TOGETHER, WE ARE PREVENTING VIOLENCE

The Pathways to Prevention Statewide Steering Committee believes that violence is preventable. Violence is so pervasive in Alaskan homes and communities, primary prevention is urgent.

Nationally, and in Alaska, studies have shown primary prevention works when strategically planned, well-coordinated, and comprehensive.

While it may take several years to see the impact of prevention on domestic violence and sexual assault rates in Alaska, since 2007 we have seen an increase in Alaskans working to end violence.

To effectively stop domestic, sexual, and teen dating violence we must work together to build strong individuals, healthy families, and respectful communities.
THE PATHWAYS STATEWIDE STEERING COMMITTEE MEMBERS INCLUDE:

- The Alaska Network on Domestic Violence and Sexual Assault: Lori Grassgreen, Kami Moore and Peggy Brown
- The Association of Alaska School Boards: Timi Tullis
- Alaska Department of Education and Early Development: Patty Owen
- Aiding Women in Abuse and Rape Emergencies: Ati Nasiah
- Alaska Department of Health and Social Services, Division of Public Health: Section of Women’s, Children’s and Family Health & the Alaska Family Violence Prevention Project: Mollie Rosier, Jo Gottschalk and Dr. Linda Chamberlain
- The Council on Domestic Violence and Sexual Assault: Ann Rausch
- Clarke Public Health Consulting, Sitka: Gretchen Clarke
- Alaska Mental Health Trust: Natasha Pineda
- Mat-Su Health Foundation: Melissa Kemberling
- SouthCentral Foundation and Alaska Native Justice Center: Denise Morris
- University of Alaska Anchorage; ISER: Virgene Hanna; Circumpolar Health: David Driscoll; School of Nursing: Rachel Muir
- Strategic Prevention Solutions: Wendi Siebold
- Elders and Community Representatives: Anna Frank, Doug Modig, Elizabeth Sunnyboy, Pete Hoepfner, Larry Roberts, and Naomi Michalsen

THANK YOU TO THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS FOR THEIR SUPPORT:

- Centers for Disease Control and Prevention DELTA FOCUS and Rape Prevention Education grant
- Alaska Council on Domestic Violence and Sexual Assault
- Alaska Division of Public Health/Section of Women Children and Family Health
- Alaska Department of Education and Early Development
- Office of Violence Against Women
- Reuben E. Crossett Fund
- Association of Village Council Presidents
- Alaska Division of Behavioral Health
- Rasmuson Foundation
- All Alaska Pediatric Partnership
- Alaska Native Tribal Health Consortium
- Canadian Center for Addictions and Mental Health Prevention Science
- COMPASS Advisory Committee
- Verizon
- Zonta International
- The following community members and groups: youth groups, participating community organizations, schools and teachers across the state and domestic violence and sexual assault programs.
TABLE OF CONTENTS

4 WHAT IS PATHWAYS

6 PARTNERING WITH SCHOOLS

8 PARTNERING WITH MEN

10 PARTNERING WITH YOUTH

12 WHEN I AM AN ELDER

13 PARTNERING WITH PARENTS

14 TRAINING AND INFRASTRUCTURE

15 ADDRESSING THE ROOTS OF VIOLENCE

16 PARTNERING WITH COMMUNITIES

18 RESOURCES
The Pathways to Prevention Statewide Steering Committee is committed to ending violence by stopping violence before it starts and promoting healthy individuals, relationships, and communities. For eight years Pathways has collaboratively planned, implemented, and evaluated violence prevention efforts.

WHAT IS PATHWAYS?

WE WORK TO STOP VIOLENCE BEFORE IT EVER STARTS.

HIGHLIGHTS IN 2014:

• Supported, connected and inspired youth to prevent violence.

• Worked to integrate social and emotional learning, relationship, and violence prevention curricula into grades K-12.

• Created tools, training, and resources for men and engaged men in preventing violence.

• Established training, support, and resources for community-based domestic violence and sexual assault prevention.

• Increased the number of Alaska communities promoting healthy relationships and norms that promote safety.

• Compiled data and developed an Alaska evidence-base for domestic, teen dating, and sexual violence prevention.

• Increased the number of organizations that support equity for all people, across class, race, and gender; thereby addressing the root causes of violence.

• Launched tools for parents working to prevent violence and teach healthy relationships.

For eight years The Pathways to Prevention Statewide Steering Committee has identified key priorities to build prevention capacity and to work toward ending violence in Alaska.

The Pathways group will focus on strengthening and evaluating the numerous strategies implemented between 2010-2014.

Priorities include:

- Fund community-based staffing to support prevention collaboration and efforts.
- Develop recommendations for Health Education Standards with social and emotional domestic violence and teen dating, and sexual assault prevention components.
- Expand Fourth R implementation and share Fourth R evaluation outcome findings.
- Support implementation of K-6 curricula for healthy relationships.
- Expand tools for parents to talk with youth about relationships and sexual rights.
- Develop approaches to address the root causes of violence.
- Establish a comprehensive training program on DV/SA primary prevention for key sectors and prevention staff.
- Refresh youth engagement efforts Stand Up Speak Up and integrate domestic violence and sexual assault prevention efforts into youth groups and youth coalitions.
- Expand training and tools for men to incorporate healthy relationship content into athletic programs, outdoor settings, and subsistence activities.
- Collaborate with Elders to identify prevention activities that will engage interested Elders and key community leaders.

For more information visit: www.andvsa.org/pathways
In Alaska, students are engaging in high risk behaviors that put them at risk for injury, health and social problems, as well as academic failure. In 2014, Pathways partners worked statewide to increase Alaskan students’ chances for being healthy, safe, and successful in school.

**HIGHLIGHTS IN 2014:**

- Trained 92 secondary school staff and community partners from across Alaska.
- Completed a companion video with storyline to support Fourth R classroom discussions.
- Identified needs for K-5 social and emotional learning approaches to establish positive relationships and foster learning among students.

**WHAT IS THE FOURTH R PROGRAM?**

The Fourth R (R=Relationships) is a school-based curriculum for grades 7-9 that includes lessons on dating violence, healthy relationships, healthy growth and substance abuse prevention. The Fourth R curriculum has been adapted for use in Alaska. Teachers and community partners from 22 school districts have been trained.

The program focuses on building healthy relationships and decision-making skills through interactive teaching methods such as role play. The Fourth R lessons provide a variety of discussion opportunities to process issues with peers and the teacher, as well as opportunities to examine individual beliefs and boundaries.
THE FOURTH R IS EFFECTIVE
The Fourth R is an evidence-based program that is listed on the Substance Abuse and Mental Health Services Administration’s National Registries such as of Evidence-based Programs and Practices among others. International evaluation has found the Fourth R program effective in reducing physical dating violence among boys; reducing acts of violence towards peers; increasing knowledge and awareness of dating violence; substance use and other risky behaviors.

FOURTH R EVALUATION IN ALASKA
The Alaska Fourth R Curriculum Evaluation Project was a three-year, multi-site program evaluation conducted by Strategic Prevention Solutions, in collaboration with organizational partners within Alaska and funded by the State of Alaska, Council on Domestic Violence and Sexual Assault. The purpose of this study was to assess the impact and implementation of the Fourth R Healthy Relationships curriculum in 9th grade health classes in geographically diverse school districts in Alaska. Over 500 ninth graders in thirteen schools across twelve communities in Alaska participated in this study. Six of these schools implemented the Fourth R curriculum, while the remaining seven schools implemented their regular health class and served as a comparison group.

Both quantitative and qualitative findings tell the story that youth who participated in the Fourth R experienced positive improvements, and that Fourth R shows promise for use across Alaska.

IMPROVED awareness of abuse behavior
INCREASED positive social support among youth with high (ACEs)* scores
REDUCED acceptance of physical aggression
REDUCED acceptance of rape myths

*Adverse Childhood Experiences

THE HEALTHY RELATIONSHIP PLUS PROGRAM
The Healthy Relationships Plus Program is a small groups program (6-25 youth) and has been enhanced to include a strengthened focus on mental health and suicide prevention, and drug and alcohol use. The Healthy Relationship Plus Program applies the same core principles of skill building and awareness as the Fourth R classroom-based programs, but in a non-classroom setting. This project targets the prevention of violence through the promotion of positive, healthy relationships.
Alaska Men Choose Respect (AMCR) is a collective movement of men working as allies to end violence by choosing and teaching respect in their communities. AMCR media messages and training opportunities allow men to come together as allies to end violence, promote respect, and strengthen Alaska communities.

HIGHLIGHTS IN 2014:

• Hosted 3 trainings for 37 male mentors through COMPASS: A Guide For Men.

• Launched a quarterly Alaska Men Choose Respect newsletter with 47 subscribers.

• Aired TV PSAs featuring Alaskan men 14,717 times.

• Expanded social networks through www.AMCR.org and Twitter @AK_AMCR.

• AMCR.org had over 4,000 page views and visitors from 23 Alaskan communities

• Awarded mini-grant funding to 7 communities.

AS A GROUP OUR BEST CONVERSATIONS OCCURRED THROUGH THE USE OF COMPASS.

AMCR MINI-GRANTS

Seven communities were awarded funding through AMCR Mini-grants to support community partnerships with men to promote respect and end violence.

Anchorage - Hosted traditional men’s gatherings.
Cordova - Expanded the Cordova Men Choose Respect media campaign.
Fairbanks - Hosted Young Men Choose Respect workshops.
Homer - Created Homer Masculinity Project.
Juneau - Created messages on gender equality.
Tanacross - Hosted wellness workshops on respect, culture and creating a safe community.
Unalaska - Media campaign of men promoting messages of respect.

www.AMCR.org
COMPASS: A GUIDE FOR MEN

COMPASS, a Guide for Men, supports male mentors and youth to explore their values, unique identities and respect. COMPASS is a resource for men connecting with young men in outdoor, subsistence, or athletic settings. The guide promotes meaningful conversations through the use of teachable moments, activities, storytelling, and discussions. In 7 topic areas including knowing who you are, knowing your emotions, respect for self, respect for others, communication, conflict resolution and becoming men.

COMPASS TRAININGS:

COMPASS debuted in communities across Alaska. 37 mentors and community partners, from 16 different communities, were trained in COMPASS. Mentors from the following communities were trained: Ketchikan, Saxman, Anchorage, Bethel, Unalaska, Dillingham, Napaskiak, Sitka, Hoonah, Juneau, Metlakatla, Manokotak, New Stuyahok, Old Harbor, Palmer and Sitka.

The trainings are a combination of skill-building, hands-on experience using COMPASS and networking for mentors. The training topics include healthy masculinity, respect, culture, communication, and violence. On-going support is also provided to each mentor.

COACHING BOYS INTO MEN (CBIM)

Coaching Boys into Men (CBIM) is a coaches’ leadership program that promotes respect. The Council on Domestic Violence and Sexual Assault (CDVSA) in partnership with Department of Education and Early Development (EED), work cooperatively to support CBIM trainings and to monitor the needs of coaches who are implementing the program and provide them with technical assistance. In fiscal year 2014, trainings were held in Fairbanks and Juneau and trained nearly 78 coaches in 36 communities.

To learn more about Alaska’s project visit: https://www.facebook.com/CBIMAlaska
Pathways to Prevention is committed to engaging and supporting youth working to end violence and promoting healthy relationships.

Stand Up Speak Up Alaska is a youth-led campaign focused on promoting healthy relationships, engaging youth leaders, and developing healthy relationship skills for both youth and their peers.

HIGHLIGHTS IN 2014:

- **Refreshed the look and feel of Stand Up Speak Up PSAs, resources and website.**
- **Received 5,971 page visits** to the Stand Up Speak Up website.
- **131 new likes on the Lead On Facebook page** reaching more than 1000 people each month.
- **Awarded 13 mini-grants in 12 communities that impacted 1828 individuals through community work or activities.**

**STAND UP SPEAK UP MINI-GRANT PROJECTS**

**Anchorage:** Connecting Youth and Adults

**Atmautluak:** Healthy Relationship Conversations

**Bethel:** Healthy Relationship Video Project and Teens Lead Ahead

**Cordova:** Believe It Or Not I Care (Bionic)

**Dutch Harbor:** Youth Scavenger Hunt and Community Connections

**Homer:** Bonfire by the Bay- Coping with Stress, Anxiety, and Depression

**Juneau:** Ending Violence Video

**Ketchikan:** Lock-in and Cultural Night

**Kotlik:** Healthy and Positive Alternatives for Youth

**Old Harbor:** Healthy Relationship Community Event

**Sitka:** Youth Leadership Retreat and Teen Talks

**Southeast Region:** Rebound Kayak and Leadership Trip

www.standupspeakupalaska.org
Lead On! youth are at the forefront of the movement to prevent violence in Alaska. The annual Lead On! youth leadership conference inspires, engages, and supports youth who promote respect and work to end violence in their communities.

Lead On! was held Nov 1-3, 2014 in Anchorage with 35 communities from across Alaska represented. Youth took part in the planning, presented on topics important to them, and co-developed all materials. Participating youth brought Lead On! projects, promoting respect and ending violence, back to their own communities. The Lead On! page on ANDVSA’s website received 931 views this year.

"I found my voice at Lead On and realized that youth can make a difference... it gave me faith in my generation."

**Lead On! Impact**

Of the youth who attended the 2013 Lead On! youth leadership conference 88% completed projects in their own communities.

**A pre and post survey of 2014 Lead On! youth reported their:**

- **100%** increased ability to work with other youth to plan activities supporting healthy relationships and respect;
- **98%** increased understanding of project planning;
- **98%** increased skills to create and share messages for respect;
- **96%** increased leadership skills to prevent violence.

**35 Communities Attended Lead On!**

- Akiachak
- Alakanuk
- Anchorage
- Atmautluak
- Bethel
- Cordova
- Deering
- Dillingham
- Fairbanks
- Gambell
- Hooper Bay
- Homer
- Kake
- Iliamna
- Juneau
- Ketchikan
- Kiana
- Kodiak
- Kotzebue
- Kwethluk
- Metlakatla
- Napaskiak
- Nenana
- New Stuyahok
- Nome
- Old Harbor
- Palmer
- Ruby
- Sand Point
- Scammon Bay
- Sitka
- St. Michael
- St. Paul
- Togiak
- Unalaska

**I Found My Voice at Lead On and Realized that Youth Can Make a Difference... It Gave Me Faith in My Generation.**

![Respect](image)
When I am an Elder is a youth campaign that challenges communities to stop the cycle of violence. This campaign is based on a poem written by a Bethel Teens Acting Against Violence (TAAV), which imagined a world without violence for future generations.

“THIS IS A WAY FOR OUR YOUTH TO SHARE THEIR DREAMS FOR A BETTER FUTURE.”

**HIGHLIGHTS IN 2014:**

- The **ideas of 15 youth** were turned in to TV Public Service Announcements.
- Old Harbor TV **PSAs were aired** along with When I am an Elder developed with youth in Barrow, Bethel, Minto, Sitka, Ketchikan, and Juneau.
- These TV PSAs **reached 540,000 viewers 2.1 times**.
- They were highlighted through online engagement with **13 video PSAs on YouTube**, 6,047 views total.

To see the When I am an Elder PSAs visit: www.andvsa.org/awareness-campaigns/

Youth from the Alutiq village of Old Harbor wrote When I am an Elder poems in collaboration with the Old Harbor Tribal Council and the Kodiak Women’s Resource and Crisis Center. After discussing ideas with Elders in the community, youth wrote poems emphasizing the importance of Alutiq culture, community connection, youth leadership, and safe homes.
Domestic violence and sexual assault in Alaska rank among the highest in the country with many patterns developing in adolescence. Parents have a unique opportunity to connect with youth and to foster healthy relationship conversations and skills for life.

"The questions are easy to ask, not threatening, and lead to great conversations."

Talk Now Talk Often AK (TNTO) is a statewide collaborative between agencies, parents, and caregivers to help increase conversations with teens around healthy relationships. In 2015, we will continue to build on the interest and commitment of parents across Alaska to support parents and teens talking about healthy relationships.

HIGHLIGHTS IN 2014:

- Released materials including the Talk Now Talk Often AK conversation cards, a web based PSA, and a website.
- Distributed 1,500 sets of conversation cards.
- Conducted 8 parent interviews in Barrow, Dillingham, Kotzebue, Kodiak, Sitka, and Unalaska.
- Participated in 5 statewide radio interviews.
- Worked with parents from Barrow, Sitka and Unalaska to create 3 op-eds.
- tntoak.org had 2,212 page views from 23 Alaskan communities.
- Online advertising resulted in 234,408 impressions.
- Hosted 3 community events reaching 175 adults and teens in Dillingham, Old Harbor, and Juneau.

www.tntoak.org
State and local partners collaborate to expand existing networks, and tools to support prevention statewide.

**HIGHLIGHTS IN 2014:**

- Brought together **over 20 prevention staff** from domestic violence and sexual assault programs.

- Enhanced collaboration through the training and infrastructure committee (comprised of state, non-profit, and community members) and the state agency Prevention Workgroup. Convened by the Council on Domestic Violence and Sexual Assault, both met to **coordinate training, initiatives, and technical assistance**.

- The Department of Health and Social Services maintained the Alaska Health Education Library Project (AHELP), an **online searchable database to include local and statewide projects**. Materials and primary prevention contacts: [http://www.ahelp.org/](http://www.ahelp.org/)

**ANNUAL PREVENTION MEETING**

Prevention staff from ANDVSA and local domestic violence and sexual assault programs from Anchorage, Bethel, Dillingham, Homer, Juneau, Fairbanks, Sitka, and Unalaska met to deepen prevention knowledge, skills, and networks.

**Participants reported a significant increase in knowledge in:**

- Connecting culture and prevention
- Coalition building and collaboration across Alaska
- Prevention concepts and language
- Expanding prevention work to be more comprehensive
Pathways is committed to addressing the circumstances, systems, and conditions that support or hinder our health, safety, and well-being.

**THIS HAS BEEN A WONDERFUL RESOURCE TO HELP ME BUILD COLLABORATION WITH OTHER SERVICE PROVIDERS.**

**HIGHLIGHTS IN 2014:**

- Drafted an **equity assessment tool** for use in organizations and community collaboratives. The tool includes discussion questions, scales, action planning tools, and activities to explore policies, programs, and processes.

- Pathway Statewide Steering Committee, community coalitions and other partners used the equity assessment tool and **provided feedback for improvement of the tool**.

- **Planned web-conference for 2015** that highlights how equity work is being addressed in Alaska and nationally.

**EQUITY ASSESSMENT:**

The equity tool allows organizations to explore how to create access and improve health, opportunities, and safety for communities. This tool is a way for groups and organizations to assess where they are and how they consider equity when: Developing policies, Planning and developing, programs Evaluation, Organizational assessments.

**WEB-CONFERENCE SERIES**

Emerging research shows preventing violence requires changes in social, political, and economic structures that perpetuate inequities in health and safety. The monthly web-conference series “Addressing Barriers to Health and Safety” explores the social and structural determinants of health and safety. The purpose of this series is to better understand how to end violence, change social conditions that perpetuate violence, and improve wellness of communities.

Past web-conferences are available at: [www.andvsa.org/prevention-webinars](http://www.andvsa.org/prevention-webinars)
It takes the whole community to shift norms, behaviors, and systems to create safe and healthy communities. Communities across the state are coming together to end violence.

HIGHLIGHT IN 2014:

• 10 community teams gathered in Homer for a prevention retreat dedicated to comprehensive and culturally relevant prevention.

• The Pathways Community Engagement Committee met to consider how to best connect with specific geographic and identify communities across the state for future prevention planning.

PREVENTION STAFFING:

• There are 3 prevention Americorps VISTA Volunteers supporting prevention work at domestic violence and sexual assault programs across the state.

• There are 8 communities that have paid staff dedicated specifically to domestic violence and sexual assault primary prevention activities, many are taking steps towards implementing prevention strategies.

THE COMMUNITY CAFE WORKSHOP WAS INTERACTIVE & VALUABLE.

PREVENTION STRATEGIES

• Girls on the Run
• Coaching Boys into Men
• Community conversations and seminars
• Compass: A Guide for Men
• Culture Camps and Programs
• Green Dot or bystander intervention
• Media and Norms Campaigns
• Programs with Parents
• Systems Equity Work
• Youth Leadership/Peer Education Programs

To see websites for these programs, visit: www.andvsa.org
COMMUNITY BASED PRIMARY PREVENTION PROGRAMS GRANT:

The purpose of the Community Based Primary Prevention Programs (CBP), funded by the Council on Domestic Violence and Sexual Assault, is to strengthen existing, community based, coalition driven, strategies that address the primary prevention of violence. Awardees will work to strengthen existing prevention activities with individuals, key influencers, or focused on norms change that reinforces prevention messages across settings and populations. This is consistent with best-practice and is likely to have the most impact on reducing violence in Alaska. The following programs were funded:

**Abused Women’s Aid in Crisis, (AWAIC) Anchorage:** AWAIC’s project will expand the Green Dot strategy for prevention currently being implemented with adults at the community level to include a new population and a new setting. The new project will focus on engaging youth aged 14-21 through a series of Green Dot youth summits and public service announcements.

**Aiding Women in Abuse and Rape Emergencies, (AWARE) Juneau:** Outcomes from this project will be used to strengthen school partnerships and work towards improving comprehensive health education curricula and wrap around prevention with Juneau school partners.

**Sitkan’s Against Family Violence (SAFV), Sitka/Kake:** Sitka’s project for this award expands their focus to include young boys through Boys Run; expansion of Girls on the Run to Kake; training and implementation of Coaching Boys into Men (CBIM); revision of the Basic Arts Institute (BAI) culture in the classroom units in middle and high school; and through intensive community seminars/workshops around social emotional learning (SEL) and positive parenting support.

**South Peninsula Haven House (SPHH), Homer:** SPHH’s project will expand three strategies: Girls on the Run (GOTR) a national, evidence-based program that uses running to promote emotional and physical wellness, a comprehensive health curriculum in 8th grade middle school at Homer Middles School and the Green Dot bystander intervention program used in the community.

PREVENTION STRATEGY HIGHLIGHT

**Girls on the Run**

Girls on the Run (GOTR) is a physical activity based positive youth development program for girls in 3rd-8th grade. The program teaches life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

**Green Dot**

The Green Dot Violence Prevention Strategy harnesses the power of individual choices to shift current cultural norms (from bystander inaction to a community that is actively and visibly intolerant of violence). CDVSA in partnership with Green Dot developers and six pilot sites are in the second year of a three year pilot project that adapts the Green Dot strategy to Alaskan communities.
Prevention Modules:
ANDVSA AmeriCorps VISTA Leader developed 7 domestic violence and sexual assault prevention orientation modules that are available online.

While the ANDVSA statewide primary prevention orientation has been designed for domestic violence and sexual assault programs, it is available on YouTube to anyone. There have been over 413 views of these modules in 2014.

Modules Included:
- Introduction to Domestic Violence, Sexual Assault, and Teen Dating Violence in Alaska
- Introduction to Prevention
- Primary Prevention
- Community Mobilization
- Primary Prevention Plans
- Primary Prevention Programs
- Evaluation

www.andvsa.org/prevention-101
DOMESTIC VIOLENCE AND TEEN DATING VIOLENCE HAVE REAL AND SIGNIFICANT COSTS FOR ALASKANS, BOTH PERSONALLY AND FINANCIALLY.

VIOLENCE IS PREVENTABLE. WITH A COORDINATED AND INTENTIONAL APPROACH, WE CAN SHIFT THE TRENDS OF VIOLENCE IN ALASKA TO ENSURE SAFE AND RESPECTFUL RELATIONSHIPS FOR ALL ALASKANS.

EACH OF US HAS A ROLE TO PLAY IN PREVENTING VIOLENCE. THE PATHWAYS AND STRATEGIES OUTLINED IN THIS PLAN PROVIDE POSSIBLE STEPS OR A ROADMAP FOR ANYONE TO USE.