



## Revilla Girl's Group

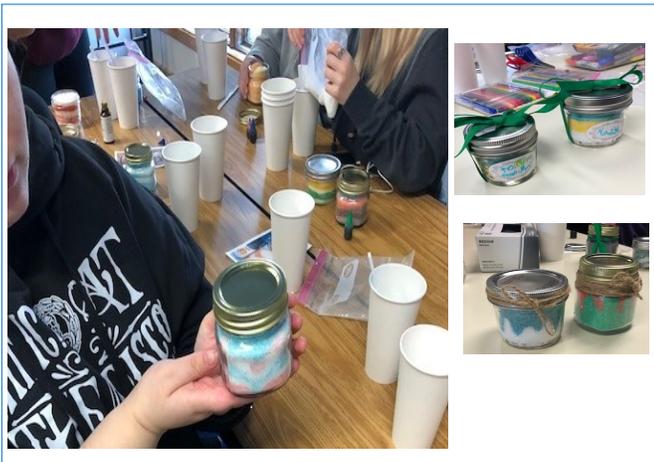


Women in Safe Homes Prevention and Education Department has partnered with Revilla Alternative School counselor, Kris Flora, to facilitate weekly groups, alternating between middle school and high school girls. The lessons and activities are aimed at encouraging discussions and building skills that increase protective factors and decrease risk factors related to violence victimization and perpetration.

These groups 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 school year, WISH staff and Mrs. Flora 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 help; how to give help and support to peers; and how to recognize dangerous situations.

Lesson outlines and resources are available for review by contacting the WISH Prevention and Education Department.



Participants are making their own bath soaks to give during the holiday season.

### What the students say about Girl's Group:

*"I will now be able to protect myself and friends more. I will be able to use legitimate facts when in discussions."*

-group participant

*"I like most how it's open and non-judgmental."*

-group participant

*"I just liked really learning about all the topics. We went in detail always and we were always allowed to speak our mind without being judged."*

-group participant

### 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/>

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. Introducing students to topics such as healthy relationships, consent, teen dating violence, and positive bystander intervention is a primary prevention strategy for violence.



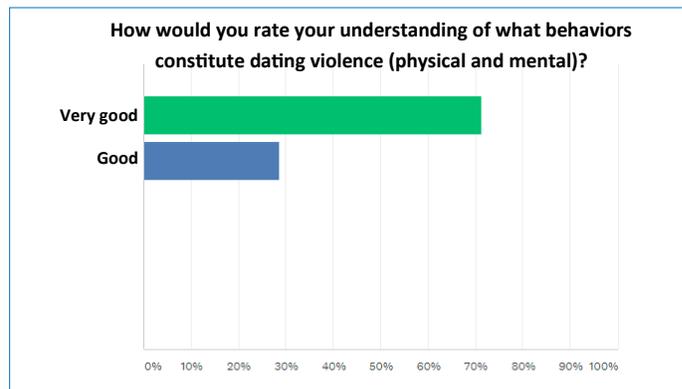
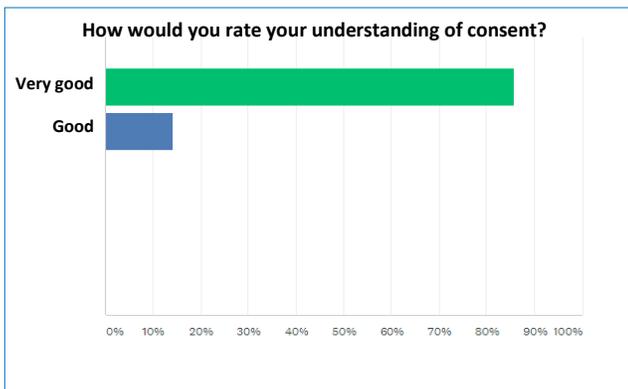
In celebration of International Day of the Girl, WISH staff provided the Revilla Girl's Group with materials to tie-dye t-shirts.



**Evaluation Highlights:**

- ⇒ **100%** of high school students rated their interpersonal communication skills either **very good or good**, a **42% increase** from the beginning of the school year
- ⇒ **86%** of high school students rate their understanding of techniques to support someone who is considering suicide, talking about suicide or suffering from suicidal ideation either **very good or good**, an **11% increase** from the beginning of the school year
- ⇒ **100%** of high school students are familiar with how to obtain STI testing in the community if they were a victim of sexual assault, a **50% increase** from the beginning of the school year

Evaluation was created by WISH Education and Prevention Department. For additional evaluation summaries, email [arika.p@wishak.org](mailto:arika.p@wishak.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 present information on a range of topics.

Visit our website at [wishak.org](http://wishak.org) or Contact us by phone (907) 228-4099 or by email at [arika.p@wishak.org](mailto:arika.p@wishak.org)

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