to support the social and emotional health of their 3-5th grade girls. These parents will also develop connections and supportive networks with other parents.
- 3-5th grade girls in the “Girls on the Run” program demonstrate an increase in positive self-image, positive peer relationships, and a belief that they can meet their goals.
- Homer High and Homer Flex student leadership and faculty are engaged in bringing Green Dot Bystander Intervention Training to the whole student body by fall 2015.

**Next Steps**

1. To support the planning and implementation of consistent health education 7th-9th grades
2. To build capacity and implement bystander intervention curriculum in the high schools
3. To create space for and engage men and boys in Homer in meaningful and sustainable participation in the community wide effort to prevent violence on the Southern Kenai Peninsula.

For more information, please visit: [http://havenhousealaska.org](http://havenhousealaska.org).
Juneau
Aiding Women in Abuse and Rape Emergencies, Inc. (AWARE)

AWARE has one full-time prevention manager and one community engagement advocate partially funded through general funds and the Centers for Disease Control and Prevention DELTA Project via ANDVSA. AWARE also has a full-time school education staff member funded through the City and Borough of Juneau and CDVSA. CDVSA and AWARE general funds support one AmeriCorps* VISTA position focused on prevention work. CDVSA also funds a full time Girls on the Run advocate to support programming throughout Southeast Alaska, and most recently, is funding a position to ensure Girls on the Run expansion in communities throughout Alaska.

School-based Prevention/Presentations

- In FY 14, AWARE staff provided 215 school presentations in the elementary, middle and high school for 5,255 student contacts.
- AWARE staff conducted 24 presentations with preschool, private school, and UAS with 934 student contacts.
- Juneau’s Violence Prevention Coalition has partnered with Juneau’s Suicide Prevention Coalition to implement “Sources of Strength” in all three high schools and one middle school. Sources of Strength is a national evidence-based program that is being adapted locally to holistically prevent teen dating violence, substance use, bullying, and suicide among high school and middle school students. AWARE’s AmeriCorps VISTA received training as a Sources of Strength Adult Advisor and mentored leaders in one of Juneau’s high schools.
- AWARE hosts the Southeast chapter for "Girls on the Run" (GOTR), a program for young girls ages 8-14 that uses running to teach girls about positive self-image, self-respect and self-worth. The program combines training for a 5K (3.1 miles) running event with healthy living and self-esteem enhancing curricula. The Girls on the Run of Southeast Alaska territory includes Ketchikan, Petersburg, Wrangell, Sitka, Angoon, Haines, Hoonah, Kake, Yakutat, Skagway, Gustavus, and Juneau. GOTR instills self-esteem and self-respect through physical training, health education, life skills development, and mentoring relationships. During 2013, 358 girls participated in GOTR throughout Southeast Alaska with the support of over 80 volunteer coaches.
- AWARE works with the school district to implement the “Coaching Boys into Men” (CBIM) program.

Community-based Education/Outreach

- AWARE helped organize the local sexual assault awareness month event.
- AWARE hosts Girls on the Run season end 5Ks in December and May. The 5K is a chance for program participants to celebrate being healthy and positive and allows community members to show support for the youth of our community. The founder of Girls on the Run International, Molly Barker, was featured at the Spring 2014 5K event. Hundreds of girls, families, friends, and supporters showed up for the event. Girls on the Run teams from Yakutat and Haines also came to Juneau to run the 5K and meet Molly.

- Over 100 people attended a community fundraising event featuring Girls on the Run founder Molly Barker speaking about celebrating, inspiring, and empowering women.

- AWARE raised awareness during Sexual Assault Awareness Month with a series of events including an art show featuring healing themed pieces, a teen art and media contest on healthy relationships, and Walk a Mile in Her Shoes, a community run/walk that raised awareness for the prevention of domestic violence and sexual violence.

- AWARE carries out several activities during Domestic Violence Awareness/Action Month including a 5th grade poster contest, a self-defense class for women, and other awareness activities.

- AWARE offers a “Healthy Relationships” class for Women (10 week community-based education group), three times/year. Class evaluations consistently praise the class and the teacher.

- AWARE’s prevention trainings are integrated into bi-annual community/volunteer trainings.

- AWARE hosts the weekly, “Windows between Worlds” art groups, during both women’s and children’s groups at AWARE.

### Media or Social Norms Campaigns

- AWARE completed posters and three short “Alaska Men Choose Respect” videos aimed at shifting norms around respect and gender equality. These videos featured male teen leaders who are currently participating in the “Coaching Boys into Men” program.

- AWARE manages three Facebook pages: the Juneau Violence Prevention Coalition page, Girls on the Run of Southeast Alaska, and a general AWARE page with a combined 1,100 followers.

- Teens involved in “Lead On! For Peace and Equality”, an annual state wide youth leadership mini-summit produced a video about healthy relationships, healthy sexuality, and nonviolence to promote respect, equality, consent, and peace among their peers.

### Prevention Capacity Building/Prevention Collaborations

- AWARE leads the Juneau Violence Prevention Coalition (JVPC) which focuses on community wide prevention of intimate partner, dating and sexual violence.

- The JVPC has conducted a local needs assessment and developed a community plan--Pathways to Prevent Violence in Juneau--that includes specific goals, outcomes, and strategies.
• AWARE continues to recruit community members from various sectors to assist with planning and implementation of key prevention strategies identified by the JVPC.

• AWARE, ANDVSA, and contracted evaluators have completed an evaluation plan for all of the goals and outcomes articulated in the Juneau Pathways to Prevent Violence plan.

• JVPC has working groups and sub-committees focused on Engaging Men, Boys Run, Engaging Youth, GOTR, GOTR 5K, and steering the JVPC. These sub-committees and groups gather as a larger group four times a year, including three 2 hour quarterly meetings and one full day JVPC retreat.

• AWARE's board of directors has adapted its strategic plan to more fully include prevention.

**Male Engagement**

• AWARE and Sitkans Against Family Violence (SAFV) collaborated on the development of a boys running program called “Boys Run: I toowú klatseen.” This 10 week afterschool program for 3rd-5th grade boys involves running, discussion and cultural activities that honor Southeast Alaska traditional values and promotes skills for healthy relationships and a community of respect for self and others. This program was piloted during the fall of 2014 in Juneau and Sitka.

• AWARE staff train coaches and support “Coaching Boys into Men” (CBIM). CBIM engages athletic coaches through the Coaches Leadership Program to help shape the attitudes and behaviors of young male athletes. Ten coaches in Juneau have been trained to date and are using the CBIM curriculum with their teams including the Juneau Douglas High School Boys’ Basketball Team, Boy’s Cross Country Team, and Thunder Mountain High School Boys’ Basketball Team in 2014.

• AWARE partnered with statewide domestic violence prevention partners to complete the “COMPASS”, a strength based educational tool for men to use with boys in different settings including sports, outdoors, and cultural activities. In 2014, AWARE sent one staff member to provide training/facilitation for the statewide “COMPASS” training.

**Youth Leadership/Peer Education**

• AWARE sends several local teens to a leadership summit called “Lead on! For Peace and Equality.” These teens learn leadership skills and return to their communities with increased capacity for making social change by promoting respect, equity, and non-violence.

• AWARE partners with SAFV to conduct an annual outdoor leadership kayaking trip called “REBOUND” for youth in Southeast Alaska. The curriculum implemented during the trip addresses respect, personal boundaries and healthy relationships, communication, advocacy and social change.

• The “Juneau Teen Council” seeks to empower teenagers to educate their peers, families and communities about human sexuality and healthy decision making. Juneau Teen Council
members meet weekly to receive training on accurate, nonjudgmental, and unbiased sexuality information, which they then present to their peers and other members of their communities. There are currently 6 Teen Council members providing peer education in Juneau. They are a program of Planned Parenthood of the Great Northwest and supported by Juneau’s Violence Prevention Coalition.

**Parent/Family Engagement**

- AWARE is actively distributing “Talk Now, Talk Often AK” cards to area schools to be given to parents at parent/teacher conferences. These aim to open up conversations between parents and teens.

**Prevention Systems**

- Juneau’s Violence Prevention Coalition has adapted a toolkit to help organizations, agencies, or community coalitions assess how they are considering equity, diversity, and inclusion when developing policies, planning and developing programs, evaluation, and organizational assessments. This root causes assessment tool will help organizations, agencies, or community coalitions in making internal changes that impact the root causes of violence.
- Juneau’s Violence Prevention Coalition is in the initial phase of partnering with local high school administration, staff, and student leaders to identify gaps in current school programming and policies related to healthy relationships.

**Prevention Capacity**

- AWARE has 5.0 FTE devoted specifically to prevention work. This includes 4.8 full time positions and time spent by other staff positions.

**Evaluation Capacity**

- AWARE spends approximately 90 hours of combined time per month evaluating prevention programs. All prevention positions include evaluation in the job descriptions. A contracted Empowerment Evaluator spends 6-10 hours a week supporting the evaluation of AWARE’s prevention programs, and is included above.

**Expected Changes / Outcomes**

- Through social norms campaigns, social networking and peer-to-peer influence, teen leaders involved in “Sources of Strength” a national evidence-based program that is being adapted locally to holistically prevent teen dating violence, substance use, bullying, and suicide among high school and middle school students and other teen leadership programming will positively impact school climate around respect, equality and non-violence.
- By identifying gaps in current high school programming and policies promoting healthy relationships, Juneau’s Violence Prevention Coalition will be able to make recommendations
for changes that will positively impact school climate around teen wellness, specifically youth as change agents, equality, nonviolence, and respect.

- Girls participating in “Girls on the Run” will have an increase in self-esteem, physical activity, social emotional health and body acceptance, and a decrease in acceptance of traditional gender stereotypes, as measured by a pre-post survey.
- AWARE will reach Alaskan boys and men from multiple sectors, ages, and ethnicities through media messaging, social norms campaign, and mentoring and teaching programs such as “Alaska Men Choose Respect”, “Coaching Boys Into Men”, “COMPASS”, and “Boys Run: I toowú klatseenwork”. Over the next year, boys participating in AWARE’s prevention programming will have an increased recognition of abusive behavior, increased intentions to intervene when witnessing abusive behaviors, and increased meaningful dialogue about gender equity and healthy masculinity. These outcomes will be measured by pre-post program surveys.
- By piloting the root causes assessment tool, Juneau’s Violence Prevention Coalition and AWARE will identify capacity areas that can be improved internally to address the root causes of violence.
- By piloting the root causes assessment tool internally, AWARE and the JVPC will also be able to make adaptations to the tool prior to finalizing it and sharing it with other agencies.

### Next Steps

1. Identify sustainable funding sources for staffing and implementation of primary prevention programming.
2. Complete analysis of gaps in current school programming and policies related to healthy relationships. Recommend comprehensive school programming and policies to address identified gaps and promote a school climate of teen wellness and non-violence.
3. Expand Girls on the Run of Southeast Alaska’s territory to include all of Alaska, absent Anchorage and the Matsu Valley which already has a GOTR Council.
4. Evaluate and implement necessary changes to the “Boys Run: I toowú klatseen” program.
5. Develop a social norms campaign promoting respect and equality among teens.
6. Juneau’s Violence Prevention Coalition and AWARE will complete the root causes assessment tool toolkit internally.
7. Implement “COMPASS” and use it to supplement “Coaching Boys into Men” programming.

For more information, please visit: [www.awareak.org](http://www.awareak.org)
Kenai

The LeeShore Center

Currently there is no dedicated funding source for prevention staffing.

**School-based Prevention**

- LeeShore staff offered age-appropriate K-12 education on personal safety, dating violence, sexual assault, bullying prevention, and healthy relationships. There were 102 presentations to 2308 youth in 2014.
- LeeShore continues collaborative efforts with the school district to help bring the “Fourth R” to the region. The “Fourth R” is an evidence-based, healthy relationship curriculum adapted for Alaska.

**Community-based Education**

- LeeShore offers professional and community based awareness education. There were 217 presentations to 35,323 individuals in FY14.
- LeeShore participated in ongoing interagency collaborative meetings with numerous community partners to discuss prevention efforts.
- Kenai launched “Green Dot”, a bystander intervention education program in 2014.
- LeeShore conducts a community awareness workshop on domestic violence and sexual assault bi-annually.
- LeeShore participated in 6 community health fairs and education booths.
- LeeShore hosted a “Fellowship Brunch” and invited community faith-based leaders.

**Media or Social Norms Campaigns**

- Kenai received ongoing media coverage for the “Green Dot” launch.
- LeeShore organized and hosted the community’s sexual assault awareness month event.
- LeeShore sponsors monthly DV/SA education ads in the local newspaper.
- LeeShore conducts awareness campaign events during Sexual Assault and Domestic Violence Awareness months.
- LeeShore offered on-air education on the co-occurrence of domestic violence and animal abuse in 2014.
- LeeShore developed a Disabilities Abuse Response Team (DART) brochure for community distribution.
- LeeShore is developing a Facebook Page.
Prevention Capacity Building/Prevention Collaborations

- LeeShore and community partners have an identified prevention team who attend Prevention Summit conferences in Juneau.
- LeeShore collaborates with the local disability agency to address prevention efforts around domestic violence against persons with disabilities.
- LeeShore met with Kenai Peninsula College staff to discuss collaboration efforts regarding Title IX requirements.
- LeeShore is part of a task force that helped implement “Green Dot”. This group meets every other month.
- LeeShore participates in monthly teleconferences with the CDVSA

Evaluation Capacity

- Develop prevention evaluation plan.

Expected Changes / Outcomes

- Increased knowledge and understanding of community members about issues and how they can get involved in prevention efforts.
- See an increase in awareness and engagement in the community.
- Increase in social media outreach and education.

Next Steps

1. Identify sustainable funding for prevention staff.
2. Build capacity to educate the community about prevention.
3. Develop programs for engaging men and boys in prevention.
4. Establish peer education and youth programing.
5. Expand social media program.

For more information, please visit: www.leeshoreak.org
Ketchikan
Women in Safe Homes (WISH)

Currently there are two positions focused on prevention, a Youth Outreach position and Education Services Manager. Funding for the Youth Outreach position comes from the CDVSA and the City of Ketchikan.

School-based Prevention/Presentations
- WISH worked with the Ketchikan Gateway Borough School District to provide 22 presentations to 230 participants on topics of healthy relationships and dating violence, bullying prevention, practical tips on self-defense and being aware of your surroundings and safe touch.
- WISH offered K-12 presentations on child abuse, domestic violence and offered resources.
- Facilitated Healthy Relationships/Teen Dating Violence presentations in the Health Classes at Ketchikan High School and Schoenbar Middle School. There were 300 total participants.
- WISH trained coaches and supported the “Girls on the Run” program in Ketchikan, a program for young girls ages 8-14 that uses running to teach girls about positive self-image, self-respect and self-worth. The program combines training for a 5K (3.1 mile) running event with healthy living and self-esteem enhancing curricula. The total number of young girls and volunteers who participated was 142.

Community-based Education/Village Outreach
- WISH collaborated with the Ketchikan Indian Community Behavioral Health Department to create “Steps for Change,” to raise awareness of domestic violence and intimate partner violence. Participants walked around the indoor track at the recreation center and discussed why domestic violence victims stay in the relationship. Once the laps were completed, everyone met to discuss domestic violence and resources were available to participants. About 80 people participated.
- Was involved during sexual assault awareness month. Completed community outreach, poster making, and dialogue about healthy relationships.
- WISH partnered with 3 providers to facilitate 5 trainings on domestic violence and sexual assault to village/community services, safe home and rural service providers.
- WISH provided 2 trainings to 2 first responders.
- Provided a total number of 44 trainings/presentations on domestic violence and sexual assault.
Media or Social Norms Campaigns
- WISH utilized opportunities with the local radio station to raise awareness of domestic violence and sexual assault.
- Assisted with statewide campaigns for “Alaska Men Choose Respect” and youth focused ads.

Prevention Capacity Building/Prevention Collaborations
- WISH collaborated with the Ketchikan Indian Community on “Steps for Change” event.
- WISH collaborated with the Ketchikan Police Dept. and Ketchikan School District to facilitate healthy relationships/dating violence discussions in school classrooms.
- WISH collaborated with the United States Coast Guard to greet the new Coast Guard families moving into Ketchikan and provided materials about WISH programming, domestic violence and sexual assault.

Male Engagement
- WISH co-sponsored the initial training for the statewide “COMPASS” program. Participants from the City of Saxman, the Ketchikan Regional Youth Facility (Division of Juvenile Justice) and the Boys and Girls Club attended 3 day training. The Ketchikan Regional Youth Facility has subsequently implemented the program with their residents and the youth participants. WISH also provided input in the development of the “COMPASS”, which is a guide for mentors of young men to teach healthy masculinity.
- WISH conducted the “Coaching Boys into Men” program as a component of partnering with Ketchikan High School’s basketball, soccer and baseball teams.

Youth Leadership/Peer Education
- 4 Youth participated in “LeadOn!”, an annual state wide youth leadership mini-summit.
- The attending youth meet once a month to discuss how to influence the Ketchikan Gateway Borough School District in positive ways and help develop a plan to collaborate with local behavioral health organizations to provide a certified counselor to listen and talk with students.
- WISH’s prevention and community outreach facility “iRock” houses WISH’s education and community outreach positions. iRock serves as a meeting place for community agencies and organizations.

Prevention Capacity
- 2 full time staff.

Evaluation Capacity
- 1 staff working on evaluation an average of 10 hours per month.
**Expected Changes / Outcomes**

- Through the “COMPASS”, Alaska Native and non-Native Alaskan boys and men will continue to build a foundation of respect toward women and the environment.
- Girls will continue to build a foundation of positive self-image and self-esteem.

**Next Steps**

1. Continue to evaluate the effectiveness of current programs and explore options for new programs.
2. Build collaboration with community partners, such as the Ketchikan Indian Community, Ketchikan Police Dept., the Coast Guard, and Ketchikan School District.
3. Continue revision of Intimate Partner Violence Prevention Plan.
4. Explore sustainable funding options for prevention positions and efforts.
5. Develop and implement a dignity curriculum for schools and local businesses.

For more information, please visit: [www.wishak.org](http://www.wishak.org)
Kodiak
Kodiak Women’s Resource and Crisis Center (KWRCC)

1 full time Outreach Coordinator and 1 part time

School-based Prevention
- KWRCC presented PSAs at the Kodiak middle school and high school throughout domestic violence awareness month in October
- KWRCC hosted a purple snow cone day at both middle and high schools. Every student that wore a purple ribbon got a snow cone.
- KWRCC provided students with a Teen Dating Bill of Rights, explaining healthy and unhealthy relationships.
- KWRCC worked with the school principals and staff, including counselors on the material for the community awareness posters. Topics for the posters included dating violence, anti-bullying and anti-drugs. Schools were provided with referral information of the different agencies in town to discuss the topics. These posters were made by students.
- KWRCC did a “sit in” for Bullying Prevention and got over 200 honks from the community, using the community awareness posters that the students made.

Community-based Education/village outreach
- KWRCC coordinated a prayer vigil and carried out campaigns for Domestic Violence Awareness and Sexual Assault Awareness months.
- Spoke to local clubs in the community regarding domestic violence and the resources KWRCC can provide.
- KWRCC had a “Paws for Peace” walk which raised awareness and money during DV awareness month.
- KWRCC held a community forum about “Green Dot”, a bystander intervention program.
- KWRCC has been working on the Native Woman’s Advisory Committee. Villages were provided information during health fairs.

Media or Social Norms Campaigns
- KWRCC maintains a Facebook about the organization and our mission.
- KWRCC sent a newsletter with information about domestic violence awareness month events and information.

Youth/peer education
- Three Kodiak youth attended Lead On!, an annual state wide youth leadership mini-summit.
Prevention Capacity Building/Prevention Collaborations
- KWRCC has been working closely with the Suna’q Tribe, KANA and our Sexual Assault Advocate.
- KWRCC has been fostering relationships with administrative staff at the area schools.

Prevention Capacity
- 1 full time Outreach Coordinator, one part time Outreach Coordinator, one Sexual Assault Advocate and two Immigrant Women’s advocates.

Evaluation Capacity
- KWRCC conducted a pre and post survey on the Bystander Intervention forum.

Expected Changes / Outcomes
- KWRCC would like to build a strong relationship with the schools and continue working with them throughout the year.
- KWRCC would like the community who attended the Bystander Intervention Forum based on “Green Dot” to know how they can help when there is the opportunity to step in and eliminate violence.
- The youth will have a better understanding of what a healthy relationship looks like compared with what an unhealthy one looks like. They will know what domestic violence looks like and be informed and educated on bullying.

Next Steps
1. Continue the work being done during the awareness months throughout the year. Adding more events to raise awareness and keep building stronger relationships with the community.
2. Hosting more forums for the community on bystander intervention based on “Green Dot” bystander education program and evaluating the Bystander Intervention Forum which took place.
3. Engaging parents by bringing the “Talk Now, Talk Often, AK” program to Kodiak.
4. Increased work with schools and youth.

For more information, please visit: http://www.kwrcc.org/
Kotzebue
Maniilaq Family Crisis Center (MFCC)

Currently all advocates at Maniilaq Family Crisis Center participate in prevention. Outreach funds come from a federal grant.

School-based Prevention/Presentations
- The Northwest Arctic Borough School District (NWABSD) participated in Lead On! an annual state wide youth leadership mini-summit.
- NWABSD implemented “Coaching Boys into Men” (CBIM). CBIM engages athletic coaches through the Coaches Leadership Program to help shape the attitudes and behaviors of young male athletes.
- “Fourth R” implemented in Kotzebue schools. The Fourth R is an evidence-based, healthy relationships curriculum, adapted for Alaska.
- Village youth leaders attended a “Fourth R: retreat training.
- MFCC has done outreach with 8-12th graders on the topics of domestic violence and healthy relationships through NWASBSD funds.
- Had informational booths at school sporting events.
- Spoke at school assemblies.

Community-based Education/Village Outreach
- Traveled to all villages for the purposes of outreach and awareness.
- MFCC participated in domestic violence awareness month; activities included bringing information on domestic violence and sexual assault to villages in the Northwest Arctic Borough region.
- MFCC services were the topic of discussion at the school and the village health clinics.
- Prevention brochures, healthy relationships, domestic violence safety and sexual assault informational resources are given out to community members.
- MFCC advocates participated in health fairs in NWAB villages and community job fairs.

Media or Social Norms Campaigns
- KOTZ 720 AM, Kotzebue’s local radio station, played MFCC recorded PSAs regarding DV/SA, highlighted MFCC services, and provided the Crisis Hotline number.
- MFCC advocates created and distributed flyers in the community providing the Crisis Hotline number and a Healthy Relationships Quiz.
- MFCC maintains a Facebook page to spread information and highlight service.
Male Engagement

- One coach from NWABSD attended the “Coaching Boys into Men” (CBIM) training and has implemented coaching sessions, where information from the CBIM training is shared with other area coaches. The school district is working on getting the coaches trained/educated to better serve the student athletes.

Youth Leadership/Peer Education

- Two students attended “Lead On!”, an annual state wide youth leadership mini-summit.

Expected Changes / Outcomes

- People in the community will be more aware of prevention.
- People in the community will know signs of an unhealthy relationship and know when to get out. They will also know that there are resources available.
- Since becoming fully staffed, will be able to conduct more education/prevention not only in Kotzebue but outlying villages as well.

Next Steps

1. Identify resources to staff and assist with prevention outreach.
2. Access additional training for staff on prevention.
3. Establish capacity for prevention efforts in Northwest Arctic villages.
4. Identify ways of better serving male clientele of the region and finding more resources for them.

For more information, please visit: http://www.maniilaq.org/familyResources.html.
Nome

Bering Sea Women’s Group (BSWG)

Currently there is no staff person dedicated or funded exclusively for prevention at Bering Sea Women’s Group.

Community-based Education/Village Outreach
- BSWG provided outreach and education to groups in the community and at health fairs.
- BSWG maintained a web page that includes prevention and public education.
- BSWG coordinated local sexual assault awareness month event held at XYZ Senior Center.
- BSWG provided parenting classes for community members at the Nome Community Center.
- BSWG attended the “Nome Resource Fair”, during which staff distributed flyers containing information about prevention.
- BWSG staff participated in the “Green Dot” training, a bystander intervention education program.

Media or Social Norms Campaigns
- BSWG prepared PSAs for the local radio stations.

Prevention Collaborations
- Collaborates with community alcohol safety team.
- BSWG attends multi-disciplinary interagency meetings.

Youth Leadership/Peer Education
- Two youth and one adult from Nome attended the “Lead On!”, an annual state wide youth leadership mini-summit. They were partially funded by Kawarek.

Expected Changes / Outcomes
- Expect a difference in ways youth are thinking, data will be gathered using pre- post-assessments.
- Increase in understanding and awareness of domestic violence and sexual assault.
- A change that can be seen in conversations and attitudes, especially with messages around self-care and care for others.
- More of a relationship with the school board and connecting community organizations.

Next Steps
1. Develop relationships with local schools for prevention work.
2. Identify resources for staffing and staff training specifically for regional prevention including the Nome Public Schools and Bering Strait Schools.

For more information, please visit: http://www.beringseawomensgroup.org/.

Nome participants at Lead On!
Seward
SeaView Community Services (SeaView)

No violence prevention-specific staff is funded at this time at SeaView Community Services.

School-based Prevention/Presentations
- SeaView worked with schools to plan prevention based education activities.
- SeaView implemented “Walk a Mile in Her Shoes” at the middle and high schools during Dating Violence Awareness month in February.

Community-based Education/Village Outreach
- SeaView provided DV awareness information and promotional items at health fairs, Providence Hospital, and schools on prevention topics, such as: dating violence, bullying prevention, elder abuse, and sexual assault.
- The 1st annual “Kid’s Carnival” was held in April for Child Abuse Awareness month. 300 kids along with their parents attended. Materials were given to the attendees on internet safety, books on how to keep their bodies safe, warning signs of child abuse, and what to look for in a perpetrator. The Seward Police Department and Alaska State Troopers provided child ID kits. There were also games, prizes, face painting, a bounce house, dunk tank, and many other activities.
- SeaView organized the first ever “Ride for Respect Poker Run,” a motorcycle fundraiser that had participants ride from Anchorage to Seward.

Media or Social Norms Campaigns
- SeaView has prepared a positive community norms messaging which will focus on the link between domestic violence and sexual assault and underage drinking and drug use. The intended audience is parents and youth.

Prevention Capacity Building/Prevention Collaborations
- SeaView maintained a DV/SA Advisory Board, comprised of Seward police, tribal council, nurses, and local business owners. Monthly meetings provided overview by members of best practices, prevention efforts, community events, and feedback on program strategies.
- SeaView is a member of Seward’s Prevention Coalition.
- SeaView hosted a fellowship brunch for the faith leaders in their community. Five pastors attended. They were given an overview of program and services offered. Future collaborations between SeaView and the pastors were discussed.
• SeaView staff attended a positive community norms training as part of involvement with the Seward Prevention Coalition.

**Male Engagement**

• SeaView was awarded an “Alaska Men Choose Respect” mini-grant from the Alaska Network on Domestic Violence and Sexual Assault to aid with implementation of the “Coaching Boys into Men” program.

**Youth Leadership/Peer Education**

• SeaView gives informational resources and presentations to the Teen Youth Center.

**Parent/Family Engagement**

• SeaView put on a free infant learning program, “Play & Chat,” which focuses on preventing child abuse and child neglect, a primary risk factor for adult violence. It is open to anyone in the Seward and Moose Pass area.

• SeaView and the Seward Prevention Coalition are beginning implementation of “Start the Conversation” and “Talk Now, Talk Often, Ak”. These programs are intended to foster conversations between parents and their children about everyday life.

**Evaluation Capacity**

• SeaView has evaluation tools prepared for the positive norms messaging programing.

• Has written a survey for implementation into the schools on teen dating violence and bullying.

**Expected Changes / Outcomes**

• SeaView has been talking to middle and high school students about the issues of teen dating violence and bullying. From this, more engagement and awareness is expected from youth.

• More community involvement and awareness following implementation of planned projects and campaigns.

**Next Steps**

1. Acquire funding for a DV/SA prevention-based staff person.
2. Put together a proposal for our Board of Directors to put in place and approve a scholarship fund for high school graduates.
3. Fully implement parent engagement program. Provide parenting classes for interested community members.
4. Start a “Girls on the Run” program.
5. Implement the “Coaching Boys into Men” program and have community members attend the “COMPASS: A Guide for Men” training in the spring of 2015.
6. Implement and evaluate a positive norms messaging campaign.
7. Start conversations with elementary school students.

For more information, please visit: [http://www.seaviewseward.org/home.shtml](http://www.seaviewseward.org/home.shtml)
Sitka

Sitkans Against Family Violence (SAFV)

Sitka has one full-time prevention director funded through ANDVSA and the Centers for Disease Control and DELTA project. SAFV funds one full-time prevention specialist staff focused on media strategies and male-engagement programs and one full-time youth development specialist that focuses on school-based programs. A grant from CDVSA funds two of the prevention positions and supports most of the prevention programs developed and implemented by the local Pathways to a Safer Sitka prevention coalition. SAFV contracts with an empowerment evaluator.

School-based Prevention/Presentations

- SAFV taught healthy relationships classes upon request.
- SAFV gave K-5 presentations on safe and unsafe touch, bullying prevention, and healthy lifestyles to Sitka and outlying areas.
- Sitka High and Mt. Edgecumbe High School used the “Fourth R” in the 9th grade. The Fourth R is an evidence-based, healthy relationship curriculum, adapted for Alaska.
- Blatchley Middle School uses “Fourth R” in the 8th grade. Blatchley Middle School is also looking for comprehensive sustainable healthy life skills curricula for 6th and 7th grade.
- Participated in the “Olweus” bullying prevention efforts with the Sitka School District and continues to work closely with youth leadership groups that evolved out of that program.
- SAFV continued “Girls on the Run: (GOTR) for its 6th season. GOTR is a national running program for girls in grades 3-5, at Keet Gooshi Heen Elementary School each spring. This evidenced-based program uses running to teach girls about positive self-image, self-respect and self-worth.
- SAFV prevention staff will be working with the community of Kake to build capacity for primary prevention including programs like Girls on the Run (GOTR). Additionally, we will be working with key stakeholders in the community of Kake to establish a community infrastructure that supports ongoing prevention programs such as “GOTR”, “Boys Run”, healthy relationship classes and teen programs.

Community-based Education/Village Outreach

- SAFV prevention staff provides healthy relationships presentations and classes at Raven’s Way, a local youth treatment program, on a recurring basis.
- SAFV coordinates the annual Sexual Assault Awareness month events.
- SAFV has expanded community education training to include prevention topics.
SAFV continues to highlight the Sitka “Choose Respect” mural in presentations as a model for doing community engagement projects. The “Choose Respect” mural was created in partnership with Artchange, Inc. and the “Choose Respect” mural committee in 2012. A documentary of the “Choose Respect” mural project has been shown locally and statewide.

SAFV and the Pathways prevention coalition provide community seminars on topics such as prevention 101, risk and protective factors, evaluation and strategic planning, facilitation techniques, community cafes, supporting youth, non-violent communication, developing a socially just social service practice, disability etiquette, social emotional learning, racial equity and the intersections with DV, and positive parenting programs.

SAFV and Pathways supports Sitka Native Education and Sitka Tribe of Alaska’s summer culture camp for K-6th grade.

Media or Social Norms Campaigns

SAFV developed six short public service announcements (PSAs) with participants from GOTR that served as “mini-lessons” to the community about what girls learned in the program. These PSAs aired on the local radio station and on SAFV’s Facebook page.

SAFV developed a short documentary about the impact of “Girls on the Run” on the Sitka school environment. This video was shared on SAFV’s Facebook page, at community presentations and statewide conferences.

Created short radio PSAs about what students learned on the annual outdoor youth leadership trip, REBOUND. These PSAs aired on the local radio station and SAFV’s Facebook page.

The Sitka Youth Leadership Committee (SYLC) and SAFV piloted their video shorts and educational toolkit at the statewide youth leadership conference, LeadOn! The videos and discussion inspired conversation around respect, peer support, and interrupting oppression. This toolkit was also shared at the “Resource Basket” training in Anchorage last fall.

SAFV is developing a media piece about the Pathways to a Safer Sitka coalition and the impact of its programs and partnerships on the community of Sitka.

Staff presented at the statewide prevention summit on how to use media in prevention work.

SAFV is revamping its website to serve as a useful resource and educational tool.

SAFV’s Facebook page highlights local, state and national prevention work.

SAFV and Pathways to a Safer Sitka (Pathways) release e-newsletters on prevention.

Prevention Capacity Building/Prevention Collaborations

The Pathways to a Safer Sitka (Pathways) prevention coalition is comprised of 10 local service agencies including the Sitka Tribe of Alaska, Sitka Native Education Program and the Sitka School District.

Pathways conducted a local needs assessment before developing a community-based prevention plan.

SAFV provides domestic violence and sexual violence prevention support and training to organizations in Sitka.

The Pathways coalition has a public plan for prevention that includes specific measurable goals, outcomes, and strategies for Sitka. The plan is available online at www.safv.org. Pathways is currently updating their prevention plan and developing new outcomes for the next five years.
The Pathways coalition has adapted strategies for Sitka schools, parent engagement, male engagement, cultural programs, youth leadership and community groups.

SAFV staff and Pathways members work with contracted evaluators to develop evaluation tools for strategies and outcome measurements.

SAFV is a part of several interdisciplinary groups working to carry out prevention projects in Sitka.

SAFV has begun to share findings through videos and evaluation snapshots from Pathways strategies including: “Girls on the Run”, school-based programs, and youth leadership programs.

The Pathways coalition is developing a media piece this year that evaluates the impact of Sitka’s prevention work through the years.

SAFV continues to work with partners from Pathways, Sitka School District (SSD), and All Alaska Pediatrics Partnership to establish community infrastructures that support Social Emotional Learning (SEL) and the “Triple P” parenting program.

**Male Engagement**

- SAFV has been working with partners to develop and pilot the first season of “Boys Run: I Toowu Klatseen; Strengthen Your Spirit” for 3rd-5th grade boys, a program similar to “Girls on the Run”. This collaborative between SAFV, AWARE and Sitka Native Education Program, has spent the last two years designing and developing a program that incorporates healthy relationships skills and Southeast Alaska Native traditional values and practices along with physical activity. After the pilot season, the Boys Run collaborative will revise the curriculum based on feedback and evaluation from the pilot season.

- SAFV prevention staff assisted in the development of “COMPASS” and has recruited 3 Sitka based male mentors to attend COMPASS training.

- SAFV is planning combined schools “Coaching Boys into Men” training for local coaches.

- In 2013, SAFV taught an all-male media literacy class at Pacific High where students examined mainstream media portrayals of men and created their own messages about healthy masculinity. The students created a short radio PSA that aired on the local radio station and a mini-magazine or “zine” with messages about healthy masculinity which was distributed around the school and community. SAFV will be partnering with the public library to offer a similar class to expand its reach to a more diverse audience.

- Youth leaders in the Sitka Youth Leadership Committee (SYLC) received formal student government support for “Coaching Boys into Men” (CBIM) from both Sitka High and Mt. Edgecombe high school (MEHS). CBIM is a national program for coaches that teach respect on and off the court. Plans for combined school training on CBIM for coaches from Sitka High and MEHS are underway.
Youth Leadership/Peer Education

- The Sitka Youth Leadership Committee (SYLC) is a group of youth leaders working together to develop messages around respect and build bridges among youth in Sitka and across Alaska. Membership is comprised of students in middle and high schools.
- SYLC received a “Stand Up Speak Up” mini-grant and applied for funding again this year. This grant helps support youth-led projects like peer education, community workshops for teens, radio and TV PSAs, travel to statewide conferences, outdoor leadership programming, and student stipends.
- SYLC attended and presented at “Lead On!” for their 4th year. Lead On! is an annual state wide youth leadership mini-summit.
- SYLC presents at the bi-annual Alaska Association of Student Government conferences.
- SYLC helped coordinate the Sitka sexual assault awareness month march and spoke during open mic about healthy masculinity, cyber bullying, stereotypes, respect, and healthy relationships.
- SYLC participated in the 4th year of the outdoor leadership trip, “REBOUND”. REBOUND is a collaboration between AWARE, Inc. in Juneau and SAFV where students from Southeast Alaska kayak for a week and gain leadership skills, outdoor survival skills, and relationship skills.
- SAFV and SYLC developed three video shorts which have been packaged as an educational toolkit with discussion questions to facilitate meaningful dialogue. This toolkit, along with a facilitator guidebook, will be distributed around the state. A train-the-trainer webinar to explain how to use the videos effectively will be developed this winter.
- SAFV and SYLC are developing a short documentary about youth leadership and the impact SYLC is having on the community of Sitka.

Parent/Family Engagement

- Sitka was selected by the All Alaska Pediatrics Partnership as the pilot site to implement the Triple P—Positive Parenting Program. SAFV and Pathways partners will be working with the All Alaska Pediatrics Partnership and the Triple P program to provide trainings for certification of the program.
- SAFV publicizes the “Talk Now, Talk Often AK” parent engagement program.
- SAFV, in partnership with Pathways partners and the Sitka School District, coordinated a parent café at Blatchley middle school to provide resources and suggestions on how parents can comfortably talk with their children about healthy relationships.
- SAFV and the Pathways coalition support The Center for Community/Early Learning Program by providing community cafes for parents in Sitka.
- SAFV provides resources and handouts for parents at the elementary school level, covering tips for talking at home about secret safety, safe and unsafe touches, private parts, safety planning, and personal empowerment.

Prevention Systems

- SAFV and Pathways to a Safer Sitka supports Sitka Native Education and Sitka Tribe of Alaska’s school-based cultural curriculum and the “Arts, Culture and Technology Standards” developed in partnership with the Sitka School District.
- SAFV is working with the Sitka School District administration team to develop a district-wide plan for social and emotional learning.
SAFV and the Pathways prevention coalition provide community seminars that provide tools and resources for developing effective organizational prevention and engaging community members in conversations that examine the root causes of violence.

**Prevention Capacity**
- Sitka has one full-time prevention director funded through ANDVSA and the Centers for Disease Control and DELTA project.
- SAFV also funds one full-time prevention specialist staff focused on media strategies and male-engagement programs and one full-time youth development specialist that focuses on school-based programs.
- SAFV is one of the four recipients of the Council on Domestic Violence and Sexual Assault—Community Based Primary Prevention Program grant. This grant funds two of the prevention positions and supports most of the prevention programs developed and implemented by the local Pathways to a Safer Sitka prevention coalition.
- SAFV revised its vision, mission, core values and philosophy to incorporate prevention into the agency. These goals came out of the 2013 and 2014 board/staff strategic planning session which makes a concerted effort to ensure prevention is integrated into the organization.
- Prevention is highlighted at monthly organizational staff meetings.

**Evaluation Capacity**
- SAFV works with a public health and evaluation consultant on an as needed basis for evaluation support. The evaluation specialist meets with the prevention team bi-monthly and provides 1-2 hours of evaluation support weekly.

**Expected Changes / Outcomes**
Sitka has an evaluation plan for all prevention programming. Outcomes include:
- increase in social service agencies and providers who support and foster healthy social-emotional parenting;
- increase in the number of healthy southeast environments within the community;
- increased support by school administrators for Social Emotional Learning (SEL) policies/protocols;
- school district incorporates SEL into district policy;
- increase in coaches who actively support and foster the tenets of healthy masculinity and healthy relationships;
- increased support by school administrators for healthy masculinity programming in school and after-school programs;
- increase in the number of environments supporting health masculinity;
- increase in teachers who know how to meaningfully integrate culture into the classroom;
• increase in the number of elementary school girls and boys who understand healthy relationship norms;
• increase in youth community connectedness;
• Increase in youth cultural connectedness.

Next Steps
1. Secure ongoing, long-term funding to sustain prevention programs in Sitka.
2. Work with the Sitka School District to develop a district-wide plan for social emotional learning. Continue updating the school board on school based prevention programs.
3. Work with Center for Community and The All Alaska Pediatrics Partnership to establish a steering committee for the “Triple P”, positive parenting program.
4. Develop and air a media piece about the Pathways coalition and the impact of prevention programming.
5. Work with key stakeholders in Kake to build capacity for ongoing school presentations, “Girls on the Run” and other prevention programs.
6. Work with youth leaders in the Sitka Youth Leadership Committee to develop and distribute a resource packet inclusive of the video shorts, discussion questions and “Teen Talk” outlines.
7. Work with administrators at Sitka High and Mt. Edgecumbe High School to coordinate the first Sitka-based “Coaching Boys into Men” training.
8. Update and release the next 5-year Pathways prevention plan.
9. Revise Boys Run curriculum to incorporate pilot season feedback.
10. Design and implement a men and media class in partnership with the public library, Island Institute and positive male role models in Sitka.

For more information, please visit: http://www.safv.org
Unalaska

Unalaskans Against Sexual Assault and Family Violence (USAFV)

USAFV recently hired a Rural Outreach and Program Advocate through the OVW Rural Grant.

School-based Prevention/Presentations

- USAFV staff presented on the topic of rape, rape culture, and consent to the high school senior and sophomore English classes.
- USAFV held story time with young children at the local library several times using books with topics that promote friendship and healthy relationships.
- USAFV posters are displayed throughout both schools.

Community-based Education/Village Outreach

- USAFV hosted the 5th annual “Make a Difference” dinner for Suicide Prevention and Awareness. Community members discussed various topics about suicide, such as myths, warning signs, and resources.
- USAFV posters are displayed in all male and female public bathroom stalls.
- Launched an annual, week-long, island-wide scavenger hunt to promote healthy adult/youth relationships and activities.
- USAFV held the first annual “4th of July Pledge to Respect”. The pledge was open to all ages. Community members wrote their name on a card and promise to live and promote healthy, respectful lives.

Media or Social Norms Campaigns

- USAFV created PSAs, radio announcements, and interviews for Domestic Violence Awareness month, Sexual Assault Awareness month, Teen Dating Violence Awareness and Prevention month, Suicide Prevention and Awareness month, and “Alaska Men Choose Respect”. Some PSAs have been recorded in both English and Tagalog.
- USAFV staff did “Story Time” at the library several times a year using books focusing on getting along, feelings, accepting differences, and where to turn for help. It is followed by an art project. Five to ten parents and about ten to fifteen children usually attend.
- In partnership with IFHS Behavioral Health, APIA Behavioral Health, and KUCB Radio, USAFV conducts radio talk shows on different topics such as suicide, domestic violence, and mental illness. These take place every 2-3 months.
- USAFV developed an Instagram account to reach out to a younger audience.

USAFV staff at 4th of July Pledge to Respect
**Prevention Capacity Building/Prevention Collaborations**

- USAFV has reached out to several local agencies about developing a coalition to prevent violence. Agencies include Aleutian Pribilof Islands Association, KUCB, Iliuliuk Family Health Services Behavioral Health, Unalaska Public Safety, and the State Troopers.

**Male Engagement**

- USAFV received an AMCR mini-grant and created three posters that included men from Unalaska Public Safety, Unalaska City School District staff, and the US Coast Guard Dutch Harbor safety detachment.
- Through the AMCR mini-grant, USAFV also created t-shirts that read, “Leading By Example...Unalaska Men Choose Respect.”
- Male volunteers recorded PSA’s encouraging Unalaskan men to be good role models to young men by promoting healthy relationships and respect.

**Youth Leadership/Peer Education**

- USAFV currently has 2 student advocates/assistants who help with program development, especially programs focused on youth and high school students.
- Two Unalaska High School students and one USAFV staff member attended “Lead On!” an annual state wide youth leadership mini-summit.
- USAFV student advocate was awarded a “Stand Up Speak Up” mini-grant, which support youth-led projects. Funds went toward a week-long scavenger hunt during the spring of 2014 that involved both student and adult participants. The purpose of the scavenger hunt was to encourage healthy adult-youth partnerships and communication.
- USAFV began a “Girls Night Out” event for 5th-12th grade girls aimed at building self-esteem and increasing awareness and resistance of negative stereotypes about women and girls. Two of these events have been held and there were 10 participants at each event.

**Parent/Family Engagement**

- USAFV received a grant from Alaska Children’s Trust to develop and print a 2015 calendar which features photographs of local families and photographs of and information about local resources and service providers. Each month will highlight one of the Five Protective Factors and throughout the squares representing the days of the month, we will print tips, information, skills, suggestions, and quotes which support that particular factor.

**Prevention Capacity**

- USAFV has 4 full-time employees who have dual roles as advocates and prevention workers.
- USAFV also has 2 part-time advocates and 2 part-time student advocates.
Evaluation Capacity
- USAFV currently does not have anyone doing evaluation of prevention programs.

Expected Changes / Outcomes
- Parents and families of all kinds will have a better understanding of the five protective factors.
- Teens will have one or more adults they feel safe and comfortable to talk to.
- More Unalaskan men will join the fight to end violence and promote respect.

Next Steps
1. Identify sustainable sources of funding for prevention staff.
2. Strengthen USAFV staff members’ understanding of prevention by establishing a prevention plan and implementing long-lasting programs within the schools and recreation center.
3. Begin meeting with potential coalition members to better assist USAFV with prevention efforts.
4. Partner with school to establish programming.
Valdez

Advocates for Victims of Violence (AVV)

*Youth Services Coordinator supports prevention efforts in Valdez, but currently there is no funding specifically for prevention.*

### School-based Prevention/Presentations

- In 2014 AVV provided 57 presentations to 458 students in the Valdez elementary, junior high, and high schools. These presentations included bullying prevention, teen dating violence, healthy relationships, conflict resolution, and anti-drug and alcohol campaigns.
- AVV hosted a hand quilting project for Child Abuse Prevention and Awareness month. 144 children incorporated their painted hand print into large quilt was made by a local quilter. This hangs permanently in the commons area of the middle school.
- AVV presented to school and daycare staff on the topics of child abuse, domestic violence, and mandatory reporting.

### Community-based Education/Village Outreach

- AVV co-sponsored the "Father-Daughter Dance" in Valdez.
- AVV collaborated with the chief of police, school administrators, faith-based leaders, and other community partners to organize the sexual assault awareness month events for the high school and community presentations.
- AVV held a Domestic Violence Awareness Month campaign called “Get Your Purple On.” This was a contest for all of the businesses in the community in which they collected non-perishable items that were taken to the local food bank.
- AVV held a Candlelight Vigil for DVAM, in which 25 community members attended.
- AVV provided junior counselor training for Parks and Recreation summer camps to 8 junior counselors.
- AVV hosted its 3rd annual “Walk a Mile in Her Shoes” campaign for Sexual Assault Awareness month in which 12 proud men donned 3 inch red high heels and walked a mile in them.
- AVV participated in the Gold Rush Days activities, including having an informational booth at the market and took part in the parade.
- AVV has one full-time staff member that participated in the Traveling Health Fair (THF) in Tatitlek, Cordova, Chenega Bay, and Whittier to teach healthy living, suicide prevention, and teen dating violence.
Media or Social Norms Campaigns

- AVV advertised prevention programs in sports magazines.
- AVV coordinated numerous violence prevention campaigns and worked with the local newspaper and two local radio stations including DV/SA, child abuse, Teen Dating Awareness and Suicide Prevention months.
- AVV worked with the high school guidance counselor, high school broadcast system, and school newsletters to share information about prevention and prevention activities.
- AVV coordinated and presented an annual “Women of Distinction” event that recognizes the philanthropic achievements of women in our community.
- AVV maintained a website with links to a variety of prevention subjects and Facebook.
- AVV produced a quarterly newsletter that includes prevention activities.
- AVV has a contract with a local advertising agency to show an advertisement about the agency and the services it provides before each movie that plays at the Valdez Civic Center.

Youth Programming

- “Express Yourself” is an after school program that works with children from grades 3rd-5th and uses “A Window Between Worlds” curricula. This program focused on healthy ways to express feelings through art, relaxation techniques, and open discussions.
- AVV supported Girls’ Time, an after-school program that works with girls from 3rd-5th grades to focus on healthy relationships, self-esteem, self-confidence, conflict resolution, and friendship.
- “True You,” also known as “True Beauty,” was carried out with the 6th and 7th grade girls.
- The Youth Services Coordinator (YSC) used Project Adventure activities that focused on team building, critical thinking, and communication.
- AVV offered four free summer camps. These are called the Chugach Challenge Day Camps and are broken up into three different age groups from 1st-8th grade. There are adventure activities as well as art, hiking, animal and plant safety.
- AVV offered a camp for 9th-12th grades. This is a 7-10 day kayaking, hiking, and rafting camp. The campers are taught self-sufficiency, decision-making, leadership, self-confidence, teamwork, communication, responsibility, and friendship.

Prevention Capacity Building/Prevention Collaborations

- AVV collaborated with numerous organizations within the community to prevent underage drinking and drug use, suicide, and promote healthy relationships. These organizations included Prince William Sound Community College, HHES, George Gilson Junior High, Valdez High School, Youth Court, SOA Public Health, Alyeska, Providence Hospital, Chugachmuit, Sound Wellness Alliance Network (SWAN), the Chenega Council, and the Office of Children’s Services (OCS).
**Evaluation Capacity**

- AVV distributes surveys at the end of each program and event to determine how the participants thought that the program went.

**Expected Changes / Outcomes**

- AVV expects to have more participation and awareness from parents and children.
- AVV has noticed that more parents have started becoming involved.

**Next Steps**

1. AVV has a new position that will work with youth services and do more outreach and prevention work.
2. Male engagement in programs, especially the after school activities.
3. Identify additional funding for prevention efforts.

For more information, please visit: [http://www.avvalaska.org/](http://www.avvalaska.org/)

Father Daughter Dance
For more information about how to get involved with your local community prevention efforts please contact your local program or email info@andvsa.org