

WELCOME!

Primary Prevention 201

Laura Penney-Edwards
Safe Passage
She/her/hers



Ice-Breaker

Objectives

1. Understand the public health approach to IP&SV prevention.
2. Distinguish the difference between primary prevention, awareness, and risk reduction in DV & SV.
3. Increase ability to apply principles of effective prevention.

A Vision of Prevention

"No epidemic has ever been resolved by paying attention to the treatment of the affected individual"

-George W. Albee

Why focusing ONLY on the individual is a problem

We don't have time!

We will misunderstand the problem
and therefore fail to prevent it

Even "healthy" individuals can behave
badly in certain contexts and visa versa

Links between individual risk and violence
perpetration are mediated by many layers
of social life

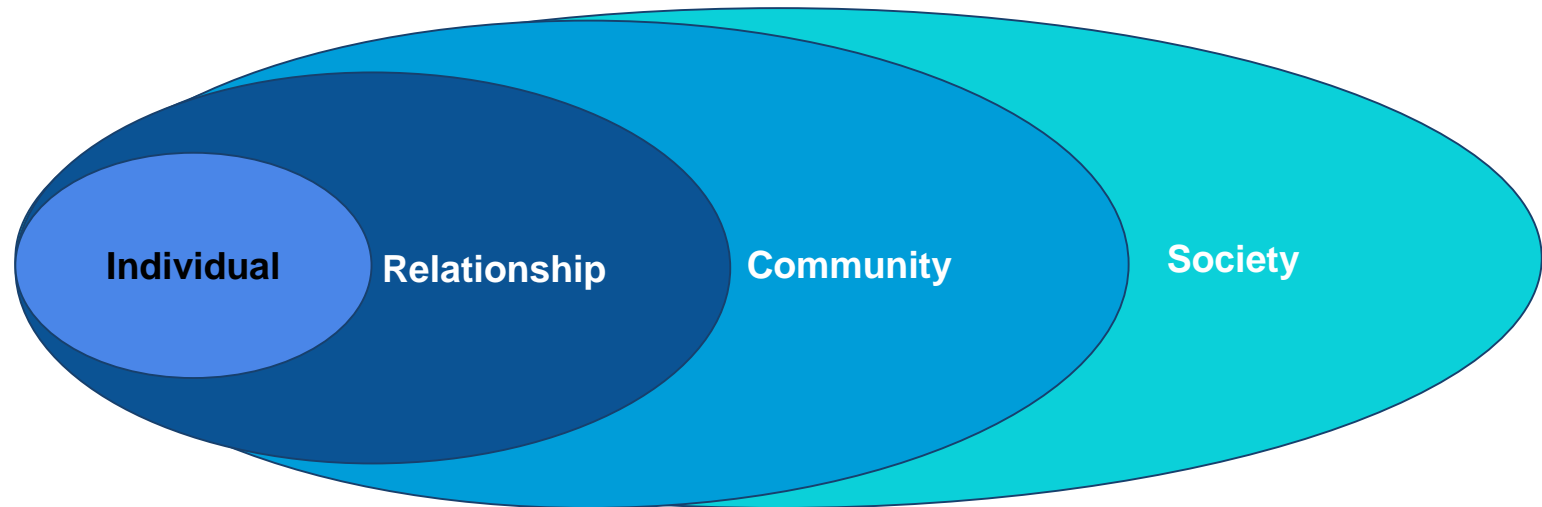
Public Health Interventions



Social Ecological Model

A person's attitudes, values, and beliefs

Relationships with family members, partners, and friends

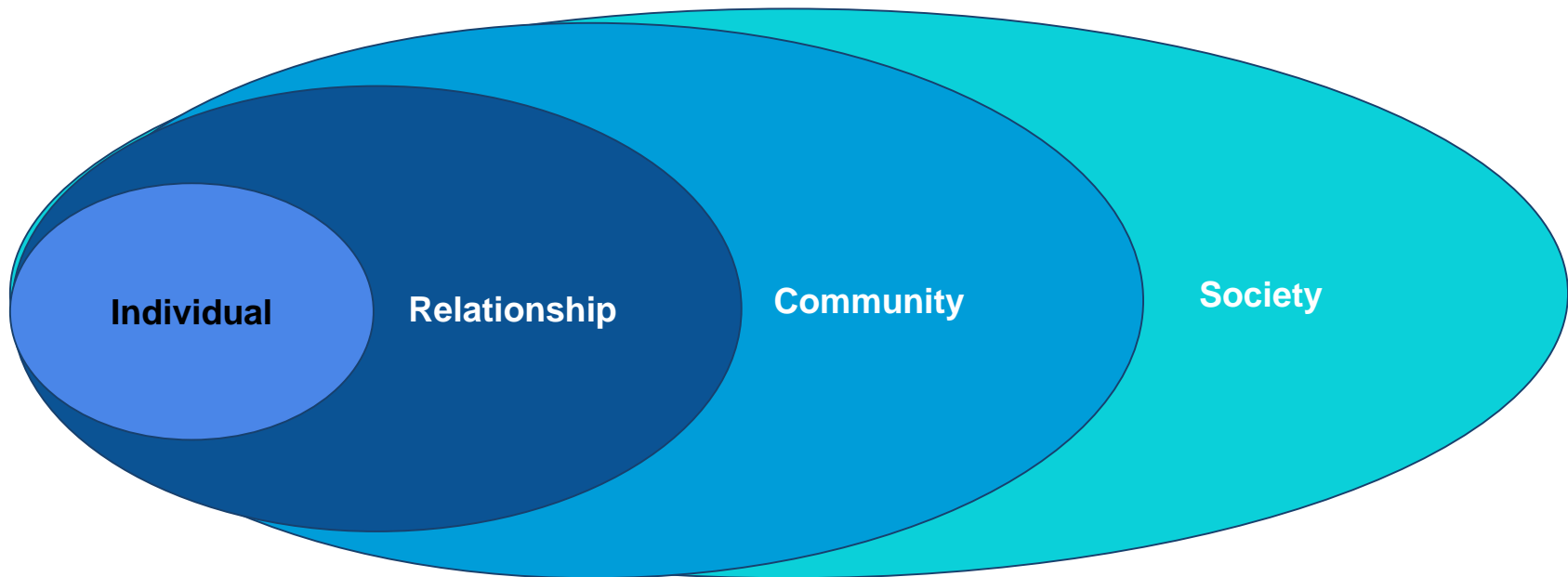


Neighborhoods, schools, faith communities, and local organizations

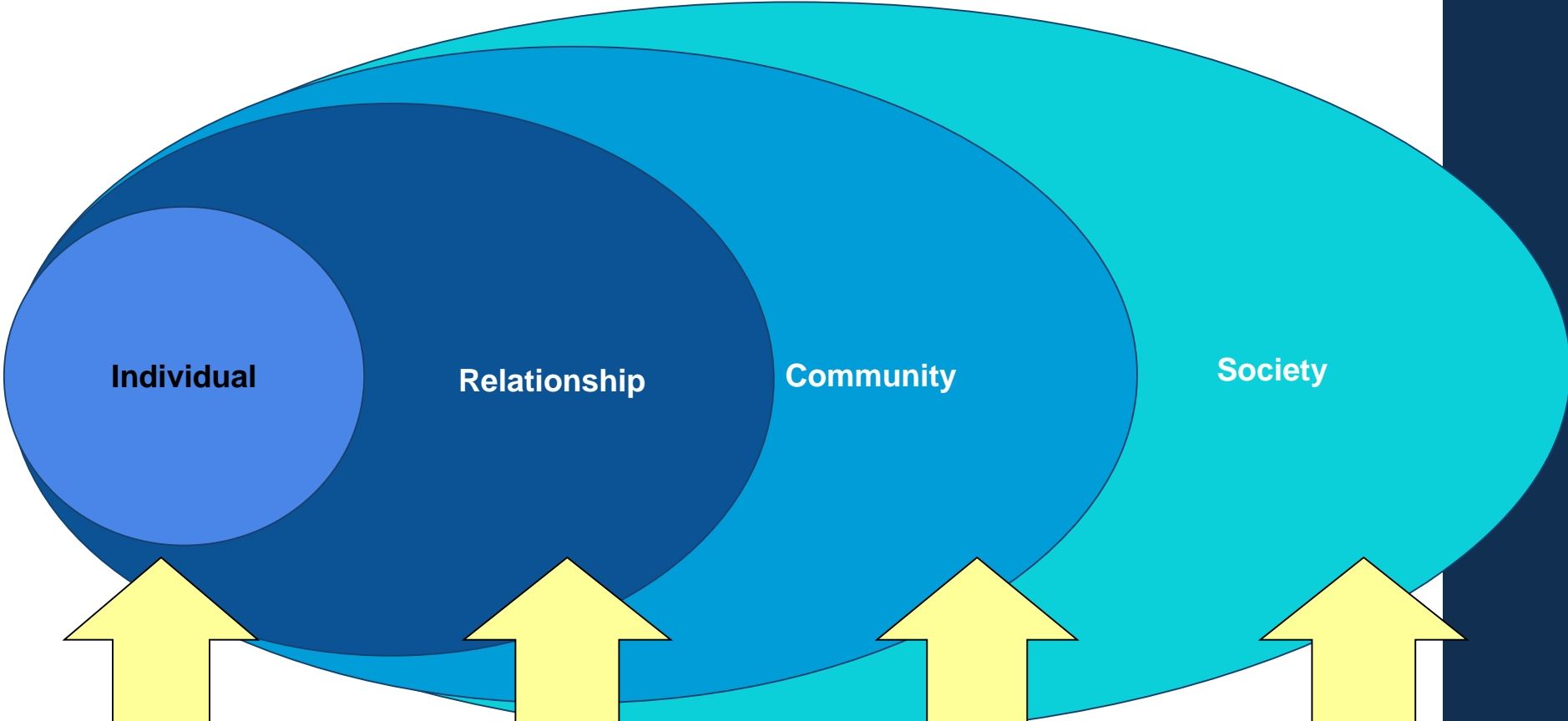
Laws, systems, the media, and widespread social norms

Social Ecological Model: Drinking & Driving

- Individual** Designated drivers
- Relationship** Parent/Teen Pledge, Friends Don't Let...
- Community** MADD, SADD, creating new norms
- Societal** Drunk driving laws and enforcement practices



Comprehensive SDV Prevention



Hostility towards women
History of abuse
Coercive sexual fantasies

Sexually aggressive peers
Strongly patriarchal family

Poverty
Lack of economic opportunity
Weak community sanctions
General tolerance of SDV

Social norms support SDV
Weak laws/ policies re: SDV & gender equality

**What does it take
to end sexual and domestic
violence?**



Raising awareness
Risk reduction

Intervention
Services/
Treatment



Promoting
healthy norms
and behaviors

Effective
system
response



Primary Prevention is...

promoting healthy norms and behaviors



Primary Prevention: Moving Upstream



Lessons Learned from Moving Upstream

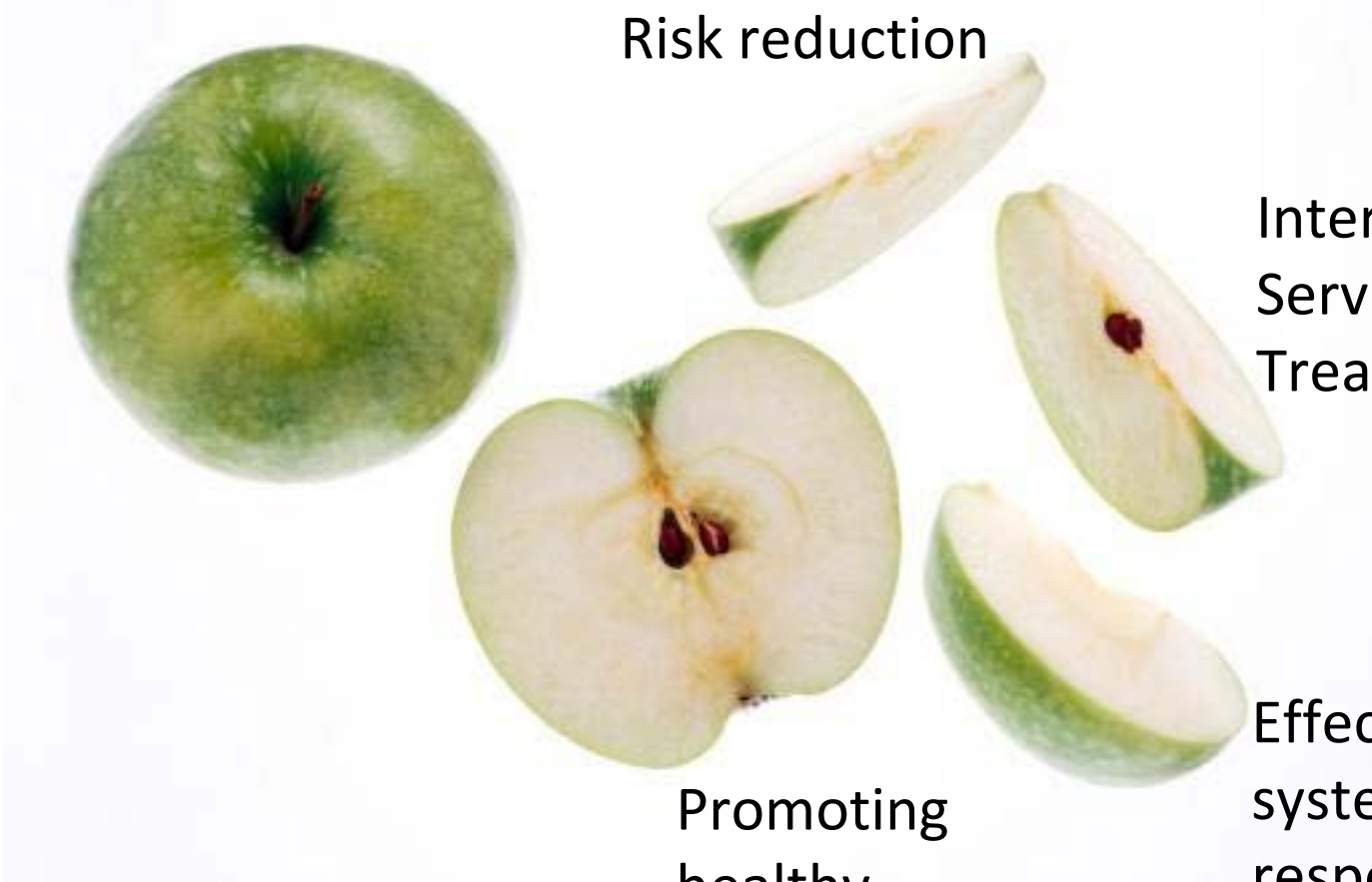
- How does this relate to the work of sexual and domestic violence programs?
- What does this tell us about the effective way to end/prevent violence?
- Brainstorm one possible root cause of sexual and domestic violence. What might be an effective way to address it upstream?

Raising awareness
Risk reduction

Intervention
Services/
Treatment

Effective
system
response

Promoting
healthy
norms and
behaviors



Continuum of Prevention



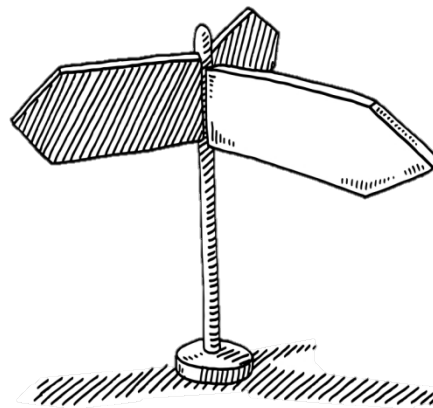
Preventing
Perpetration

Reducing risk
of Victimization



**A self-defense class for young women in high school
Is it...**

**RISK
REDUCTION**



**PRIMARY
PREVENTION**

Want to make it primary prevention? *Think about ways that you could work with the high school to update their sexual harassment policies and student bill of rights, and ways you could work with a group of students to cultivate a school-wide climate of respect.*

A self-defense class for young women in high school

RISK REDUCTION

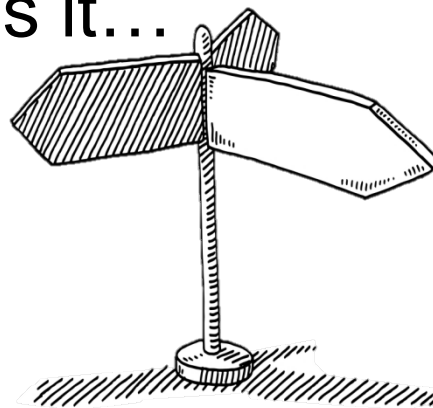
This is risk reduction because the responsibility to prevent an attack or assault is on the potential victims.



A school club working on improving their skills to interrupt sexist, racist, homophobic, and transphobic jokes and comments

**RISK
REDUCTION**

Is it...



**PRIMARY
PREVENTION**



A school club working on improving their skills to interrupt sexist, racist, homophobic, and transphobic jokes and comments

This is primary prevention because students are working to improve their skills and change the social norms within the school.

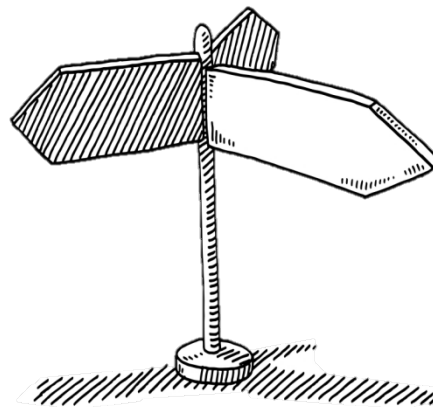
**PRIMARY
PREVENTION**



Posting flyers telling young people to get their own drinks when they go to a party, and not let the drinks out of their sight.

Is it...

**RISK
REDUCTION**



**PRIMARY
PREVENTION**

Want to make it primary prevention? *Think about ways that you could work with young people to help them create parties where everyone feels respected and safe, and ways they can promote those messages to their peers.*

Posting flyers telling young people to get their own drinks when they go to a party, and not let the drinks out of their sight.

RISK REDUCTION

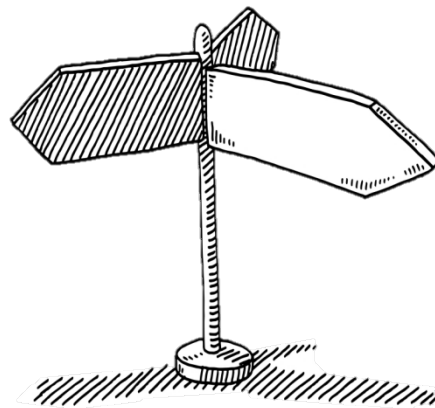
This is risk reduction because the responsibility to do something is on people who could be victimized.



Practicing ways to ask for consent in various situations with friends and partners.

Is it...

**RISK
REDUCTION**



**PRIMARY
PREVENTION**



Practicing ways to ask for consent in various situations with friends and partners.

This is considered primary prevention because this builds skills to help treat others with respect and respect boundaries.

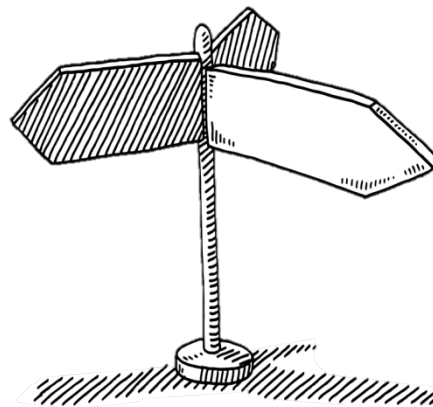
**PRIMARY
PREVENTION**



Updating church policies on healthy boundaries and staff behavior expectations

Is it...

**RISK
REDUCTION**



**PRIMARY
PREVENTION**

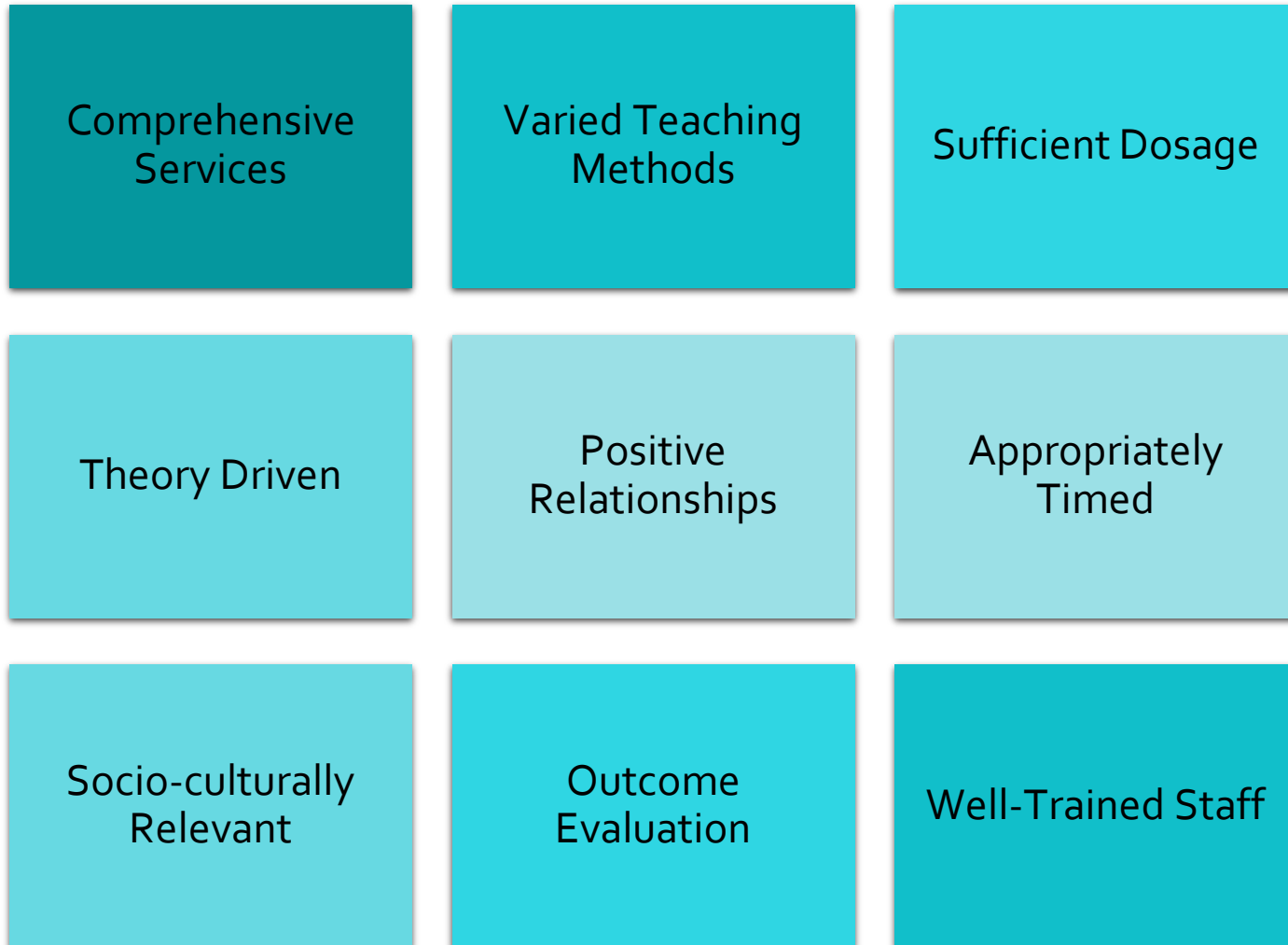


Updating church policies on healthy boundaries and staff behavior expectations

This is considered primary prevention because updated policies will help the church create a safer community.

**PRIMARY
PREVENTION**

Principles of Effective Prevention Programs



Nation, M., Crusto, C., Wandersman, A., Kumpfer, K., Seybolt, D., Morrissey-Kane, E., & Davino, K. (2003). What works in prevention: Principles of effective prevention programs. *American Psychologist*, 58, 449-456.

Principles of Effective Prevention #1

Comprehensive

- Multi-component interventions that address critical domains (e.g., family, peers, community) that influence the development and perpetuation of the behaviors to be prevented

Varied teaching method

- Programs involve diverse teaching methods that focus on increasing awareness and understanding of the problem behaviors and on acquiring or enhancing skills

Sufficient dosage

- Programs provide enough intervention to produce the desired effects and provide follow-up as necessary to maintain effects

Principles of Effective Prevention #2

Theory driven

- Programs have a theoretical justification, are based on accurate information, and are supported by empirical research

Positive relationships

- Programs provide exposure to adults and peers in a way that promotes strong relationships and supports positive outcomes

Appropriately timed

- Programs are initiated early enough to have an impact on the development of the problem behavior and are sensitive to the developmental needs of participants

Principles of Effective Prevention #3

Socio-culturally relevant

- Programs are tailored to the community and cultural norms of the participants and make efforts to include the target group in program planning and implementation

Outcome evaluated

- Programs have clear goals and objectives and make an effort to systematically document their results relative to the goals

Well-trained staff

- Program staff support the program and are provided with training regarding the implementation of the intervention

Using Effective Prevention Strategies In Our Communities

- What principles have you used in your work in the community?
- What strategies do you think should be implemented to improve prevention efforts in your community?
- How could you work towards implementing this? What is the first step?

Resources

- [Primary Sources: Understanding the Continuum of Evidence-based Programming](#)
- [STOP SV: A Technical Package to Prevent Sexual Violence](#)
- [STOP DV: A Technical Package to Prevent Domestic Violence](#)
- [What Works in Prevention Principles of Effective Prevention Programs](#)
- [NSVRC Primary Prevention Primer](#) (requires logging in)

QUESTIONS?

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Thank you!