

RESOURCES

PROFILE:

Domestic and Dating Violence, Child Abuse, and Suicide



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About the Resource Center



The Resource Center for CareerTech Advancement is a division of the Oklahoma Department of Career and Technology Education, located in Stillwater, Oklahoma. The staff of the Center research educational materials and best practices to disseminate throughout the state CareerTech system. The Resource Center also provides support in identifying curriculum, assessments, professional development and other instructional delivery resources on request.

www.okcareertech.org

Domestic and Dating Violence Resources

Aligned to the following NASAFACS content standards:

13.1.1—Analyze processes for building and maintaining interpersonal relationships.

13.1.2—Predict the effects of various stages of the family life cycle on interpersonal relationships.

13.1.3—Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships.

13.1.4—Analyze factors that contribute to healthy and unhealthy relationships.

13.1.5—Analyze processes for handling unhealthy relationships.

Teen Dating Abuse: 2018 Resource Guide

<https://www.childrenssafetynetwork.org/resources/teen-dating-abuse-2018-resource-guide>

This resource guide provides links to organizations, programs, publications, and resources focused on preventing teen dating abuse. It is divided into six sections: (1) national organizations; (2) prevention programs and interventions; (3) data, fact sheets, infographics, and toolkits; (4) policy and legislation; (5) special populations; and (6) research.

Dating Matters

<https://vetoviolenace.cdc.gov/apps/datingmatters/>

Free, online course available to educators, school personnel, youth mentors, and others dedicated to improving teen health. Follow a school administrator throughout his day as he highlights what teen dating violence is and how to prevent it through graphic novel scenarios, interactive exercises, and information gathered from leading experts.

Break the Cycle

<http://www.breakthecycle.org/>

Break the Cycle inspires and supports young people 12 -24 to build healthy relationships and create a culture without abuse. We are a culturally affirming organization that centers young people, caring adults, and communities in our prevention and intervention efforts. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive.

Love Is Respect

<http://www.loveisrespect.org/>

Loveisrespect mobilizes parents, educators, peers and survivors to proactively raise awareness on healthy dating behaviors and how to identify unhealthy and abusive patterns. Through trainings, toolkits, and curriculum, we are growing community educators and advocates to promote healthy relationships and prevent future patterns of abuse.

Love Doesn't Have to Hurt

<http://www.apa.org/pi/families/resources/love-teens.pdf>

A free guide for students from the American Psychiatric Association.

That's Not Cool

<https://thatsnotcool.com/>

That's Not Cool is a national public education initiative that partners with young people to help raise awareness and bring educational and organizing tools to communities to address dating violence, unhealthy relationships, and digital abuse. Our vision is for everyone to experience healthy relationships—online and off. The program's interactive website, tools, and resources support young people as they learn to recognize, avoid, and prevent dating violence in their lives. The program is built on the belief that young people must lead the way in creating change online, in their schools, and in their communities. That's Not Cool works to lift the voices of the most silenced and marginalized communities of young people including LGBTQI youth, Native youth, youth living with disabilities, and youth of color. Our work provides youth leaders with the tools, training, and support they need to bring localized violence prevention public education campaigns to their communities. That's Not Cool also provides tools, resources, and technical assistance to adult allies—such as educators and advocates—working with youth leaders or young people experiencing dating violence.

Safe Dates

<http://www.hazelden.org/web/public/safedates.page>

The curriculum consists of five components:

- A ten-session dating abuse curriculum
- A play about dating abuse
- A poster contest
- Parent materials, including a letter, newsletter, and the Families for Safe Dates program
- An evaluation questionnaire

All the materials needed to implement the program are included in the *Safe Dates* manual and on the CD-ROM. *Safe Dates* can be used as a dating abuse prevention tool for both male and female middle- and high-school students. *Safe Dates* would fit well within a health education, family life skills, or general life skills curriculum.

Shifting Boundaries

<https://www.nij.gov/topics/crime/intimate-partner-violence/teen-dating-violence/Documents/shifting-boundaries-all-schools.pdf>

Shifting Boundaries is a prevention program for middle school students that focuses on sexual harassment and precursors to dating violence. The program is unique in that it embraces an environmental approach that identifies multiple strategies to support young people. Evaluation results found that the school-level intervention prevented sexual violence victimization experienced from dating partners.

Love Notes v2.1

<https://www.dibbleinstitute.org/love-notes-2/>

Unplanned pregnancy, single parenting, and troubled relationships are a serious threat to the well-being and futures of many young adults, as well as to their children. Love Notes v2.1 was created for this vulnerable, high-risk audience. In 13 lessons they discover, often for the first time, how to make wise choices about partners, sex, relationships, pregnancy, and more. Love Notes takes an innovative approach to these topics by integrating relationship skills with pregnancy prevention and workforce readiness with practical strategies for motivating change.

Relationship Smarts

<https://www.dibbleinstitute.org/love-u2-relationship-smarts-plus-new/>

Relationship Smarts PLUS 3.0 was created to help teens learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, and more. The program takes an innovative approach to these topics by integrating relationship skills with powerful learning strategies. This curriculum is delivered through activities that are informative, fun and affirmative. A workbook helps teens apply curriculum concepts to their own lives. Parent-Teen activities for each lesson stimulate conversations with trusted adults.

Connections: Dating and Emotions

<https://www.dibbleinstitute.org/connections-dating-and-emotions/>

The innovative, research-based Connections: Dating & Emotions helps prepare younger teens for the challenges of early relationships, develop healthy dating practices and build a solid foundation for the future. Fifteen engaging, ready-to-teach lessons show teens how relationships develop, effective ways to communicate, awareness of destructive patterns, managing feelings, and other essential skills. Using an overall wellness approach, the course emphasizes self-awareness, personal growth, self-regulation of emotions and interpersonal success.

Healthy Choices, Healthy Relationships

<https://www.dibbleinstitute.org/healthy-choices-healthy-relationships/>

Aligned with national standards for health education, Healthy Choices introduces students to the foundations of forming strong, satisfying relationships. In 11 lessons, they examine how peers, family, and media influence expectations about love and life. They discuss appropriate friendship and dating behaviors, identify and prepare for potential problems, explore the nature of mature interpersonal behavior, practice decision-making and problem solving, and learn other life skills necessary for overall wellness. A recurring theme is the importance to teens of making informed choices about their relationships, their goals, and the way they live their lives. A variety of lively activities challenge them to consider, evaluate and personalize messages from the lessons. **HEALTHY CHOICES, HEALTHY RELATIONSHIPS** comes in a ready-to-use format, including individual and group activities, customizable PowerPoint slides, and posters.

Things to Know Before You Say Go

<https://www.dibbleinstitute.org/things-to-know-before-you-say-go/>

Teens often move quickly into intimate or risky relationships, without knowing much about their partners ...or even themselves. This engaging set of 76 “flash cards” helps these young people discover what information is missing, and why it matters.

Dating Smarts

<https://www.dibbleinstitute.org/love-u2-dating-smarts-buyhere/>

This compact 6-lesson program helps them, in very practical ways, understand and manage their first experiences with attractions, emotions and young love. Dating Smarts uses highly engaging activities to explore essential aspects of early relationships – attraction, infatuation, feelings, rejection. Kids learn the “how-to” skills of what to say and do, as well as ways to really get to know someone, and to build a relationship.

Utah Education Network Resources

<https://www.uen.org/lessonplan/resource/core/20>

- a. Dating Behaviors and Refusal Skills
<https://www.uen.org/lessonplan/view/28920>
- b. Dating Behaviors
<https://www.uen.org/lessonplan/view/12365>
- c. Dating/Dating Violence
<https://www.uen.org/lessonplan/view/25929>
- d. Dating Responsibly
<https://www.uen.org/lessonplan/view/12368>
- e. Depression/Suicide
<https://www.uen.org/lessonplan/view/4733>
- f. Child Abuse
<https://www.uen.org/lessonplan/view/29127>

Michigan Youth Education Packet, “Dating Violence: It Is a Big Deal”

http://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf

Background Information, Lesson Plans, Educator Sheets, Student Surveys and Handouts.

Peace Over Violence Curriculum

<https://shop.peaceoverviolence.org/collections/curriculum>

Peace Over Violence is a nonprofit 501c3, multicultural, community based and volunteer centered organization dedicated to a building healthy relationships, families and communities free from sexual, domestic and interpersonal violence. To achieve this mission our agency manages five departments delivering the services of Emergency, Intervention, Prevention, Education and Advocacy.

Pennsylvania Coalition Against Domestic Violence— Curriculum Reviews

<http://www.pcadv.org/Learn-More/Prevention/Curricula/School-Based/>

PCADV based the reviews on the growing body of evidence-based research about prevention work. In particular the Effective Principles of Prevention were used to create an internal tool. This tool helped reviewers assess the effectiveness of the curricula, materials or campaigns listed on this website.

“Don’t Let Yourself” Curriculum and Video

<http://www.dontletyourself.org/about/curriculum.html>

A curriculum was created to go along with the videos for the ¡No te dejes!/Don’t Let Yourself awareness initiative with the intention to educate the community about domestic and dating violence dynamics and prevention. This curriculum addresses the dynamics of abusive intimate relationships to include the definition of domestic and dating violence, the cycle of violence, and the power and control wheel. Additionally, it highlights the importance of a safety plan and effects of children during and after an abusive relationship.

Date Safe Project Curriculum

<https://www.datesafeproject.org/k12/miky-instructors-guide-curriculum/>

In a world where people are constantly being told “What Not To Do,” The DATE SAFE Project believes the best approach is to give people positive how-to skills and helpful insights for addressing verbal consent (asking first), respecting boundaries, sexual decision-making, bystander intervention, and supporting survivors (opening the door for family and friends).

Futures Without Violence

<http://www.futureswithoutviolence.org/search/>

We train professionals such as doctors, nurses, judges, and athletic coaches on improving responses to violence and abuse. We also work with advocates, policy makers, and others to build sustainable community leadership and educate people everywhere about the importance of respect and healthy relationships.

Girlshealth.gov

<https://www.girlshealth.gov/relationships/index.html>

Girlshealth.gov offers girls reliable, useful information on health and well-being. We cover hundreds of topics, from getting your period to stopping bullies, and from getting fit to preventing sexually transmitted infections.

PreventConnect Wiki

<http://wiki.preventconnect.org/Movies%2C+documentaries%2C+and+video+clips+related+to+Violence+Against+Women>

This curriculum offers a holistic approach to teaching teens how to identify abusive dating behaviors and build healthy relationships. Topics such as values, equality, power, control, communication, and emotional expression are all covered. The toolkit allows any educator—from those with a limited background in teaching healthy relationships to those with extensive knowledge on the topic—to teach the lessons as a whole program, or to pick and choose which lessons best fit the students' needs and classroom instruction.

Utah Department of Health, Healthy Relationships Toolkit

<http://www.health.utah.gov/vipp/teens/dating-violence/prevention.html>

This curriculum offers a holistic approach to teaching teens how to identify abusive dating behaviors and build healthy relationships. Topics such as values, equality, power, control, communication, and emotional expression are all covered. The toolkit allows any educator—from those with a limited background in teaching healthy relationships to those with extensive knowledge on the topic—to teach the lessons as a whole program, or to pick and choose which lessons best fit the students' needs and classroom instruction.

Building Healthy Relationships

<https://www.communitysolutionsva.org/index.php/resources/item/building-healthy-relationships-across-virginia>

The activities in this unit provide participants with skills for identifying the characteristics of healthy and unhealthy relationships, finding dating partners who complement their own values and personalities, and ensuring that respect is present in interactions between themselves and their dating partner, including any potential sexual interactions. The activities are organized into 6 units according to their predominant topics. (Some activities may cover more than one topic, but will be particularly relevant to one). Each activity begins with facilitator's notes on how to implement that particular activity. Included in these notes are step-by-step instructions and a list of support materials as well as a variety of useful information such as: the recommended age of participants for the activity, how much existing knowledge is assumed by the activity, the approximate amount of time it takes to complete the activity, and the basic lessons the activity is designed to impart. Refer to the index to view activities by Topic, Age, Level, and Time.

Texas Association Against Sexual Assault “Break-the-Box Week” Activities Guide

http://taasa.org/wp-content/uploads/2015/10/BTBWeek_FacilitatorsGuide.pdf

Break the Box is a public awareness initiative, launched in March of 2013, which is all about identifying and breaking free from gender stereotypes that can lead to sexual violence. The initiative consists of a collection of materials, including a short video, resource guide, and posters, that is designed to empower users with tools and resources needed to “break the box” of gender stereotypes and prevent sexual violence.

In The Mix

<http://www.pbs.org/inthemix/educators/lessons/index.html>

Lesson plans and discussion guides to accompany shows from In The Mix on PBS. Scroll down to the section on Dating Violence.

Child Abuse Prevention Resources

Aligned to the following NASAFACS content standards:

15.2.1—Analyze nurturing practices that support human growth and development.

15.2.2—Apply communication strategies that promote emotional well-being in family members.

15.2.3—Assess common practices and emerging research about influences of discipline on human growth and development.

15.2.4—Analyze the effects of abuse and neglect on children and families and determine methods for prevention.

Child Maltreatment Prevention: 2014 Resource Guide

<https://www.childrensafetynetwork.org/guides/child-maltreatment-prevention-2014-resource-guide>

The resource guide is divided into an introduction and seven sections: Data and Definitions; Policies, Laws and Legislation; Prevention and Healthy Childhood; Outcomes and Types of Maltreatment; Campaigns, Programs, and Toolkits; Organizations; and Additional Resources.

Childhelp Child Abuse & Prevention Resources

<https://www.childhelp.org/story-resource-center/child-abuse-education-prevention-resources/>

Online and print resources listing.

Child Welfare Information Gateway

<https://www.childwelfare.gov/topics/preventing/prevention-programs/sexualabuse/>

Tools, curricula, and programs designed to raise awareness and reduce risk factors related to child sexual abuse.

Darkness to Light

<https://www.d2l.org/about/>

Darkness to Light is a non-profit committed to empowering adults to prevent child sexual abuse.

Utah Education Network Resources

<https://www.uen.org/lessonplan/resource/core/20>

- Abuse and Neglect
<https://www.uen.org/lessonplan/view/4901>
- Child Abuse
<https://www.uen.org/lessonplan/view/29127>
- Shaken Baby Syndrome
<https://www.uen.org/lessonplan/view/7444>

Suicide Prevention Resources

Aligned to the following NASAFACS content standards:

7.4.1—Investigate health, wellness, and safety issues of individual and families with a variety of conditions that could influence their well-being.

7.4.2—Analyze management and living environment issues of individuals and family conditions that influence their well-being.

7.4.3—Analyze personal, social, emotional, economic, vocational, educational, and recreational issues of individuals and family conditions that influence their well-being.

7.4.4—Differentiate between situations that require personal prevention or intervention and those situations that require professional assistance.

7.4.5—Analyze situations which require crisis intervention.

7.4.6—Summarize the appropriate support needed to address selected human services issues.

Youth Suicide and Self-Harm Prevention: 2017 Resource Guide

<https://www.childrenssafetynetwork.org/resources/youth-suicide-self-harm-prevention-2017-resource-guide>

This guide divides selected resources into seven main sections: (1) Organizations, (2) Policy and Legislation, (3) Evidence-Based Practices, (4) Program Planning, (5) Campaigns, (6) Data and Research, and (7) Resources and Publications. There are subsections on (1) Bullying; (2) Family; (3) Electronic, Social, and Mass Media; (4) Mental Health; (5) Schools; (6) Substance Use; (7) Self-Harm; (8) LGBTQ Youth; (9) American Indian/Alaska Native Youth; and (10) Rural Youth. Each topic-specific section contains organizations, webpages, evidence-based practices, workshops, toolkits, reports, fact sheets, archived webinars, and journal articles.

Preventing Suicide: A Toolkit for High Schools

<https://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

This toolkit from the Substance Abuse and Mental Health Services Administration assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students.

In The Mix

<http://www.pbs.org/inthemix/educators/lessons/index.html>

Lesson plans and discussion guides to accompany shows from In The Mix on PBS. Scroll down to the section on Depression, Mental Health, and Suicide.

LEADS: For Youth

<https://save.org/what-we-do/education/leads-for-youth-program/>

Linking Education and Awareness for Depression and Suicide (LEADS) for Youth is a school-based suicide prevention curriculum designed for high schools and educators that links depression awareness and suicide prevention. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase knowledge and awareness of depression and suicide.

Teacher Resources for World Suicide Prevention Day

<https://www.teachforamerica.org/teacherpop/teacher-resources-world-suicide-prevention-day>

A list of resources to help educators learn more about youth suicide prevention and how they can continue to discuss mental health in schools.

American Association of Suicidology Recommended Videos

<http://www.suicidology.org/resources/recommended-videos>

Founded in 1968 by Edwin S. Shneidman, PhD, AAS promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

Utah Education Network Resources: Depression/Suicide

<https://www.uen.org/lessonplan/view/4733>

Students will implement and evaluate stress-management strategies.

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