Pathways To Prevent Domestic Violence

A Plan for Alaska 2010 - 2016
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A coordinated, comprehensive way to prevent domestic violence in Alaska

The solution to adult problems tomorrow depends in large measure upon how our children grow up today.
- Margaret Mead

Introduction

The prevalence of domestic violence (DV) in Alaska is frequently referred to as an “epidemic” because Alaska has some of the highest rates of DV and sexual violence (SV) in the nation. Yet beyond the actual incidents of violence, the longer term damaging effects often go unrecognized. These effects include developmental delays, child abuse, substance abuse, self-harm, poor health, psychological problems, and negative community-level impacts. Perhaps most significantly, unaddressed violence in families leaves Alaska’s young people vulnerable to experiencing or recreating violent patterns within their own relationships.

Nationally, there is a growing movement to work towards preventing violence before it ever occurs - this is called primary prevention. Primary prevention efforts are research-based and seek to promote healthy relationships by reducing factors associated with violent behavior (risk factors) and strengthening factors that support positive behaviors (protective factors).

In 2003, Alaska joined a national effort when the Alaska Network on Domestic Violence and Sexual Assault entered into a Cooperative Agreement with the Centers for Disease Control and Prevention (CDC) to build capacity to prevent DV throughout the state. The Cooperative Agreement, called DELTA (Domestic Violence Prevention Enhancement and Leadership through Alliances), led to the development of a statewide steering committee. From 2007-2009, the statewide steering committee focused on bringing together all available information on prevalence of DV, risk and protective factors for both victimization and perpetration, and existing prevention efforts. From this, the committee developed a comprehensive plan, Pathways to Preventing Domestic Violence. This plan represents the voices of many Alaskans from diverse professions, regions, cultures and experience and establishes a framework to organize and coordinate prevention and promotion efforts over the next six years.

By working together on the seven goals put forward in this plan, we can achieve our vision to end domestic and teen dating violence in Alaska.

Domestic Violence

Domestic violence is a pattern of coercive and controlling behaviors that one person uses against a partner in order to gain or maintain power in a current or former marital, cohabitating, or dating relationship. Domestic Violence can occur among heterosexual or same-sex couples. Couples may cohabitate or live separately. These behaviors may include but are not limited to physical assault, sexual assault, emotional abuse, isolation, economic coercion, threats, stalking or intimidation.
A Snapshot of Alaska

From 2005-2008, the Pathways Statewide Steering Committee (or DELTA) compiled a statewide needs and resources assessment specific to domestic violence prevention. This needs and resource assessment, along with more recent data sources, informed the direction of this plan.

A full list of data sources is included in the bibliography portion of this document and the full needs and resource assessment can be accessed from ANDVSA.

How big of a problem is domestic violence in Alaska?

For the past 30 years, Alaska has had the unfortunate distinction of ranking among the top five states for rates of domestic violence and number one for sexual violence with numbers reaching epidemic proportions. This abuse is simultaneously common and largely unseen (and unacknowledged).

A 2006 Public Opinion Research Survey found that almost 75% of respondents have experienced or known someone close to them who has experienced some form of domestic violence. Alaska has often held the highest ranking for women murdered by men in the nation. According to Alaska State Trooper data, among the homicides in which a victim/offender relationship could be established, 69% of female victims were murdered by someone they knew.

Criminal justice data is not always seen as reliable in Alaskan communities, as geographical isolation and the frontier nature of communities currently presents barriers to either reporting or responding to incidents of abuse. In Anchorage, a mostly urban/suburban community with one of the more reliable systems for tracking incidents of DV, the number of DV reports in 2002 was 3,014, and children were documented as present in 42% of the reported incidents. Of incidents where children were identified as present, 48% witnessed a minor injury and 13% witnessed a moderate or major injury. Sexual abuse is also high in Alaska Native populations. More than 3 out of every 4 Alaska Native (AI/AN) women are sexually assaulted in their lifetime.

According to recent research, teen dating violence or domestic violence often begins in adolescence with conflict in relationships. It is one of the strongest precursors to domestic violence in adulthood.

Additional research, tools, and community contexts are required to document and understand the true extent of violence in Alaska.

What puts Alaskans at risk? What protects Alaskans?

There are multiple protective factors that may preclude a person from becoming abusive. Most commonly, we think of risk and protective factors on an individual level, but to effectively reduce risk for violent behavior and build protective factors for nonviolence in relationships, we must look at policy and environmental factors, diverse contexts, key influencers, and consider the individual risks facing Alaskans. The exact combination of risk factors that lead to perpetration vary, so our solution to violence is varied and addresses significant risk and protective factors in multiple ways. The seven Pathways in this plan reflects this comprehensive approach to prevention.

Centers For Disease Control and Prevention, 2003
A review of the literature shows that various risk factors associated with the perpetration of violence are overrepresented in Alaska. These risk factors do not necessarily have a causal relationship rather they may co-occur with violence or place someone at risk for violent behavior. These factors include the following:

**Associated Risks:**
- **Youth population:** Approximately 25% of Alaska’s population is under 18.
- **School Success Rates:** In 2005, Alaska’s drop-out rate was higher than the national rate.
- **Alaska Health Indicators:** Psychosocial indicators are below average for boys and even lower for Alaska Native males; Health indicators are below average for many Alaskan communities.
- **Substance Use and Misuse:** Alcohol consumption is among the highest in the nation.
- **Unemployment and Underemployment:** Alaska has high rates of unemployment (with regional and seasonal variations).
- **Suicide:** Suicide rates are two times the national average.

**Key influences:**
With Alaska child abuse rates six times the national average, many children witness and are exposed to violence in Alaska. These youth need other positive adult and peer influences to overcome this risk exposure.

For some youth, connectedness to peers and adults, is the foundation of what it means to be part of a community while other individuals are isolated with few role models. Within Alaska peer education, traditional cultural practices, and formal or informal mentoring can provide additional connections for youth.

The vast majority of men in Alaska are nonviolent and many Alaskan men express interest in ending violence. Yet the needs and resource assessment indicates male participation in domestic violence prevention remains low.

Parents are a powerful influence on their children. National data suggests that most parents are unaware of violence in their children’s relationships and lack the tools to help promote healthy relationships. In Alaska there are very few tools and campaigns focused on parents’ role in building skills for healthy relationships.

**Community Risk and Protective Factors**

Data indicate that domestic and sexual violence is both widespread and in some households, multigenerational, making violence the community norm. In Alaska, the history of cultural disruption, boarding schools, and multigenerational trauma is closely linked to present-day violence and health indicators. Many community members avoid discussing such difficult topics.

Community and culture can provide a source of strength and knowledge. In many
Alaska traditions and belief systems respect and responsibility are core values and practicing these values is encouraged.

**Policy, environmental factors, and societal considerations for Alaska**

Historically within Alaska, the vast majority of domestic violence prevention programming has consisted of secondary or tertiary prevention focusing on preventing the reoccurrence of violence or focusing on early intervention of violence. Stopping violence before it starts, primary prevention, has been given fewer resources and significantly less attention.

Domestic violence and sexual violence prevention efforts historically have been unevenly supported in schools, in communities, and there were few clear avenues for men to participate in prevention efforts. Several communities or organizations have made a strong commitment to prevention resources, tools, or training to improve these efforts.

At the time of writing this document, the majority of domestic violence service providers, prevention staff, and practitioners in Alaska expressed a genuine interest and need for expanding comprehensive teen dating violence, domestic violence, and sexual violence primary prevention efforts.

Survey respondents working in relevant fields indicate they have limited training, tools, and resources for effective prevention programming especially on the ground staffing and evaluation of effective strategies for Alaska.

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**What is a healthy relationship?**

A healthy relationship consists of a connection between people that increases well-being, is mutually enjoyable, and enhances or maintains each individual’s positive self-concept. Healthy relationships are frequently characterized by:

- Mutual Support
- Compromise
- Trust
- Respect
- Mutually Fair
- Self-Confidence
- Honesty
- Equality
- Understanding/Empathy
- Good Communication

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*Interpersonal violence in Alaska is widespread and multi-generational. Prevention requires understanding the circumstances and factors that influence violence.*
**Purpose of This Plan**

**Working Comprehensively. Working Collaboratively. Promoting Healthy Relationships and Preventing Violence.**

This plan is a significant step towards ending violence in Alaska focusing on preventing violence before it starts - often referred to as primary prevention.

By creating **seven pathways** and a state-level roadmap for **primary prevention**, we can better support educators, parents, leaders, youth, researchers, and communities to work together to help prevent violence and promote healthy relationships.

The pathways outlined in this plan work together to strengthen and reinforce norms of respect and relationship nonviolence. The approaches are built on research and the existing evidence-base.

Each pathway attempts to weigh in the complexities of geography, diverse voices, and the available resources within Alaska.

The causes of violence are complex and variable. Therefore there is not just one solution to end violence. This plan is not prescriptive, but provides tools, research and frameworks to support comprehensive local solutions to stop violent perpetration in each community in Alaska.

Ultimately, this plan provides pathways and a roadmap so each of us can take the next step to creating a safe and respectful Alaska.

**A Comprehensive Approach to Prevention**

This plan takes a comprehensive approach to prevention, meaning that it addresses factors with the individual, their key influencers, at a community and societal level. The pathways identified in this plan works to address factors on each of these levels.
Reaching Our Destination

The following pages highlight seven pathways preventing domestic violence and promoting healthy relationships in Alaska. These pathways fit together to help us reach our destination, preventing violence before it ever starts.

“The first step towards getting somewhere is to decide that you are not going to stay where you are.”

- Anonymous
Domestic violence prevention efforts are complex. Successful programming requires comprehensive, coordinated, well-resourced approaches at a state and local level.

Expected Outcomes

- **Established State Prevention Programs**: By January 2011, new primary prevention programs and initiatives will be established to promote healthy relationships at the state level.

- **Established Local Prevention Programs**: By January 2011, new primary prevention programs and initiatives will be established to promote healthy relationships at the local level.

- **Primary Prevention Resources**: Starting in January 2012, there will be a 20% increase in funding and human resources for DV and SV primary prevention programs annually until prevention resources are available to incorporate primary prevention throughout Alaska.

- **Evaluation Infrastructure**: By January 2012, evaluation of infrastructure is in place to support primary prevention initiatives and programs.

- **Domestic Violence Prevention Training Infrastructure**: By January 2012, training infrastructure is in place to support primary prevention initiatives and programming.

- **Prevention-friendly Policies**: Policies that support the primary prevention of intimate partner violence are identified (2012) and adopted (2014), as reflected in public documents such as state legislation, local and tribal policy, memorandums of understanding, and agency documents.
Youth development and youth leadership have been identified as important components of effective teen pregnancy, dating violence, substance abuse, and bullying prevention programs.

**Example Strategies**

- Support and expand youth leadership events and coalitions (Lead ON!, youth rotary, AFN youth and Elders) that promote healthy relationships.

- Establish start up and sustainable funding sources for youth led/adult supported DV and SV prevention projects.

- Establish research-based peer education healthy relationships programs in communities across Alaska.

**Expected Outcomes**

- **Increase in Skills to Promote**: By 2014, youth and youth leaders who participate in Lead ON! or similar youth leadership activities will have an increase in understanding and skills to promote youth leadership development in Alaska.

- **Youth Leadership Opportunities**: Starting in 2016, youth leadership-building opportunities to promote healthy relationships at the state, regional, and local levels will be increased by 10% annually.

- **Increase in Healthy Relationships**: By 2016, there will be a 30% increase in the number of youth who attend youth leadership activities and who report that they are providing healthy relationship messaging in their school and in their community.

**What’s Happening Now**

Lead On! is an innovative strategy that creates space for youth to take a leadership role in preventing violence. Lead On! is a statewide effort to strengthen leadership skills among youth to promote nonviolence in relationships and equality in communities. Youth and adults from across Alaska plan for and come together for a three-day conference to learn new leadership skills to support local prevention/promotion efforts. Youth both lead and attend workshops that use film, theater, art, and role-plays to think about ways to promote healthy relationships in their community.

Youth have an opportunity to gain skills in sharing their messages through presentations, testimony to legislators, and through art. Each youth attendee and adult partner have a chance to develop their ideas and a plan for a prevention project that they will carry out in their home community. Projects have ranged from community-wide events, developing local public service announcements, starting a peer education program, working on culture-based projects that bring youth and positive adults together, or developing outdoor leadership programs.

Youth have an opportunity to apply for mini-grant funds to support their work locally and have an opportunity to share updates on their projects with other youth across the state through Lead On! and other statewide efforts such as the Stand Up Speak Up campaign.

This approach is based on successful work done within the HIV/AIDS prevention field both within the United States and internationally. It is based on the Diffusion of Innovation behavior change theory and focuses on a five-step process that moves from awareness of an issue to becoming fully engaged in creating change and evaluating that change through key individual and stakeholder influence.
What’s Happening Now

The Fourth R: Alaska Perspectives Healthy Relationships Curriculum

The evidence-based and Canadian-developed Fourth R program was adapted for implementation in communities across Alaska. The Fourth R is a comprehensive curriculum that seeks to reduce violence and promote related protective factors to prevent perpetration and victimization. It is one of the few curriculums that has been proven to reduce violence, and improve decision-making and communication skills among students.

The Alaska Network on Domestic Violence and Sexual Assault worked closely with the Fourth R, Alaska communities and teachers, the University of Alaska Anchorage, and others to adapt this curriculum for Alaska.

In fall of 2009, through a partnership between the Alaska Network on Domestic Violence and Sexual Assault, Department of Public Safety - Council on Domestic Violence and Sexual Assault, Department of Health and Social Services - Division of Public Health, and the Department of Education and Early Childhood Development, we were able to provide the first statewide teacher training for the Fourth R and scholarships for students in 7th, 8th, or 9th grades in Alaska.

In the summer of 2010, through similar collaboration, the Fourth R training and curriculum will be expanded to additional teachers from more than 20 schools across the state.

Initial steps have been taken to secure funding to evaluate the effectiveness of this curriculum in Alaskan Schools during 2010-2013.

Expected Outcomes

By 2014:

- **Alaska Health Education Standards**: State health education standards will be adopted that promote healthy relationships in accordance with evidence-based guidelines for grades K-12.

- **Professional Development**: Evidence-based, professional development opportunities on domestic violence prevention, will be made available for school administrators, teachers, teacher aides, and support staff across all regions of the state.

- **School-based Resources**: A cache of school-based resources for school and community-based partners will be established and available to all school personnel in the state.

Healthy relationship education and social and emotional development is one piece of a broader strategy to help children and adolescents make good choices and navigate life-changing developmental minefields such as substance use, bullying, sexual relationships, and violence.
Our success in preventing violence will be determined not only by our understanding of violence in Alaska but also understanding the effectiveness of our local and state prevention efforts through evaluation.

**Expected Outcomes**

- **Data Collection Clearinghouse**: By January 2012, a central clearinghouse for statewide data on domestic violence and sexual assault.

- **Domestic Violence Risk and Protective Factor Data**: By 2013, the risk and protective factors for domestic and dating violence will be identified for communities across Alaska.

- **Data Collection Methods and Systems**: By 2014, culturally responsive, anonymous, and safe data collection methods will be incorporated into a standardized statewide data collection system that tracks the incidence of domestic violence (such as NIBRS).

- **Youth-led Research**: By 2014, youth-led and youth participatory research opportunities in domestic violence prevention will be established.

- **Evaluated Prevention Strategies for Alaska**: By 2016, a minimum of three promising prevention strategies for Alaska will be rigorously evaluated.

- **Root Cause Data**: By 2016, a dynamic body of knowledge that clarifies the root causes of domestic violence in Alaska will be established.

**Example Strategies**

- Coordinate, and enhance DV data collection mechanisms.
- Establish data collection tool to measure assets and protective factors relevant to preventing violence.
- Evaluate primary prevention strategies implemented in the state.
- Establish team of researchers to support youth-led research.

**What Is Evidence or Research-Based Prevention?**

Evidence-based refers to strategies, programs, or approaches that have been rigorously evaluated and shown to have at least one positive outcome within the population or context in which they were developed. Similar terms that are often used are research-based, model, or science-based strategies. Most of these refer to programs or strategies that are grounded in some research, but may have adaptations that are significant or appropriate for the community, audience, or issue being addressed. There are very few evidence-based domestic violence or teen dating violence prevention programs nationally from which to draw upon and adapt for Alaskan populations. One of the most promising programs is the Fourth R, which has been adapted for Alaskan populations and is being implemented in schools across the state.
Two campaigns have been launched in partnership with key agencies and the media.

Stand Up! Speak Up! incorporated youth ideas about how to promote healthy relationships, respect, and nonviolence. The campaign provided six messages of respect through posters distributed to every middle and high school in the state, youth television ads, and a website that provides tools for youth to Stand Up and Speak Up, to learn more about the respect and relationship basics, and to learn more about getting involved in their community to build a peer culture of respect. This was carried out with funding from the Council on Domestic Violence and the Department of Health and Social Services Division of Public Health. Visit www.standupspeakupalaska.org for more information.

Alaska Men Choose Respect features Alaska men discussing the importance of ending violence by choosing and teaching respect. This campaign included both prevention and public awareness messaging, and was a collaborative effort by the Office of the Governor, the Alaska Network on Domestic Violence and Sexual Assault, and the Department of Public Safety - Council on Domestic Violence and Sexual Assault. www.alaskamenchooserespect.org

Expected Outcomes

- **Media Coverage of Healthy Relationships**: By 2012, there will be an increase in the number of media stories, advertising, and media coverage that have the potential to positively influence statewide social norms around respect, healthy relationship, and nonviolence.

- **Partnerships Between Media and Prevention**: By 2013, there will be a 100% increase in partnerships between media personnel and prevention practitioners.

- **Media Coverage of Prevention**: By 2013, there will be a 100% increase in coverage of primary prevention stories in Alaska media sources at the state level.

A growing body of evidence confirms that public health campaigns that speak to teens in their own voice are effective approaches to influencing behavior.
A disproportionate number of health disparities and risk factors for domestic violence perpetration are present within Alaska.

Specific communities and cultural groups have unique needs that should be addressed by tailoring strategies and nuances to enhance prevention effectiveness.

Expected Outcomes

- **Alaska Specific Prevention Programs**: By 2011, domestic violence prevention programs that reflect the diversity of cultures and communities of Alaska will be available for public distribution and implementation.

- **Data on Root Causes of Domestic Violence**: By 2012, we will have an enhanced understanding of the relationship between social, cultural and economic inequality and domestic violence.

- **Male Led Prevention Programs**: Starting in 2013, male-led efforts to promote respect, nonviolence, and social equality will increase by 50%.

- **Resources to Address Root Causes of Domestic Violence**: By 2014, resources will be allocated at the state level to address the root causes of violence.

Example Strategies

- Engage community partners, youth, and men to share information on root causes of domestic violence based on available research.

- Create partnerships to support programs that improve economic parity.

- Complete an analysis of economic educational and health disparities with a gender and culture-based lens to segment issues and identify population appropriate solutions.

- Strengthen research-based programs bringing together men and boys to promote healthy relationships.

- Work with coaches to develop certification programs to integrate coaching boys into men as a part of their curricula.

- Support boys and men programming that integrates healthy relationship promotion in outdoor activities and subsistence practices.

- Record and share elders’ stories about equality and respect among men and women. Share stories of respect.
Alaskan communities are engaged in promoting healthy relationships

**Expected Outcomes**

- **Connect Prevention Practitioners**: By 2011, state and local efforts to promote healthy relationships and build respect will be connected.

- **Cache of Strategies**: By 2012, a cache of evidence-based strategies for promoting healthy relationships and preventing domestic violence will be made available for educators, health workers, law enforcement, faith-based leaders, and others engaged in domestic violence prevention.

- **Tools for Parents**: By 2013, tools will be created for parents to support their promotion of healthy relationships and build respect among all family members.

- **Prevention Training**: By 2016, domestic violence, sexual violence, and teen dating violence prevention training will be made available for community leaders, youth-serving organizations, and youth serving professionals across Alaska.

**What’s Happening Now**

**DELTA Prevention Pilot Projects**

**Dillingham**

Dillingham DELTA project spurred the creation of RAFT – Rural Alliance For Teens, a coalition of over 25 agencies, elders, faith, business and community leaders working together to change attitudes and belief systems about and by youth and to implement and maintain a wide range of resources and services for teens as well as the people who love them. These include the annual Culture Camp, Youth Court, White Ribbon Campaign, Healthy Relationship Classes, and the Leadership Assets & Youth Coalition, a teen-led community action group of young adults assuming leadership roles in government, social services, schools, and on environmental issues impacting the life of our community.

**Juneau**

Juneau’s DELTA project has facilitated a Coordinated Community Response (CCR) team to address primary prevention programs for Juneau and Northern Southeast Alaska. This CCR team has identified 4 major goals for the focus of their comprehensive prevention plan: 1. Men and Boys will take a leadership role in creating an environment of mutual respect between men and women, 2. Youth will have strong connections with adults in their community and are leaders in promoting respectful relationships and building protective factors, 3. Girls will have opportunities to increase healthy relationship protective factors, and 4. The Juneau community will develop practices conducive to promoting healthy relationships and interpersonal and sexual violence prevention. Some example strategies for this plan include: Girls on the Run, Coaching Boys into Men, Mentoring Mothers Fostering Fathers and other strategies.

**Sitka**

Sitka’s DELTA program recruited local individuals and agencies to form a prevention coalition known as Pathways to a Safer Sitka. This coalition is dedicated to creating an environment that discourages intimate partner violence from occurring by using a multi-faceted and comprehensive approach. Some of the areas of focus include working with schools to change policies and integrate effective programming in the classroom, providing opportunities for youth to develop leadership skills and take the initiative in shifting their school and community culture, partnering with men in challenging norms that support violence, and collaborating with agencies to develop successful youth and family serving programs. This group is also dedicated to working with healthcare organizations to provide screening tools and resources for early detection and interruption of intimate partner violence.

**Example strategies**

- Support local prevention wellness coalition through resources, training and technical assistance on DV prevention.
- Staff prevention coordinators through domestic violence and sexual assault service providers.
- Identify and recruit community natural helpers to initiate healthy relationship discussions on a community level and integrate into their work.
Evaluation is a key component to creating and establishing a sustainable, effective domestic violence prevention plan in Alaska. A comprehensive evaluation includes process and outcome measures to tell the story of how this plan was implemented and whether or not our outcomes have been met.

The Steering Committee has sought to develop outcomes for the Pathways plan that are specific, measurable, attainable, realistic and timely. Although baseline data is currently being identified and/or collected for many of the Pathways in this plan, a thorough evaluation of intermediate outcomes and long-term impact requires a more significant resource investment in evaluation. The CDC DELTA program provides for a part-time evaluator to assist in the development of both statewide and local evaluation plans, and although many of the outcomes can be evaluated using the time and resources of members of the Steering Committee, we are working to identify additional support to evaluate key prevention strategies born out of this plan.

**How Will The Pathways Plan Be Evaluated?**

**Intellectuals solve problems; geniuses prevent them.**

-Albert Einstein

**Effective Prevention Is:**

- **Comprehensive:** Strategies should include multiple components and affect multiple settings to address a wide range of risk and protective factors of the target problem
- **Varied Teaching Methods:** Strategies should include multiple teaching methods, including some type of active, skills-based component
- **Sufficient Dosage:** Participants need to be exposed to enough of the activity for it to have an effect
- **Theory-Driven:** Preventive strategies should have a scientific justification or logical rationale
- **Positive Relationships:** Programs should foster strong, stable, positive relationships between children and adults
- ** Appropriately Timed:** Program activities should happen at a time (developmentally) that can have maximal impact in a participant’s life
- ** Socioculturally Relevant:** Programs should be tailored to fit within cultural beliefs and practices of specific groups as well as local community norms
- **Outcome Evaluation:** A systematic outcome evaluation is necessary to determine whether a program or strategy worked
- **Well-Trained Staff:** Programs need to be implemented by staff members who are sensitive, competent, and have received sufficient training, support, and supervision. Followup (booster) training and technical assistance to staff are critical.
We learn respect from many places and people in our lives. Therefore, it takes many people working together to model, teach, and create communities that promote respect in relationships. By working together, we CAN stop violence before it ever starts.

**Stepping Forward**

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

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

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

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

- Anne Menard
Director, National Resource Center on Domestic Violence
Faith Leaders

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

Health Workers and Service Providers

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

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

Law Enforcement Officers

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

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

A leader is someone that you can look up to, someone you can trust, someone who treats you with respect.

I try to be a Leader.

- Isis
  - Emerging Alaskan youth Leader, Age 15
We cannot always build the future for our youth, but we can build our youth for the future.

- Franklin Delano Roosevelt
From 2007-2009, more than 20 individuals and organizations from across the state formed a statewide steering committee to bring together information on the prevalence of DV, risk and protective factors for perpetration and victimization, and existing prevention efforts. From this, the committee developed a comprehensive plan to prevent violence, Pathways to Preventing Domestic Violence. This plan incorporates the voices of many Alaskans from diverse professions, regions, cultures and experience and establishes a framework to organize and coordinate a range of prevention and promotion efforts over the next six years. As we continue to work together on making the Pathways plan a reality, our implementation and evaluation partners will continue to grow.

Members of our Statewide Steering Committee

**ALASKA NATIVE JUSTICE CENTER**
**ALASKA NETWORK ON DOMESTIC VIOLENCE & SEXUAL ASSAULT**
**ALASKA RURAL BEHAVIORAL HEALTH TRAINING, UNIVERSITY OF ALASKA FAIRBANKS**
**ASSOCIATION OF ALASKA SCHOOL BOARDS**
**DEPARTMENT OF HEALTH SCIENCES/PUBLIC HEALTH, UNIVERSITY OF ALASKA ANCHORAGE**
**EVALUATION MANAGEMENT & TRAINING ASSOCIATES**
**INSTITUTE OF SOCIAL AND ECONOMIC RESEARCH, UNIVERSITY OF ALASKA-ANCHORAGE**
**MUNICIPAL DEPARTMENT OF HEALTH & HUMAN SERVICES, SAFETY LINKS PROGRAM, MUNICIPALITY OF ANCHORAGE**
**PUBLIC HEALTH NURSING, DILLINGHAM**
**STEPS TO A HEALTHIER SOUTHEAST ALASKA**
**STATE OF ALASKA DEPARTMENT OF HEALTH & SOCIAL SERVICES DIVISION OF PUBLIC HEALTH: CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION; WOMEN’S, CHILDREN’S & FAMILY HEALTH, ALASKA FAMILY VIOLENCE PREVENTION PROJECT**
**DEPARTMENT OF PUBLIC SAFETY, COUNCIL ON DOMESTIC VIOLENCE AND SEXUAL ASSAULT**
**WOMEN IN SAFE HOMES, KETCHIKAN**
**ZACH GORDON YOUTH CENTER, JUNEAU**

Implementation Partners:

To achieve the goals and carry out the strategies outlined in this plan, we are working closely with Statewide Steering Committee Members and other partners, including:

- Alaska Department of Education and Early Childhood Development
- Alaska Department of Behavioral Health and Social Services- Division of Behavioral Health
- Alaska Native Tribal Health Consortium
- The Reuben E. Crossett Endowed Fund
- Media partners: GCI, ABC, KTUU
- Office of the Governor
- Center for Addiction and Mental Health
- Respect Rx
Domestic violence and teen dating violence have real and significant costs for Alaskans, both personally and financially.

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

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

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

For More Information, Please Contact:

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