



9th Grade Healthy Relationships– Fall 2018

Thanks to our funders and partners!



The Fourth R
Strategies for Healthy Youth Relationships

Women in Safe Homes Prevention and Education Department partnered with **Ketchikan High School** teacher David White to facilitate six class periods of lessons and activities aimed at encouraging discussions and building skills that increase protective factors and decrease risk factors related to violent victimization and perpetration.

These presentations support the mandates set forth in the Alaska Safe Children’s Act. This important piece of legislation requires districts to provide education to identify and prevent teen dating violence (Bree’s Law) and sexual abuse (Erin’s Law).

Over the course of the sessions, WISH staff facilitated activities to deepen the understanding of what healthy relationships look like and don’t look like; how to give, receive, and respect consent in all situations; how to seek and give help and support to/from peers and adults; how to recognize potentially dangerous situations. Lesson outlines and resources are available for review by contacting the WISH Prevention and Education Department.



In Alaska, nearly 10% of women who have been victims of intimate partner violence have also reported being victims of teen dating violence (Smith, 2017). The National Youth Risk Behavior Survey (NYRBS) reports that 1 in 10 high school students who had gone on a date in the past year had also experienced physical violence from their dating partner, and 10.6% reported being forced to engage in sexual behavior (Kann, 2016). Introducing students to topics such as healthy relationships, consent, teen dating violence, and positive bystander intervention is a primary prevention strategy for violence. The lessons and activities presented are designed to help build healthy relationships, resilience, boundaries, and coping skills.

Kann, L., McManus, T., Harris, W., et al. (2016, June 10). Youth Risk Behavior Surveillance United States, 2015. Centers for Disease Control and Prevention: Morbidity and Mortality Weekly Report. (Accessed: 9/12/17). Retrieved from: https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2015/ss6506_updated.pdf

Smith, S.G., Chen, J., Basile, K.C., Gilbert, L.K., Merrick, M.T., Patel, N., Walling, M., & Jain, A. (2017). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 State Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. (Accessed: 8/30/17). Retrieved from: <https://www.cdc.gov/violenceprevention/pdf/NISVS-StateReportBook.pdf>

Students describe **what consent is** with these

words:

Ask, agree, permission, person gives ok, nonverbal yes, says yes, mutual agreement

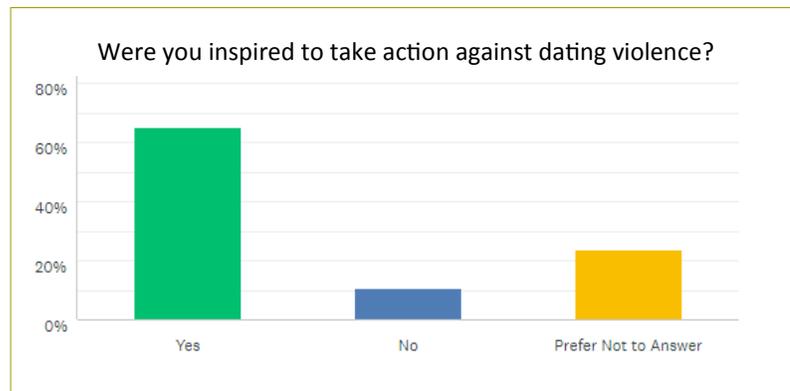
Students describe **warning signs** when someone may be in crisis:

Sad, isolating, marks or bruises, depression, personality changes, loss of interest

Evaluation Snapshot

“Your presentation was wonderful, I don’t think anything should be changed.”

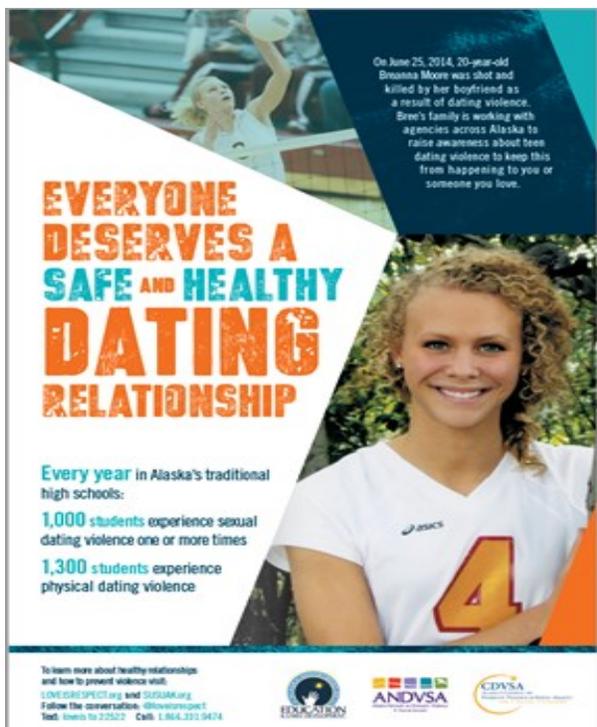
“Come more often!”



Other Evaluation Highlights:

- ⇒ 85% of students agreed that their understanding of healthy/unhealthy relationships, consent, bystander intervention, warning signs of teen dating violence, and warning signs of self-harm or suicide improved
- ⇒ 80% of students accurately described what consent is
- ⇒ 75% of students could list at least three warning signs that someone may be in crisis

Evaluation was created by WISH Education and Prevention Department. For additional evaluation summaries, email arika.p@wishak.org.



Quick Links for Parents and Students:

That's Not Cool: <https://thatsnotcool.com/>

Love is Respect: <https://www.loveisrespect.org/>

I Know Mine: <https://www.iknowmine.org/>

Quick Links for Educators:

The Fourth R Curriculum: <https://youthrelationships.org/>

The Alaska Safe Children's Act: <https://education.alaska.gov/schoolhealth/safechildact>

Bree's Law: <https://www.breeslaw.org/>

Erin's Law: <http://www.erinslaw.org/>



Interested in continuing the conversation or learning more about healthy relationships, teen dating violence, bullying, or receiving parenting support and education? **Women in Safe Homes** has prevention advocates who can provide you with information on a range of topics.

Visit our website at wishak.org or Contact us by phone (907) 228-4371 or by email at arika.p@wishak.org