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www.tn.gov/health/health-program-areas/fhw/vipp/rape-prevention-education.html

Safe DATES



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AN EVIDENCE-BASED ADOLESCENT DATING ABUSE PREVENTION CURRICULUM

PROGRAM OVERVIEW

Safe Dates is a school-based prevention program for middle and high school students designed to help teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships.



PROGRAM GOALS

- + Raise students' awareness of what constitutes healthy and abusive dating relationships.
- + Raise students' awareness of dating abuse and its causes and consequences.
- + Equip students with skills and resources to help themselves or friends in abusive dating relationships.
- + Equip students with skills to develop healthy dating relationships, including positive communication, anger management, and conflict resolution.

PROGRAM COMPONENTS

The Safe Dates curriculum includes ten 50-minute sessions, poster contests, role-plays, printable student handouts, and evaluations.

The sessions include:

1. Defining Caring Relationships
2. Defining Dating Abuse
3. Why Do People Abuse?
4. How to Help Friends
5. Helping Friends
6. Overcoming Gender Stereotypes
7. Equal Power through Communication
8. How We Feel, How We Deal
9. Preventing Sexual Assault

FAMILY EDUCATION

Safe Dates involves family members through the use of parent letters and parent brochures, which provides information about resources for dealing with teen dating abuse. In addition, schools can get parents involved by hosting parent education programs or one-on-one lessons with parents of youth who are victims or perpetrators of dating abuse.

Teachers are encouraged to connect with local resources by locating community domestic violence and sexual assault information, products and services that provide valid health information.

