

**PROGRAM APPLICATION**  
**2010-2011 Grant Process**  
**SECTION 2**

Program Name: Prevention and Community Education Program

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Name the targeted community concern addressed through this program (i.e. youth delinquency)  
**Domestic Violence and Sexual Assault**

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**Provide a brief written summary of the program seeking funding in 2010-11.**

*One out of every five high school girls reports being sexually and/or physically abused by a dating partner.*

Women's Resources of Monroe County offers community education and training programs regarding domestic violence and sexual assault issues for students and professionals. Women's Resources of Monroe County provides activities for youth through our school-based and peer education services. Our intervention incorporates primary prevention models and a unique teen leadership model promoting youth leadership and youth/adult partnerships. The training prepares youth leaders to address negative social norms, by promoting positive attitudes and understanding the core aspects required to develop healthy relationships.

Our school based services allow Monroe County youth to actively engage in the development of awareness activities on subjects such as:

- teen dating violence
- date rape drugs
- child abuse
- bullying
- healthy relationships and other topics

Our school based services include children from grades four to twelve and peer mentoring programs include young adults ages 13-20. We strive to promote dialogue and self reflection activities geared to encourage youth to think about their personal behavior as well as the behavior of their peers. For younger elementary children we address behaviors that are hurtful to others and activities which actively engage children to understand that every action has a consequence. These services also give children an understanding of how their hurtful words may make other children feel. The program utilizes the book "Hands Are Not For Hitting" and encourages methods of expression for children through art activities and group discussions.

Women's Resources of Monroe County educates older children and young adults through serving middle and high school students. Through our work with students we focus primarily on bullying and relationship violence. For example, the “Girl Power” project empowers girls through educating them on the history of sexism, classism, and racism. This project helps girls to identify their own role in these topics and challenges them to become a better person. Participants gain an understanding of themselves and their role in society through self reflection of their activities, feelings, and preconceived notions.

Other topics of focus for youth include bullying and its affect on victims. Our interventions help children clarify that bullying is the basis of violence and identifies how to how to effectively stand up for others who are victims of bullying. This service also helps children identify adult relationships they have within school for purposes of confiding and making the adult aware of the bullying. It helps students identify “safe” adults to speak to on the issue of bullying and its implications. This model promotes bystander intervention – a concept which encourages children or bystanders to intervene with the bully and stand up for the victim, or to tell a “safe” adult who will help the victim in the situation.

Our staff has found the programs help teens disclose past problems with domestic violence, sexual assault, and other familial and interpersonal relationship issues. Due to the complex dynamics we have witnessed, youth are often requiring more time for counseling and support. As we strive to improve our services based on youth needs we are committed to address a trend of multiple challenges requiring increased resources and services. One way to address this trend will be to decrease numbers of programs in order to have more in-depth educational programs encourage lasting change and support the multiple challenges youth are presenting.

Women's Resources of Monroe County has been a leader in the provision of prevention and education programs for hundreds of professionals within the community. Just last year 750 adults sought out our education programs to enhance their knowledge base of domestic and sexual violence related topic areas. On average, 54.5% of participants in adult educational programs are triggered as they express past experiences with domestic and sexual violence. Although disclosure varies from each program, our experience notes this forum is vital for encouraging organizational policy changes and individual understanding of domestic and sexual violence. The educational training includes members of educational staff, medical and mental health care professionals, and religious leaders. The training services offered to community professionals include domestic and sexual violence in the workplace, medical screening of domestic violence victims, and technical support in the development of appropriate policies and practices around interpersonal violence. Support from United Way makes this important effort possible.

**What is the target population(s)? Give supporting demographic need information and source.**

The target populations served are children/youth (ages 9-20), adults, and elderly in the community who are victims, survivors, and/or require education and support on the topics of domestic or sexual violence.

The Teen partner site of Pennsylvania Coalition Against Rape’s web site highlights the following statistics regarding the prevalence of teen violence and sexual assault:

- Approximately 80% of teens experience sexual harassment.
- One out of every six boys is sexually assaulted by the age of 18.

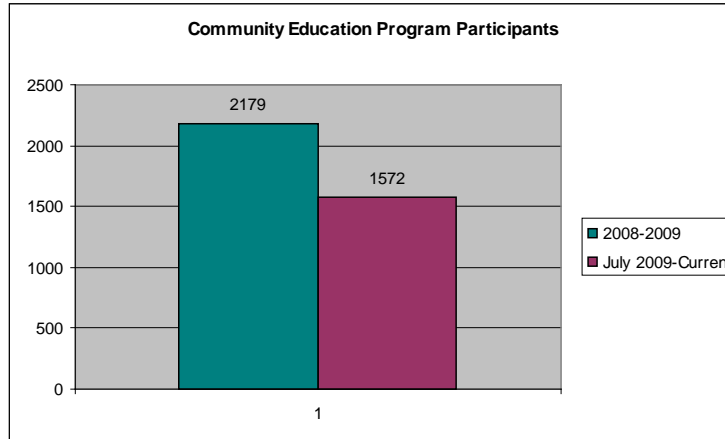
- Law enforcement officials estimate that as many as 50,000 sexual predators are online at any given moment. At night, the number jumps to 250,000.

Consider the following information from the Family Violence Prevention Fund (2009) about domestic violence and sexual assault concerning teens and young adults:

- Women of all ages are at risk for domestic and sexual violence, and those ages 20 to 24 are at the greatest risk of experiencing nonfatal intimate partner violence.
- Young women age 20 to 24 also experience the highest rates of rape and sexual assault followed by those 16 to 19. People age 18 and 19 experience the highest rates of stalking.
- One in five tweens – age 11 to 14 – say their friends are victims of dating violence and nearly half who are in relationships know friends who are verbally abused. Two in five of the youngest tweens, ages 11 and 12, report that their friends are victims of verbal abuse in relationships.

Monroe County local demographics regarding domestic and sexual violence include the following:

- From July 1, 2009 to date, 495 adults participated in 17 of Women's Resources of Monroe County's Community Education programs. During that same time period, 1077 students were educated through 46 school based and Peer Education programs.
- In 2008-09, we provided 127 programs reaching 2,179 youth and adult participants. The programs reached 1,429 youth and 750 adults. The chart below includes participant information for last year and the last six months.



### **Describe how the program improves the lives of the targeted population**

The growing number of people who access our services directly correlates with the need for education in our community on sexual assault and domestic violence issues. Whether they pertain to issues in the work place, bullying, teen dating violence, or sexual assault, if topics are addressed and recognized as intolerable activities it will help to educate people attending our programs. It is necessary to educate professionals in all fields so they become aware of signs of domestic violence and can learn what precautions should be taken. In addition, our programs identify and encourage children and youth to participate in self reflection to gauge their personal experiences. We have recently seen tremendous growth with student outcomes. **Women's Resources of Monroe County's Community Education Programs has seen a 31% increase of understanding of sexual harassment in students who participated in our educational programs. These results were taken from pre and post evaluations of students involved in the peer education groups.**

Surveys administered to students indicated the following results:

- 88% Had an understanding about taking care of themselves when out with friends/partying.
- 100% Gained a better understanding of the frequency of domestic violence.
- 70% Identified how they can be agents of change
- 100% Have an understanding of drug facilitated rape on and off campus
- 100 % Have gained a better understanding of personal safety and security needs for women and girls.

Complete Program Outcome Worksheet **(see attached template)**

Complete Program Financial Form **(see attached template)**