

The logo for 'Safe DATES' features the word 'Safe' in a green, sans-serif font above the word 'DATES' in a larger, bold, red, sans-serif font. The background of the logo area is white with a red wavy graphic element on the left side.

Safe DATES



Safe Dates

Teen Dating Violence Prevention Program

Dating Violence in America

Approximately 12 percent of heterosexual high school boys and girls report having been physically victimized by a dating partner in the previous year (CDC, 2007). Adults who use violence with their dating partners often begin doing so during adolescence, with the first episode typically occurring by age fifteen (*Journal of Family Issues*).

Program Description

Safe Dates is the only evidence-based curriculum that prevents dating abuse: a factor often linked to alcohol and other drug use. Highly engaging and interactive, this program helps 7th - 12th grade teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships. The Substance Abuse and Mental Health Services Administration designated *Safe Dates* as a Model Program, and in 2006, *Safe Dates* received high ratings from the National Registry of Evidence-based Programs and Practices.

Workshop Objectives

- Identify skills that develop healthy dating relationships, including positive communication, anger management, and conflict resolution
- Recognize what constitutes healthy, unhealthy, and abusive dating relationships
- Describe the relationship cycle
- Identify strategies and resources to help individuals in abusive dating relationships

Included in the *Safe Dates* Program

- Workshop series in 10, 6, or 4 session format
- Parent materials
- Poster contest
- Optional play about dating abuse
- STOP Violence staff member to facilitate sessions

Agency Overview

Synergy Services, Inc. provides a full continuum of care to assist individuals and families with immediate respite from violence. The agency also provides supportive services to families in crisis. Additionally, Synergy focuses on community education through programs like Stop Violence.

Contact Information

For more information and to book *Safe Dates* workshops, contact STOP Violence at 816.505.4863 or email stopviolence@synergyservices.org

