

## Guidance for Safe Dates 6- and 4-Session Modified Curricula

The original Safe Dates program is a 10-session curriculum. **Using this version of the curriculum is recommended** since it has been tested and is considered evidence-based.

Most of the sessions provide tips for altering the activities to shorten the time required to complete them. If you don't have enough time to present all ten sessions, consider using the following six-session or four-session program:

- **6-Session Curriculum:** Combine sessions 1 and 2; do all the activities in session 3; combine sessions 4 and 5; do all the activities in session 6; combine sessions 7 and 8; and do all the activities in session 9.
- **4-Session Curriculum:** Combine sessions 1 and 2; do all the activities in session 3; combine sessions 4 and 5; and do all the activities in session 9.

So the participant surveys won't be too long, only certain activities will be evaluated for the 6- and 4-session programs. The table below explains which activities are covered in each session and which activities will be on the evaluation surveys.

Safe Dates 6-Session
<u>First Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 1: Defining Caring Relationships</i> and <i>Session 2: Defining Dating Abuse</i>.</li><li>– Activities from <i>Session 1: Defining Caring Relationships</i> are <b>optional</b>.</li><li>– Activities from <i>Session 2: Defining Dating Abuse</i> are <b>priority</b>. <u>Evaluation will be on these activities.</u></li></ul>
<u>Second Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 3: Why Do People Abuse?</i>. <u>Evaluation will be on these activities.</u></li></ul>
<u>Third Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 4: How to Help Friends</i> and <i>Session 5: Helping Friends</i>.</li><li>– Activities from <i>Session 4: How to Help Friends</i> are <b>priority</b>. <u>Evaluation will be on these activities.</u></li><li>– Activities from <i>Session 5: Helping Friends</i> are <b>optional</b>.</li></ul>
<u>Forth Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 6: Overcoming Gender Stereotypes</i>. <u>Evaluation will be on these activities.</u></li></ul>
<u>Fifth Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 7: How We Feel, How We Deal</i> and <i>Session 8: Equal Power through Communication</i>.</li><li>– Activities from <i>Session 7: How We Feel, How We Deal</i> are <b>optional</b>.</li><li>– Activities from <i>Session 8: Equal Power through Communication</i> are <b>priority</b>. <u>Evaluation will be on these activities.</u></li></ul>
<u>Sixth Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 9: Preventing Dating Sexual Abuse</i>. <u>Evaluation will be on these activities.</u></li></ul>

Safe Dates 4-Session
<u>First Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 1: Defining Caring Relationships</i> and <i>Session 2: Defining Dating Abuse</i>.</li><li>– Activities from <i>Session 1: Defining Caring Relationships</i> are <b>optional</b>.</li><li>– Activities from <i>Session 2: Defining Dating Abuse</i> are <b>priority</b>. <u>Evaluation will be on these activities.</u></li></ul>
<u>Second Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 3: Why Do People Abuse?</i>. <u>Evaluation will be on these activities.</u></li></ul>
<u>Third Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 4: How to Help Friends</i> and <i>Session 5: Helping Friends</i>.</li><li>– Activities from <i>Session 4: How to Help Friends</i> are <b>priority</b>. <u>Evaluation will be on these activities.</u></li><li>– Activities from <i>Session 5: Helping Friends</i> are <b>optional</b>.</li></ul>
<u>Forth Session</u> <ul style="list-style-type: none"><li>– Do activities from <i>Session 9: Preventing Dating Sexual Abuse</i>. <u>Evaluation will be on these activities.</u></li></ul>