



Mercer Council is a private, non-profit agency dedicated to strengthening the foundations of individuals and families by empowering them to successfully handle difficult, everyday life situations and the impact of substance abuse. Mercer Council actively provides quality alcohol, tobacco and other drug abuse prevention & early intervention programs and services in partnership with individuals, families, schools, communities, businesses, and professionals throughout Mercer County.

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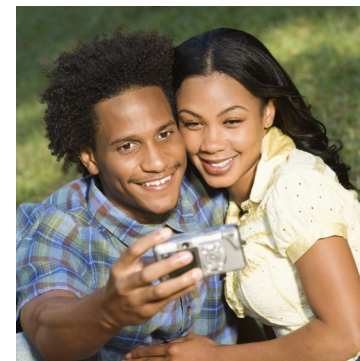
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Mercer Council on Alcoholism and Drug Addiction  
1931 Brunswick Avenue  
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## Safe Dates

A Research-Based  
Adolescent Dating Abuse  
Prevention Program



## What is Safe Dates?

The *Safe Dates* program is a dating abuse prevention program consisting of five components:

1. A 10 session dating abuse curriculum
2. A play about dating abuse
3. A poster contest
4. Parent materials
5. An evaluation questionnaire

## What are the Goals of Safe Dates?

The goals of this program are to:

1. Raise students' awareness of what constitutes healthy and abusive dating relationships.
2. Raise students' awareness of dating abuse and its causes and consequences.
3. Equip students with the skills and resources to help themselves or friends in abusive relationships.
4. Equip students with the skills to develop healthy dating relationships, including positive communication, anger management



## Who is the Intended Audience?

*Safe Dates* can be used as a dating abuse prevention tool for both male and female middle and high school students. *Safe Dates* fits well within a health education, family life skills or general life skills curriculum. *Safe Dates* can also be used as an intervention tool at domestic abuse or crisis centers, in juvenile diversion programs and with victim support groups.

## Is Safe Dates a Research-Based Program?

Yes—*Safe Dates* has been recognized as a Model Program in the National Registry of Effective Programs (NREP).



## Sessions

### Session One:

Defining Caring Relationships

### Session Two:

Defining Dating Abuse

### Session Three:

Why Do People Abuse?

### Session Four:

How to Help Friends

### Session Five:

Helping Friends

### Session Six:

Overcoming Gender Stereotypes

### Session Seven:

Equal Power through  
Communication

### Session Eight:

How We Feel, How We Deal

### Session Nine

Preventing Sexual Assault

### Session Ten

Review

*For more information or to schedule a Safe Dates Program at your school or center, contact us at 609-396-5874 ext. 203.*