



EXECUTIVE DIRECTOR
Geetha Arulmohan



Program Summary Sheet

Title	Safe Dates
CSAP Strategy	Education
Risk Factors Addressed	Greater influence by and reliance on peers than parents; Family history of the problem behavior; Favorable attitudes toward the problem behavior
Evidence-Based Program/ Principles	SAMHSA Model Program
Number of Sessions	10 (1 hour) sessions
Program Services Include	One pre-program consultation with administration; 10 group sessions for a maximum of 25 youth; Poster contest; Parent materials; Evaluation

Summary

Safe Dates is a dating abuse prevention program which raises student awareness of what constitutes healthy and abusive dating relationships, and equipping them with the skills and resources needed to help themselves or friends in abusive relationships. Other skill development includes positive communication and anger management.

Learning Objectives

1. Raise student awareness of healthy vs. unhealthy dating relationships.
2. Raise student awareness about dating abuse causes and consequences.
3. Equip students with skills and resources to help themselves or friends in abusive relationships.
4. Equip students with skills to develop healthy dating relationships, including positive communication, anger management.

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