

kansas

REWEAVING OUR SOCIAL FABRIC



A COMPREHENSIVE PLAN TO PREVENT SEXUAL
AND DOMESTIC VIOLENCE IN KANSAS

2011 - 2018

kansas

REWEAVING
OUR SOCIAL
FABRIC



A Plan for the Primary Prevention of Sexual and Domestic Violence in Kansas

Purpose of This Plan

The Kansas Coalition Against Sexual and Domestic Violence (KC-SDV), the Kansas Department of Health and Environment (KDHE), and the Kansas Sexual and Domestic Violence Primary Prevention Planning Committee are pleased to present *Reweaving the Social Fabric: A Plan for the Primary Prevention of Sexual and Domestic Violence in Kansas*.

This Plan is the result of the efforts of many dedicated and talented people across Kansas and

nationally who are committed to preventing sexual and domestic violence and addressing the various risk factors associated with sexual and domestic violence perpetration and victimization.

This Plan offers our state and communities a path forward in efforts to prevent sexual and domestic violence by providing a framework based on current best practices, data, evaluation, and participatory action research findings from around the state. Because the causes and supports for

sexual and domestic violence are deeply embedded within our society, preventing it will require a rewearing of the social fabric.

Using This Plan

This Plan is intended to be used by individuals, communities, organizations, and groups working to improve the safety, health, and quality of life for Kansans.

This Plan provides rationale for why we need to prevent sexual and domestic violence, potential prevention strategies for imple-

2011-
2018

“The journey of a thousand miles
begins with a single step”

-Lao Tzu

mentation, and desired outcomes of prevention efforts.

This Plan may be used to guide the development of prevention efforts in individual communities and within organizations. In accordance with the mission of the Kansas Sexual and Domestic Violence Primary Prevention Committee to address sexual and domestic violence for all people and communities throughout Kansas, the strategies suggested are intended to be tailored to each unique community's needs. Therefore, implemented strategies may look different from community to community.

About This Plan

This Plan was created by analyzing risk and protective factors that contribute to first-time perpetration and victimization in order to focus on preventing sexual and domestic violence from ever occurring. While research shows that the majority of perpetrators are males, the majority of males are not perpetrators. As such, this Plan is founded on evidence that shows women as being the most at-risk population for victimization, and men as being the most likely perpetrators. This focus on male perpetrators and female victims does not discount the reality that there are male victims of this violence.

The Need for Prevention

Sexual and domestic violence has serious potential health consequences for victims, including increased risk of sexually transmitted diseases, substance abuse, emotional and psychological trauma, depression, physical injury and chronic disease. The Centers for Disease Control and Preven-

tion's 2010 National Intimate Partner and Sexual Violence Survey found that nearly 1 in 5 women and 1 in 71 men have been raped in their lifetime. An overwhelming majority of the female victims experienced the first rape before 25 years of age (80%). Nearly half of the female victims experienced the first rape before 18 years of age (30% between 11-17 years old and 12% at or before 10 years of age).

According to the Kansas Youth Risk Behavior Survey, about 7.5 percent of Kansas high school students reported being physically forced to have sexual intercourse when they did not want to in 2009 and 2011. This percentage is consistent with national data. Based on the number of youth enrolled in Kansas high schools in 2009, this translates into more than 10,450 Kansas youth, enough Kansas high school youth to fill more than 186 school buses.

Domestic violence causes significant harm to Kansans; to individuals, families, friends and communities; to workplaces and other organizations, and to public-service agencies that must allocate funds combating these preventable crimes. According to the 2000 National Violence Against Women Survey, 1 in 4 women and 1 in 13 men will experience domestic violence during their lifetime, showing that women are three times more likely to be victims of domestic violence than their male counterparts. For Kansas, the National Intimate Partner and Sexual Violence Survey estimates that more than 1 in 4 women (29%) and 23 percent of men have been the victim of rape, physical violence, and/or stalking by an intimate partner in their lifetimes. This translates

“We must be the change we wish to see in the world”

-Ghandi

OUR VISION

All people in Kansas will have safe and healthy relationships in their homes, schools, workplaces, and communities, free of sexual and domestic violence.

The MISSION of the Kansas Sexual and Domestic Violence Primary Prevention Planning Committee is “To promote the primary prevention of sexual and domestic violence through education, collaboration, and action for all people and communities throughout Kansas.”

into approximately 312,000 Kansas women; almost enough to fill Arrowhead Stadium four times.

While these numbers are staggering, data collection related to risk and protective factors, prevalence of intimate partner and sexual violence, and related social and health disparities is limited. Important considerations include:

- Underreporting as a result of social discouragement and stigma;
- Lack of consensus regarding what constitutes domestic or sexual violence by local or state authorities;
- Lack of economic resources devoted by local and state authorities to adequately track rates of sexual and domestic violence perpetration and victimization.

Risk and Protective Factors

Risk factors are associated with a greater likelihood of sexual or domestic violence perpetration or victimization. They are contributing factors and may or may not be direct causes. Not everyone who is identified as “at risk” becomes involved in sexual or domestic violence. Although risk factors may be prevalent, when taken alone, they do not predict perpetration. In addition, some risk factors for perpetration and victimization are the same and are associated with one another. For example, childhood physical or sexual victimization is a risk factor for future perpetration and victimization. Additional examples of risk factors include, but are not limited to, unhealthy family relationships, beliefs of male superiority and sexual entitlement, and other community

and social environments that impact an individual’s experience and relationships, such as poverty, unemployment, and weak community policies against sexual and domestic violence.

Protective factors are associated with decreasing the likelihood of sexual or domestic violence perpetration or victimization. As with risk factors, protective factors are contributing factors and may or may not be direct causes. Examples of protective factors include, but are not limited to, quality relationships with a protective parent, access to trustworthy and caring adults, and social environments that promote gender equity between females and males.

Prevention Works

Research and experience tells us that preventing sexual and domestic violence is possible. For people and communities impacted by sexual and domestic violence, the thought of a world that is violence-free may seem like a faraway goal. In practice, prevention is both a process and an end-goal. Comprehensive prevention takes time. To end sexual and domestic violence, everyone must work together and across all levels – individual, relationship, community and society.

In addition to collaboration, prevention requires funding. The financial costs for addressing the issues of intimate partner rape, physical assault, and stalking exceed \$5.8 billion nationally each year, nearly \$4.1 billion of which is for direct medical and mental health care services. It is critical that resources and funding from both the public and private sector are used to support prevention efforts.

Kansas Department of Health and Environment Involvement

KDHE has the leading responsibility for identifying and meeting the health needs of the state’s citizens using a public health approach. Public health is defined as the development and application of preventive strategies and interventions to promote and protect the health of populations (Turnock, 2001). KDHE has been addressing sexual violence by implementing population-based approaches since 1997. The Sexual Violence Prevention and Education Program works with local communities in implementing comprehensive and evidence-based approaches designed to decrease the first time perpetration of sexual violence. The program also partners closely with other state agencies and national organizations to integrate issues related to sexual violence prevention.

Kansas Coalition Against Sexual and Domestic Violence Involvement

The purpose of the Kansas Coalition Against Sexual and Domestic Violence is the prevention and elimination of sexual and domestic violence through a statewide network of programs providing support and safety for all victims of sexual and domestic violence and stalking, with primary focus on women and their children; direct services; public awareness and education; advocacy for victims; comprehensive prevention; and social change efforts. In 2003, KCSDV was selected by the CDC as one of 14 states to participate in the Domestic Violence Prevention Enhancements and Leadership

Through Alliances (DELTA) program. DELTA is a collaboration between the CDC and state domestic violence coalitions to build the capacity of local communities to develop and promote comprehensive domestic violence prevention programming. By partnering with KDHE and other state allies, the coalition plays an integral role in statewide efforts to prevent both sexual and domestic violence in Kansas.

A Unique Partnership

The Kansas Sexual and Domestic Violence Primary Prevention Planning Committee was convened through a collaborative effort between the KDHE and the KCSDV in June 2007 under the auspices of the Sexual Violence Prevention and Education Program and Domestic Violence Enhancements and Leadership Through Alliances programs. Between June 2007 and June 2009, the committee met in-person 18 times, for several hours

at a time to create a plan for state prevention work.

The planning initiative was guided by representatives from KDHE and KCSDV. To encourage committee cohesion, promote stakeholder buy-in and build capacity, virtually all of the planning work was done by a diverse group of committee members in face-to-face settings. Communication between meetings was maintained with an email distribution list.

Based on an extensive needs and resource assessment, review of national, state and community knowledge, and consideration of fit, capacity and impact, the Kansas Sexual and Domestic Violence Primary Prevention Planning Committee has adopted the four goals included in this plan. These four goals are intended to increase the capacity to prevent sexual and domestic violence through social norms changes and enhanced system support for primary prevention efforts. With each goal,

potential strategies for implementation and potential outcomes are provided and can be implemented by individuals, communities, or agencies.

“Most rape and intimate partner violence is first experienced before age 24 [years], highlighting the importance of preventing this violence before it occurs to ensure that all people can live life to their fullest potential.”

- Centers for Diseases Control and Prevention



Healthy Relationships

A healthy relationship is a connection between people that increases well-being, is mutually enjoyable and enhances or maintains each individual's positive self-concept. Across the lifespan, healthy relationships are characterized by...

Attentive Listening

Honesty

Respect

Equitable Interactions

Honoring Personal Boundaries

Individuality

Integrity

Mutually Fair Problem Solving

Mutual Support

Non-violent Behavior

Non-threatening Behavior

Open and Ongoing Dialogue

Personal Accountability

Respectful Communication

Shared Interests

Trust

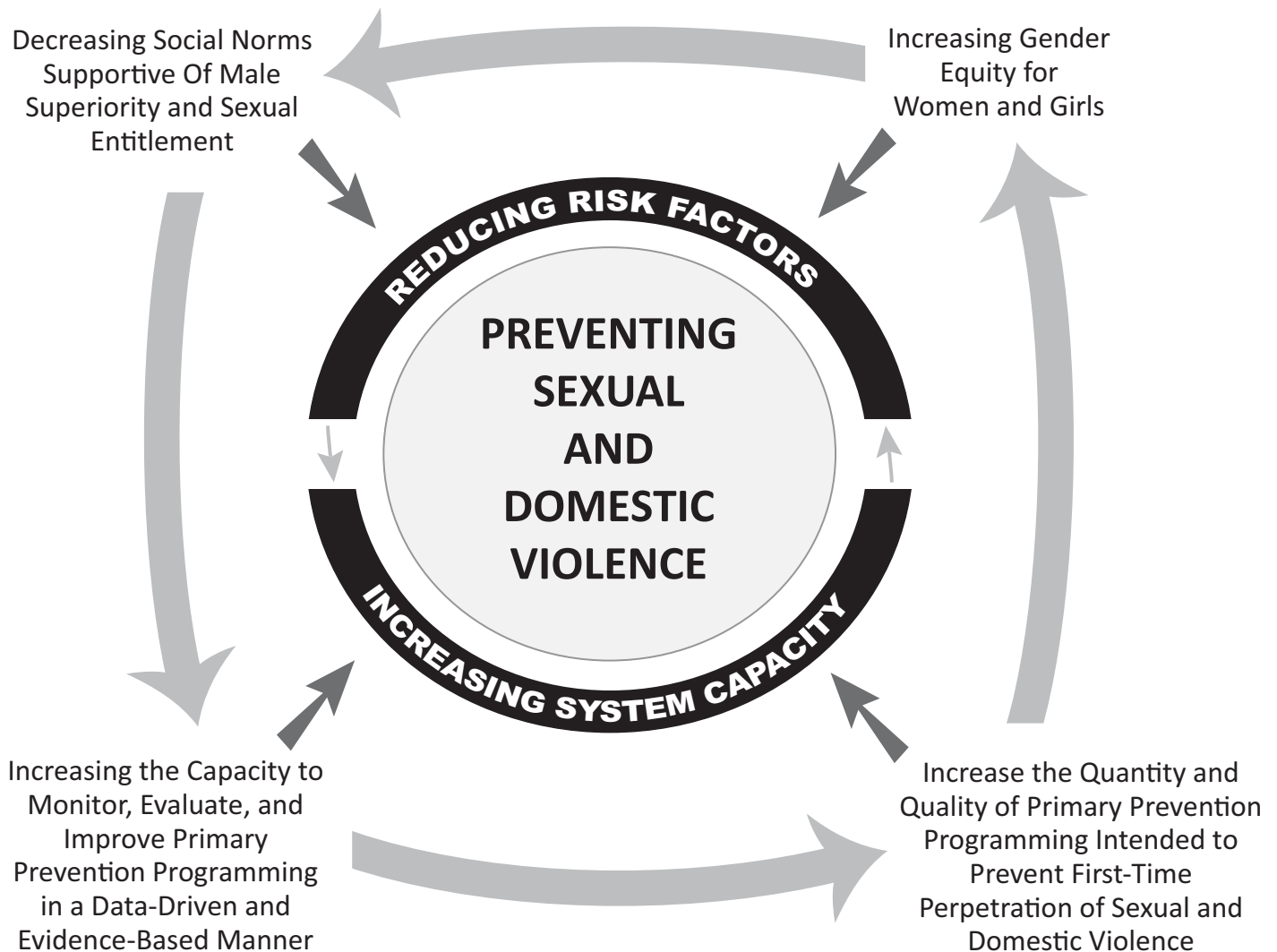
Understanding / Empathy

A Willingness to Compromise



The Kansas Sexual and Domestic Violence Primary Prevention Planning Committee has identified four key goals, two of which directly seek to reduce risk factors associated with male perpetration of sexual and domestic violence and two of which seek to improve prevention system capacity to better support primary prevention and its evaluation.

How The Four Goals Work Together...



Definitions for important terms used within this document were developed by the Kansas Sexual and Domestic Violence Primary Prevention Planning Committee and are consistent with widely recognized definitions.

Sexual Violence

Sexual Violence consists of actions (completed or attempted) and words of a sexual nature that are coerced, manipulated or forced upon someone with the intent to intimidate, humiliate, dominate, subjugate or control. The majority of these acts are perpetrated by someone the victim already knows such as an acquaintance, relative or intimate partner.

Domestic Violence

Domestic Violence is a pattern of abusive and coercive behavior used to gain power and control by an intimate partner, former partner, family member, caregiver, or dating partner. Domestic violence perpetrators use a variety of legal and illegal tactics including, but not limited to, sexual violence, physical violence, emotional violence, stalking and economic violence.

Primary Prevention

Primary prevention refers to efforts to stop the violence before it occurs. Primary prevention of sexual and domestic violence is directed at the larger population and seeks to create conditions that promote healthy relationships and make sexual or domestic violence less likely to occur.

Evaluation

Both process and outcome evaluation methods will be used to evaluate the strategies that are implemented to achieve the goals outlined in this state plan. Although resources for evaluation have not yet been identified for many of the strategies, there is a comprehensive evaluation plan in place and careful attention and planning is being used to match the appropriate evaluation design to the resources available to evaluate specific strategies.

Goal 1

Decrease social norms that support male superiority and sexual entitlement

Rationale

Norms of male superiority and sexual entitlement have been strongly linked to male sexual violence perpetration. The devaluation of women and other groups results in the justification of violence against that group, with few consequences attached (World Health Organization, 2002). Norms of male superiority and sexual entitlement become particularly problematic when they are used as a means to enforce will on others or to command deferential treatment (Nisbett & Cohen, 1996). Ideally, male norms would emphasize equity within relationships.

There is a Need to:

- Reduce male superiority and sexual entitlement and develop and enhance healthy behaviors and healthy relationships.
- Work with pre-K through 12th grade youth to develop and enhance healthy behaviors and healthy relationships.
- Work with families and children to educate and promote:
 - Clearer expectations of gender equity
 - Relevant parenting practices and skills
 - Healthy relationships
 - Healthy parent-child bonding
- Engage men and boys to reduce sexual and domestic violence and promote safety, health and equity of women and girls.
- Implement and evaluate a social norms campaign specific to preventing sexual and domestic violence.



Strategies for Implementation

Strategy #1

Identify, develop, and sustain collaborative relationships with organizations for the purpose of addressing gender equity.

Strategy #2

Implement parent and family strategies that support healthy relationships.

Strategy #3

Increase policies and programs that support gender equity.

Strategy #4

Implement peer strategies that support healthy relationships and empowered bystanders.

Strategy #5

Increase youth leadership development.

Strategy #6

Increase mentoring about healthy relationships.



Anticipated Outcomes

This Plan includes proposed strategies that will ensure Kansans have:

- Increased knowledge about healthy relationships (e.g., peer, family, sexual)
- Increased skills for healthy relationships and being an empowered bystander
- Increased social supports to promote gender equity and healthy relationships
- Increased behavioral intent regarding healthy relationships and bystander behaviors
- Decreased societal perceptions supportive of male sexual entitlement
- Decreased individual attitudes supportive of male sexual entitlement
- Decreased societal perceptions supportive of male superiority
- Decreased individual attitudes supportive of male superiority
- Decreased acceptance of sexual and domestic violence
- Decreased acceptance of violence within relationships and among peers

What's Happening Now

- Male youth leadership development program in local communities.
- Media campaign under development with associated components in local communities.
- Engaging formal and informal male leaders in primary prevention in local communities.
- Promoting empowered bystander behaviors in several local communities.
- Johnson County Community Violence Action Council is actively working with various communities in Kansas to implement the Coaching Boys Into Men program. Most recently, Safe Homes, Inc. and the Community Violence Action Council joined together to start the Coaching Boys Into Men program in Cowley County, Kansas.
- In 2010, Johnson County SAFEHOME's "The Outrage," a teen dating violence performance theater program, won the national Safe States Innovative Initiative award and in 2011 presented at the National Gender Violence Among Youth Summit held in Washington, D.C. "The Outrage" has been performed more than 110 times to more than 17,000 people.

Goal 2

Increase gender equity for women and girls in Kansas

Rationale

Traditional gender norms set expectations for appropriate behavior based on socially and culturally constructed concepts of masculinity and femininity. These norms are communicated and reinforced through a number of social practices including the media. Historically, femininity has been devalued while masculinity has been overvalued. Gender equity allows for the fair and equal treatment of men and women, respective of their unique needs, and maintains that all human beings should be free from constraining stereotypes, gender roles, and prejudices. Gender equity is especially necessary in order to develop and achieve healthy relationships. Definitions of masculinity generally include the use of physical force, aggressiveness, domination, and hyper-sexuality, while feminine gender norms generally discourage achievement, overemphasize appearance and beauty, and encourage dependency and submissiveness. Extreme applications of these norms can perpetuate attitudes, beliefs, and behaviors that support inequities between males and females, and male perpetration of violence against women.

There is a Need to:

- Work with pre-K through 12th grade youth to develop and enhance healthy behaviors and healthy relationships.
- Work with families with children to educate and promote:
 - o Gender equity
 - o Relevant parenting practices and skills
 - o Healthy relationships
 - o Healthy parent-child bonding



Strategies for Implementation

Strategy #1

Identify, develop, and sustain collaborative relationships with organizations for the purpose of addressing gender equity.

Strategy #2

Implement parent and family strategies that are supportive of gender equity.

Strategy #3

Increase policies and programs that support gender equity.

Strategy #4

Implement peer strategies that support healthy relationships and empowered bystanders.

Strategy #5

Increase youth leadership development that is supportive of gender equity.

Strategy #6

Collect gender equity indicators to improve access to and utilization of data.



Anticipated Outcomes

- Strengthened partnerships and collaborations that advocate for women and girls in Kansas
- Increased implementation of promising gender equity practices as a means to prevent sexual and domestic violence
- Strengthened public support for improved quality and quantity of statewide data on gender equity
- Improved statewide data on the indicators of gender equity
- Improved indicators of gender equity for women and girls in Kansas
- Improved access to and utilization of gender equity-related data

What's Happening Now

- The KDHE collaborated with local community agencies to present workshops on gender norms and gender equity at the 2011 Kansas Safe and Prepared Schools Conference.
- Developing best practice guidelines to tailor prevention programming that seeks to empower and support young women.
- Domestic violence and sexual assault programs in Kansas use an empowerment-based approach to strengthen leadership skills among women and girls.
- Promoting financial literacy and economic justice through KCSDV's partnership with the Allstate Foundation in Emporia, Liberal, and Kansas City.
- Kansas domestic violence and sexual assault programs are promoting activism among girls and young women.

Goal 3

Increasing the capacity to monitor, evaluate, and improve primary prevention programming in a data-driven and evidence-based manner

Rationale

Only recently have researchers begun to look at the question of how environments and factors across society lead some individuals to perpetrate sexual and domestic violence. Many of the studies are limited in their methodology and insufficient evidence exists to indicate if these initially identified risk factors are causative or correlations. There is a need for ongoing research and data collection to further examine risk factors that increase the likelihood of perpetration and protective factors that decrease the likelihood of perpetration so that prevention efforts are informed and evidence-based.

There is a Need to:

- Increase legislative awareness, understanding and support for sexual and domestic violence primary prevention.
- Research national, state and local best practices about primary prevention of sexual and domestic violence or the risk and protective factors and data practices, data standards, measures or systems.
- Review, alter or improve current data systems and data quality.
- Build and implement new data collection practices or systems that relate to sexual and domestic violence and the associated risk and protective factors. Create surveillance systems rather than “one time” data collection.
- Increase skills for interpreting current data measures among primary prevention practitioners.



Strategies for Implementation

Strategy #1

Enhance collaboration between data collection and analysis entities and the Kansas Sexual and Domestic Violence Primary Prevention Planning Committee.

Strategy #2

Conduct a data needs analysis.

Strategy #3

Identify and secure resources to support improved data collection, analysis and accessibility.

Strategy #4

Identify and promote policy and legislative supports for data collection, analysis and public accessibility.

Strategy #5

Increase access and use of data to monitor and evaluate primary prevention programming.



Anticipated Outcomes

- Increased collection, access, and use of risk and protective factor data
- Increased resources for the collection, dissemination, and interpretation of primary prevention data
- Improved collaboration among state agencies that collect primary prevention data
- Increased collection and management of primary prevention data in a way that allows comparisons across demographic variables
- Increased access to and utilization of data to monitor, evaluate, and improve primary prevention programming
- Increased evaluation capacity for the continuous quality improvement of primary prevention programming

What's Happening Now

- Collaboration with the KDHE Disability and Health Program resulted in three questions from the sexual violence module added to the 2011 Kansas Behavioral Risk Factor Surveillance System.
- Local communities have engaged in data-driven planning.
- The Kansas Youth Risk Behavior Survey has collected weighted data on dating and sexual violence among youth since 2005.
- Comprehensive review at state and local levels for identification of current and needed data points.
- State data committee has been formed and has been meeting quarterly since 2011. Accomplishments to date:
 - o Identified existing data sources to measure risk factors;
 - o Identified possible measures for risk factors for which there are currently no data measures, including barriers and supports;
 - o Identified indicators and existing scales;
 - o Submitted proposal to add two questions that measure gender norms to the Kansas Behavioral Risk Factor Surveillance System.
- Working at state and local levels to build better and more accessible data collection systems.
- Local communities incorporating evaluation to bolster data-driven efforts and maximize scarce resources.

Goal 4

Increase the quantity and quality of primary prevention programming intended to prevent first-time perpetration of sexual and domestic violence

Rationale

Sexual and domestic violence impact the lives of Kansans each and every day. Much of the current and past research, program development, and community initiatives have focused on responding to incidents of sexual and domestic violence, rather than preventing the first-time occurrence. Preventing sexual and domestic violence requires efforts that seek to reduce risk factors for perpetration and promote desired knowledge, attitudes and behaviors by implementing efforts across all levels – individual, relationship, community and society.

There is a Need to:

- Provide ongoing training and education about the evolving field of sexual and domestic violence primary prevention.
- Target community prevention initiatives with attention to service capacity and full-state geographic coverage.
- Plan for increased victim disclosures, reporting, and requests for services as primary prevention programming is increased in communities.
- Promote innovative and effective sexual and domestic violence primary prevention initiatives.
- Identify and use existing educational, social service, health and mental health programs and collaborate to increase sexual and domestic violence primary prevention programming.
- Target risk groups due to disproportionate impacts on these risk groups (i.e. lack of access to services).



Photo: Reed Hoffmann

Strategies for Implementation

Strategy #1

Promote community-based programming for primary prevention of male perpetration of sexual and domestic violence.

Strategy #2

Develop capacity for primary prevention programming focused on male perpetration of sexual and domestic violence.

Strategy #3

Identify and develop centrally-based resources for community-based programming for primary prevention of male perpetration of sexual and domestic violence.

Strategy #4

Identify and promote policy and legislative supports for primary prevention of male perpetration of sexual and domestic violence.

Strategy #5

Strengthen strategic partnerships and collaborations at state and local levels.

Strategy #6

Assess statewide and local evaluation capacity and develop action plans.

“After 30 years of working in the sexual and domestic violence arena, the only sane and credible thing to do is to shift resources to prevention. I have witnessed children awakening to the prevention movement. They have given me hope. It is too late to turn back”

- Susan K. Moran
Former Executive Director
SOS, Inc., Emporia, KS

What's Happening Now

- In July 2011, KCSDV and KDHE collaborated with regional partners in Iowa, Nebraska, and Missouri to host the first Regional Sexual and Domestic Violence Primary Prevention Conference in Kansas City, Missouri. Prevention practitioners worked to increase their skills for implementing primary prevention programming, improve their understanding of prevention activities at multiple levels of the social ecology and built networks across the state and regions.
- Local and state community stakeholder engagement that seeks to build capacity for planning, implementing and evaluating primary prevention efforts.
- Local communities provided with intensive technical assistance and training.
- Both prevention-funded and non-funded local sexual and domestic violence agencies seeking to institutionalize prevention within the agencies.
- Local communities working with schools to develop Respect Policies that include behavioral supports for positive behaviors, safety planning and sanctions for students perpetrating teen dating violence.
- Local communities working toward sustainability for prevention programming, including acquiring new funding sources.
- In 2008, Catholic Charities Harbor House in Wichita was awarded a Robert Wood Johnson Foundation grant to focus on preventing intimate partner violence. As a member of the Wichita/Sedgwick County Domestic Violence and Sexual Assault Coalition, Catholic Charities has partnered with the Wichita Area Sexual Assault Center (WASAC) to coordinate the Start Strong Wichita initiative. The initiative works to provide healthy relationship skills to teens.

Anticipated Outcomes

- Strengthened strategic partnerships and collaborations at the state and community levels
- Commitment by organizations and allies to integrate sexual and domestic violence primary prevention strategies in their work
- Increased knowledge and skills of effective sexual and domestic violence primary prevention strategies among individuals working in allied professions at the state and local levels
- Increased resources for organizations or communities to implement primary prevention programming
- Improved capacity of allied organizations at the community level to engage in healthy relationship promotion
- Increased number of communities in Kansas implementing primary prevention programming
- Alignment of sexual and domestic violence primary prevention programming with the racial, ethnic, and geographic diversity of Kansas
- Improved quality of funded sexual and domestic violence primary prevention programs in Kansas
- Increased evaluation capacity for the continuous quality improvement of sexual and domestic violence primary prevention programming

Prevention Takes ALL Of US



What You Can Do...

Sexual and domestic violence are preventable. Please join our efforts to educate our state, empower our citizens, and end the epidemics of sexual and domestic violence in Kansas.

Policy Makers

- Visit and interact with your local prevention and intervention sexual and domestic violence programs and service providers to learn more about the issues, and local prevention efforts.
- Initiate and support policy decision-making based on promising and evidence-based prevention practices in collaboration with community partners.
- Prioritize resources for teen dating violence, domestic violence, and sexual violence prevention.
- Endorse initiatives that create a peer culture for youth that promotes respect.
- Support legislation that ensures healthy relationships and social and emotional learning based on gender equity.
- Hold a town hall meeting on preventing sexual and domestic violence among your constituency.

Parents

- Ensure that the middle school and high school in your community is teaching a curriculum about promoting healthy relationships.
- Never assume children's relationships are free of sexual or domestic violence. Ask questions.
- Know about healthy relationship skills and practice often with your children.
- Role model healthy relationships and encourage open communication.
- Join community efforts working to prevent violence in your community.
- Advocate for policy and programs that stop violence before it starts.

Men

- Build and promote relationships based on respect and equality.
- Have the strength to ask for help.
- Be a respectful role model for younger men and women.

- In your intimate and professional relationships, share decision making and share power.
- Bring together male and female allies in your community to develop community-based solutions.
- Respect diversity and the rights of those around you.
- Advocate for federal, state, local and organizational policy change to increase equality and accountability.
- Be an effective bystander by always responding to disrespectful comments as though the target of the comment was your mom, sister, daughter, or wife.
- Create a safe and respectful environment by refraining from the use of degrading references, jokes, gestures and comments.
- Do not patronize businesses that promote gender inequity or degrade women.

Women

- Become involved in efforts to prevent sexual and domestic

violence and encourage others to do the same.

- Talk with your sons about healthy masculinity and what it means to be a strong man in a healthy relationship.
- Mentor young women to support them in professional development.
- Do not tolerate disrespect and violence within your family and community. Be an effective bystander by always responding to disrespectful comments.
- Talk with your children about gender stereotypes of women and men (e.g., on television, in songs, toys for boys and girls). Help your children understand what an equitable and respectful relationship looks like.
- Support leadership development among girls and women.
- Support policies that promote equal pay for equal work and other forms of economic justice for girls and women.
- Advocate for federal, state, local and organizational policy change to increase equality and accountability.

Educators

- Learn about evidence-based materials that are right for your school both in the classroom and after school.
- Advocate for resources for evidence-based materials based on gender equity.
- Seek professional development and training for implementing healthy relationship education in a

safe school environment.

- Learn about peer mentoring programs and after school programs that promote healthy relationships and respect.
- Develop a safe school and a concurrent school plan that includes victim-supportive interventions.
- Support and implement school policies that address building healthy and respectful relationships.
- Encourage youth to take leadership roles and treat the youth you know with respect.

Youth

- Learn what a respectful romantic relationship is.
- Treat others with respect.
- Strengthen your leadership skills.
- Stand up against disrespect and violence in your school and community.
- Ask a teacher to help you create a club or group to promote respect in relationships.
- Get help if there is abuse or violence in your family. Talk to a trusted adult.
- Talk to your friends about respect.

Youth-Focused Community Leaders

- Define what youth leadership looks like in your organization.
- Encourage and support youth to take leadership roles in promoting healthy relationships and healthy communities.

- Treat youth with respect and show them that they are valued.
- Talk with youth about respecting women and girls in their own culture and other cultures in the community.
- Listen to youth and provide resources for help.
- Integrate relationship teachable moments into your group, work, or congregation.
- Work on projects with youth that develop leadership skills to promote healthy relationships.
- Discuss relationships openly with youth and other adults.
- Do not tolerate disrespect and violence within the community.

Faith Leaders

- Encourage the congregation to work for peace.
- Pray and speak for peace and respect in your congregation and in your community. Establish a norm of nonviolence.
- Mentor youth to promote respect.
- Teach a healthy relationship curriculum to youth and adults in your congregation.
- Find and teach passages in your book of faith that exemplify respectful relationships.
- Provide forums and opportunities for youth to speak up about ending violence and promoting respect.
- Actively work with community collaborations and ecumenical

councils to end domestic, teen dating, and sexual violence.

Health and Social Service Providers

- Encourage and provide resources to parents to discuss healthy relationships with their children.
- Connect youth to community members and programs that address nonviolence and promote respect.
- Advocate for evidence-based primary prevention programming in schools and communities.
- Participate in community collaborations to work

towards ending relationship violence.

Law Enforcement Officers

- Encourage bystander and early intervention, and build prevention partners.
- Let youth and other community members know how to prevent violence before it ever starts.
- Be an effective bystander for community members and colleagues to help prevent sexual and domestic violence.
- Participate in community planning and safe school planning.
- Be a positive role model.

- Build relationships with youth in your community.
- Enhance the role of the school resource officer to include school-based sexual and domestic violence prevention initiatives and programming.
- Support a work culture and personal lifestyle that promotes respect and safety.
- Enforce legal consequences for perpetration.
- Ensure that your department has effective enforcement policies to address perpetration with consistent implementation and response by all officers.



Johnson County SAFEHOME “The Outrage”

Program Resources



Coaching Boys Into Men: Using research-based methods, Coaching Boys into Men engages athletic coaches to help shape the attitudes and behaviors of young male athletes and equips coaches to talk with their athletes about respect for women and girls and that violence does not equal strength. Athletic coaches play an extremely influential and unique role in the lives of young men; often serving as a mentor to the boys they coach. Because of these special relationships, coaches are poised to positively influence how young men think and behave both on and off the field. From speeches to the team, practice sessions, or casual conversation, coaches have many opportunities to impart their philosophies to athletes.

Men of Strength Club: Men of Strength Club, developed by Men Can Stop Rape, is the country's premier primary violence prevention program for mobilizing young men to prevent sexual and dating violence. The Men of Strength Club, or MOST Club, provides young men with a structured and supportive space to build individualized definitions of masculinity that promote healthy relationships.

"The Outrage" Program: An original educational theater performance piece at SAFEHOME, a comprehensive domestic violence agency located in Johnson County, Kansas. "The Outrage" was created to raise awareness and educate the Johnson County community about teen dating violence and sexual assault. High school students candidly yet sensitively present current statistical information and depict realistic dating violence situations. Word has spread about "The Outrage" – it is now being implemented in 18 different communities across 13 states, and has expanded to include talk-back sessions, bi-monthly meetings with the performers, and after school activities for high school students to mentor middle school youths.

Helpful Links

For more information about the topics discussed in this document, please use the resources listed below.

- **Centers for Disease Control and Prevention-Intimate Partner Violence Prevention:**
<http://www.cdc.gov/ViolencePrevention/intimatepartnerviolence/index.html>
- **Centers for Disease Control and Prevention-Sexual Violence Prevention:**
<http://www.cdc.gov/ViolencePrevention/sexualviolence/index.html>
- **Futures Without Violence – Coaching Boys Into Men:**
<http://www.futureswithoutviolence.org/content/features/detail/811/>
- **Men Can Stop Rape:**
<http://www.mencanstoprape.org/>
- **National Intimate Partner and Sexual Violence Survey (NISVS):**
<http://www.cdc.gov/violenceprevention/nisvs/>
- **SAFEHOME, Inc. – "The Outrage":**
<http://www.safehome-ks.org/>

We would like to thank the following individuals for serving on the Kansas Sexual and Domestic Violence Primary Prevention Planning Committee:

Dr. Deborah Adams
Professor
University of Kansas School of Social
Welfare

Julie Allison
Professor of Psychology
Pittsburgh State University

*Lori Alvarado
Deputy Director/Prevention and
Employee Supports
Kansas Social and Rehabilitative Services

Marilyn Ault
Advocate
Former Director of Battered Women's
Task Force and
KCSDV Delta Coordinator

*Sandy Barnett
Executive Director
Kansas Coalition Against Sexual and
Domestic Violence

*Roderick L. Bremby
Secretary
Kansas Department of Health and
Environment

Lisa Chaney
Research Analyst/Evaluation Coordinator
SEK Education Service Center-Greenbush

Paula F. Clayton
Director of the Bureau of Health
Promotion
Kansas Department of Health and
Environment

Dan Dao
Epidemiologist for Injury Prevention and
Disability Programs
Kansas Department of Health and
Environment

Melissa DeDonder
Editor
Peterson Publications, Inc.

Patricia Fernandez
Rural Health Regional Case Manager
Kansas Department of Health and
Environment

Denise Gibson
Training Director
Children's Alliance of Kansas

Mark Gleeson
Judicial Branch Program Manager
Kansas Supreme Court

*Sharon Goolsby
Program Manager for Center for Health
Disparities
Kansas Department of Health and
Environment

Joyce Grover
Executive Director
Kansas Coalition Against Sexual and
Domestic Violence

*Oletha Faust-Goudeau
Kansas State Senator
84th District

*Cheryl Hamilton
Former Health/Physical Education
Teacher/Coach
Central Junior High School

Laurie Hart
Sexual Violence Prevention and
Education Grants Coordinator
Kansas Department of Health and
Environment

Lori Haskett
Director of Injury Prevention and
Disability Programs
Kansas Department of Health and
Environment

*Harlen Hays
Epidemiologist
Alcohol, Tobacco and Other Drugs
Kansas Department of Health and
Environment

*Laura Jones
Education Program Consultant for
Title IV: Safe and Drug Free Schools
Program
Kansas State Department of Education

*Susan Kang
Assistant Secretary for Policy and
External Affairs
Kansas Department of Health and
Environment

David King
Digital Branch and Services Manager
Topeka Shawnee County Public Library

Tatiana Lin
Senior Analyst and Strategy Team Leader
Kansas Health Institute

Judith Loganbill
Kansas State Representative/Educator
86th District/Allen Elementary School

*Stacey Mann
Director of Advocacy Services
Kansas Coalition Against Sexual and
Domestic Violence

*Juliene Maska
Administer of the Governor's Office of
Federal Grants Program
Kansas Office of the Governor

*Lori Moore
Community Relations Coordinator
S.O.S. Inc.

*Susan Moran
Executive Director
SOS, Inc.

*Pat Naughton
Health/Physical Education Teacher/Coach
Central Junior High School

*Jessica Noble
Executive Policy Analyst
Kansas Department of Health and
Environment

*Kelly Peak
Director of the Strategic Development
Division
Kansas Social and Rehabilitative Services

Dr. Ghazala Perveen
Director of Science and Surveillance/
Health Officer II
Kansas Department of Health and
Environment

*Kelly Potter
Former Program Consultant for the
Community Programs Division
Kansas Juvenile Justice Authority

Brian Porch
Domestic Violence Advocate
Johnson County District Attorney's Office

Megha Ramaswamy
Assistant Professor/Associate Director,
KU-MPH
University of Kansas Medical Center

*Ismaila Ramon
Epidemiologist for Injury Prevention and
Disability Programs
Kansas Department of Health and
Environment

Kent Reed
School Counseling Consultant
Kansas State Department of Education

Bill Reid
Research Analyst
Kansas Bureau of Investigation

Mallory Rousseau
Prevention Projects Coordinator
Kansas Coalition Against Sexual and
Domestic Violence

*Janet Schalansky
President/CEO
Kansas Children's Service League

Elaine Schwartz
Executive Director
Kansas Public Health Association

Alissa Shelley
Director of Social Media
Jones Huyett

*Jane Shirley
Kansas Coordinated School Health
Program Manager
Kansas Department of Health and
Environment

*Jamie Simpson
Disability Program Coordinator
Kansas Department of Health and
Environment

*Jane Stueve
Adolescent and School Health Consultant
Kansas Department of Health and
Environment

Cyndi Treaster
Director of Farmworker, Refugee and
Immigrant Health
Kansas Department of Health and
Environment

*Jeff Wagaman
Chief Professional Officer
Boys and Girls Club of Topeka

Wayne White
Social Services Consultant

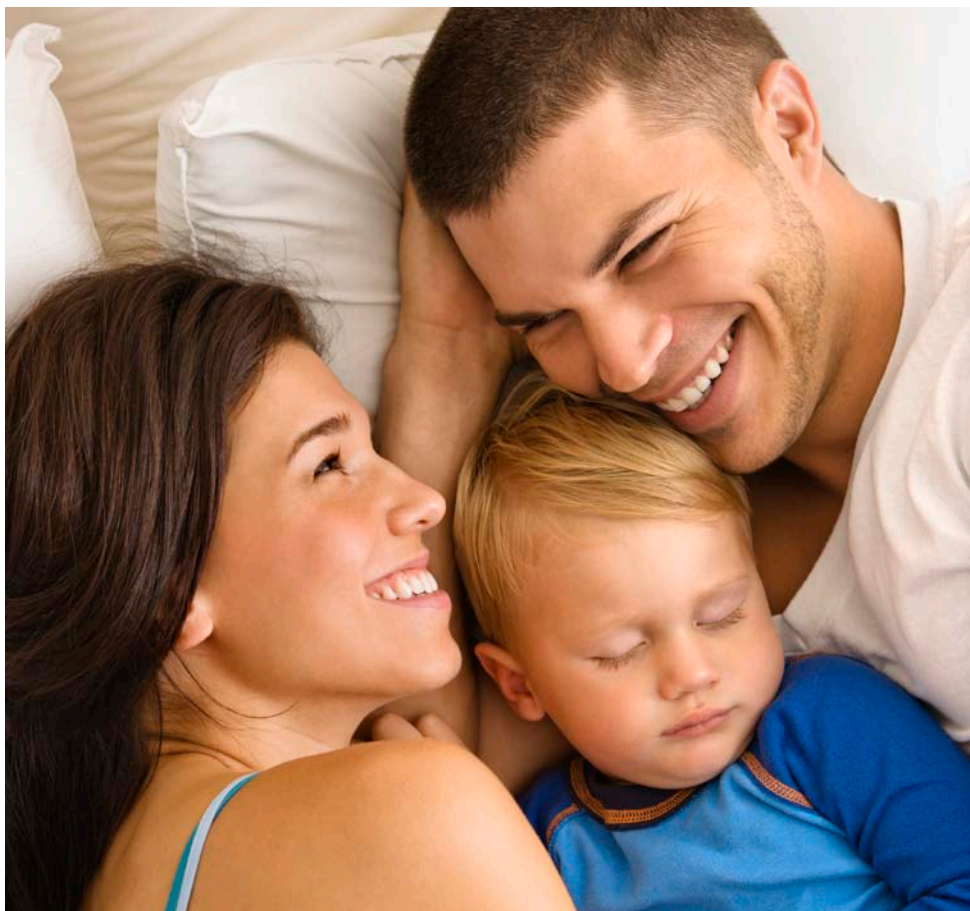
Carrie Jones-Williams
Executive Director
Wichita Family Services Institute, Inc.

*Tracy Williams
Coordinator of Women's Programs
Baker University

Kathy Wood
Director of Advocacy, Education & Rural
Projects
Kansas Coalition Against Sexual and
Domestic Violence

*Dr. Deborah Zelli
Prevention Projects Team Leader
Kansas Coalition Against Sexual and
Domestic Violence

*No longer serving in this position



For more information contact:

Kansas Coalition Against Sexual and Domestic Violence

634 SW Harrison

Topeka, KS 66603

Phone: 785-232-9784 (Voice and TTY)

Fax: 785-266-1874

www.kcsdv.org

Kansas Department of Health and Environment

Bureau of Health Promotion

1000 SW Jackson, Suite 230

Topeka, KS 66612

Phone: 785-296-8476

Fax: 785-296-8645

www.kdheks.gov

A complete list of references cited in this publication is available upon request.

Suggested Citation:

The Kansas Sexual and Domestic Violence Primary Prevention Planning Committee. (2012). *Reweaving our social fabric: a comprehensive plan to prevent sexual and domestic violence in Kansas*. Topeka, KS: Kansas Coalition Against Sexual and Domestic Violence; Kansas Department of Health and Environment.



This project was supported by the Cooperative Agreement Number US4/CCU722582-06 and Cooperative Agreement Number 5VF1CE001139-03 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.