Pathways to Prevention

Working Together to End Violence

Violence is Preventable

The Pathways to Prevention Statewide Steering Committee operates from the premise that violence is preventable. Because violence is so pervasive in Alaskan homes and communities, primary prevention is urgent. Nationally and in Alaska, studies show primary prevention works when: (1) strategically planned; (2) well-coordinated; and (3) comprehensive.

What is Pathways?

Pathways to Prevention Statewide Steering Committee is a collaborative of 20 individuals and organizations from across the state committed to ending violence by stopping violence before it starts and promoting healthy individuals, relationships and communities. For more than seven years, this group has planned, implemented, and evaluated violence prevention efforts. In 2012, focus was placed on the following areas:

- Expand youth leadership efforts to support domestic and sexual violence prevention.
- Integrate domestic, teen dating, and sexual violence prevention curricula into grades K-12.
- Establish a statewide infrastructure to coordinate domestic, teen dating, and sexual violence prevention efforts.
- Strengthen media efforts and media partners for promoting respect healthy relationships and equity.
- Build a body of data and research related to the prevention of domestic, teen dating, and sexual violence efforts.
- Increase the number of statewide partners that support programs and approaches which create parity across class, race, gender, and religion, thereby addressing the root causes of violence.
- Increase and support Alaskan communities and community leaders engaged in promoting healthy relationships.
Over the years, more and more Alaskans have stood up and spoken out to promote respect and to end violence. A growing number of organizations, communities and leaders have turned their attention toward and have committed to ending domestic, teen dating, and sexual violence in Alaska. While this document is unable to showcase all of these efforts within the state, highlighted here are many of the state level and community projects that directly relate to the Pathways’ objectives and Pathways’ member organizations.

The Pathways Committee builds upon effective primary prevention approaches, strengthens statewide prevention capacity, and collaborates to implement and evaluate the statewide Pathways to Prevent Domestic Violence Prevention. The full plan can be seen at: http://www.andvsa.org/wp-content/uploads/2010/08/pathwayweb.pdf

In recent years, Pathways has worked to carry out a parallel plan to specifically address sexual violence prevention developed by a group of concerned Alaskans. It can be located at: http://www.hss.state.ak.us/dph/chronic/cps/pubs/RPE-plan_6-09.pdf

Since the completion of the original Pathways prevention plan in 2010, there has been a dedicated group of Pathways committee members who oversee the evaluation of outcomes written into the Pathways plan. Evaluation subcommittee members meet monthly and are currently summarizing and collecting evaluation data for many of the outcomes listed in the Pathways plan.

Pathways Statewide Steering Committee works closely with many organizations, coalitions, and initiatives to effectively and comprehensively working to prevent violence and promote healthy relationships including the Governor Parnell’s Choose Respect Initiative as well as other state, non-profit and community based programs.

This document serves as an annual update to the goals and outcomes specifically identified in the Pathways to Prevention Plan. It describes the related prevention strategies implemented and evaluated in the 2012 calendar year, by numerous partners working collaboratively across Alaska.
Pathways Update at a Glance

In 2012, the Statewide Steering Committee and key partners focused on the following strategies to promote healthy relationships and end violence:

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Partnering with Schools to Prevent Violence

Funding and Implementation Partners: Alaska Department of Education and Early Development (EED); Alaska Division of Public Health - Section of Women’s Children’s and Family Health (DHSS-WCFH); Council on Domestic Violence and Sexual Assault (CDVSA); Alaska Network on Domestic Violence and Sexual Assault (ANDVSA); Canadian Center for Addictions and Mental Health Prevention Science (CAMH); and more than 60 schools and teachers across Alaska.

Fourth R Healthy Relationship Curricula
Alaskan students learn reading and writing skills in school, but many students have few places where they learn relationship skills, communication, and decision-making. The Fourth R, school-based curriculum includes lessons on dating violence, healthy relationships, healthy growth and sexuality, and substance abuse prevention. It has been shown to reduce violence and promote protective factors, improve decision-making, communication, and prevent first time perpetration and victimization.

Fourth R Accomplishments: Provided a statewide training, four regional/local trainings, one master training, and one “booster” training session on the Fourth R Healthy Relationships Program.
- Trained 60 school staff (teachers, counselors, nurses or administrators)
- Trained 56 community partners (domestic violence and sexual assault prevention staff, public health nurses and other community members)
- Provided refresher training to 15 trained Fourth R teachers
- Certified two Alaska Fourth R Master Trainers
- Finalized the first round of Fourth R curriculum adaptations for use in Alaska
- Filmed Alaskan students practicing delay, refusal, and negotiation skills to resolve Alaska-relevant conflicts

Fidelity and Monitoring:
In 2012, DHSS and partners provided trainings and tools to teachers using the Fourth R, along with continual technical assistance to ensure the core components of the program are implemented as designed. This fidelity monitoring and support improves quality assurance and increases the likelihood of program impact with students.

Evaluating Fourth R Healthy Relationship Curricula:
Evaluation Partners: The Council on Domestic Violence and Sexual Assault; ANDVSA; Alaska Department of Education and Early Development; Section of Women’s Children’s and Family Health; Canadian Center for Addictions and Mental Health, Strategic Prevention Solutions (evaluator).

Since 2011, partners have collaborated on a statewide multi-site program evaluation to assess the impact of the Fourth R curriculum on physical and sexual dating violence, and other risk behaviors among youth. The first year of this project was dedicated to the
I really use the refusal [skill] a lot. Whenever someone asks me to do something, instead of, like, trying to not to hurt their feelings or whatever, I am stern with them and say, using an assertive voice, “No, I’m not gonna go do that.” Then it’s a lot more convenient for me, because I don’t have to deal with them trying to get me to go do whatever they want. I can do whatever makes me comfortable…”

—Fourth R student
Partnering with Men for Prevention

**Funding and Implementation Partners:** Alaska Network on Domestic Violence and Sexual Assault; CDVSA; Governor Parnell’s Choose Respect Initiative; Department of Health and Social Services- CD-PHP; Rape Prevention Education (RPE); Office of Violence Against Women Engaging Boys and Men Grant; Compass Contributors from Across the State; Aiding Women in Rape Emergencies ( Aware); Standing Together Against Rape (STAR); Tundra Women’s Coalition (TWC).

**Alaska Men Choosing and Promoting Respect:**
*Alaska Men Choose Respect* is a movement of men statewide working to end violence by choosing and teaching respect in communities across Alaska.

**The Campaign:**
*Alaska Men Choose Respect* focuses on shifting norms around respect and expanding men’s role in preventing domestic and sexual violence. This campaign includes TV PSA’s, mini-grants and technical assistance, websites, and other support materials. The website www.AlaskaMenChooseRespect.org offers information, networking, and tools. It features opportunities for men to come together as allies to end violence, promote respect, and strengthen communities in Alaska. The site is a useful resource both for men already involved and those just beginning.

**COMPASS: A Guide for Men**
In recent years ANDVSA and local domestic violence and sexual assault partners have received requests for tools to mentor boys about respect and wellness. In June of 2011, a committed group of individuals from Bethel, Juneau, Ketchikan/Saxman, Anchorage, and Sitka came together to review and adapt materials for mentoring that can be integrated into outdoor, subsistence, and athletic activities. This group has developed a draft tool for men to incorporate into their activities with young men. These tools will be piloted in the summer of 2013.

**Training:** Men and women are working together to develop a companion training that supports men to both “live the lessons” and effectively use the tools within Compass. Men will not only have the opportunity to explore the content, but also gain a better understanding of norms, the role men can play in preventing violence. They will have a chance to consider how their own life experiences impacts their role as a mentor.

**Men Taking Action:**
Men across the state are taking action to end violence and promote respect in their communities. ANDVSA and the CDVSA through the Choose Respect Initiative awarded mini-grants to the following communities:
Anchorage – Brave New Alaskan Voices engaged youth participants in trainings with STAR around healthy relationships, Green Dot, and poetry. The participants took the lead in hosting, writing and performing seminars at local high schools to create and share messages around healthy relationships, and preventing domestic and sexual violence. The participants recorded their experiences and self-produced several media projects, including a PSA.

Beaver – The community created a 10-week culture-based program working with men and young boys. This project focused on teaching Athabascan culture and allowed young men to reconnect with their culture and traditional practices. Activities provided the space for discussions around respect and healthy relationships.

Bethel – The community created a series of activities for young men and provided them a safe space to talk about healthy relationships, respect, and equality while engaging them on how men have a role in creating a respectful environment. Activities included a drum circle, as well as subsistence activities to re-connect them with their culture and traditions.

Craig – The community hosted a coaches training around the Coaching Boys into Men (CBIM) curriculum. Coaches from multiple communities on Price of Wales Island were trained to implement CBIM with their sports teams.

Dillingham – The community created a men’s group called The DillingMan Project. The group aims to have a positive and visible male presence in the community. The group hosts weekly meetings and service projects such as an annual Father’s Day recognition BBQ and the creation of a community respect and fish mural.

Emmonak – The Emmonak Boys & Girls Club facilitates cultural activities led by Elders including spear making, storytelling, Yup’ik songs and games, subsistence history and traditions while promoting messages about respect. Members shared their own stories, asked questions, and made spears as part of a subsistence activity. The project was meaningful and positive for everyone involved, and Elders have expressed a desire to continue leading cultural activities at the clubhouse.
**Homer** – Rock for the Cause concert provided a visible, engaging way to present the issues of family violence and dating violence to the Homer community, while promoting the *Alaska Men Choose Respect* message. Rock for the Cause couched a great show in the *Choose Respect* message, with talented male musicians taking the stage to share how they choose respect in between songs, while sharing *Choose Respect* gear. Through Youth on Record, musicians served as mentors to young boys learning new ways to make music and ways to *Choose Respect*.

**Juneau** – The community continues to promote *Alaska Men Choose Respect* through multi-faceted programming with boys and men. The program included a training series including a coaches clinic for *Coaching Boys into Men* and a “Man Training” to provide domestic and sexual violence information. They also hosted a swimming event for fathers and father figures and their children called “The Big Splash” to promote healthy relationships with positive male role models and building a network of fathers.

**Ketchikan** – Rules of the Game-Respect was a four-day basketball camp that trained 28 young men ages 8-14 about the rules of the game on and off the court. With the help of community volunteers and coaches, students participated in leadership, respect, cultural competency and anti-bullying activities while playing a game they love. The overall goal of the basketball camp was to develop future male leaders dedicated to the message of respect and provide the role-models in the Ketchikan community dedicated to supporting their development.

**Sitka** – *Haa at Galtsagu Yis (For Our Harvesting): Uses of the Land and Its Resources in the Traditional Arts* incorporated two main components (1) traditional arts workshops and/or activities that including weaving, beading and metal carving, and (2) sea otter processing and sewing workshops to address issues related to respect and physical, mental, emotional and spiritual health and wellbeing. The activities were grounded in the traditional way of being, traditional roles of men in Tlingit society, and positive relationships between, children, boys and men.
Coaching Boys into Men (CBIM):
Funding and Implementation Partners: The Council on Domestic Violence and Sexual Assault; Governor Parnell's Choose Respect Initiative; Department of Education and Early Development; AWARE; and ANDVSA through community funding.

Coaching Boys into Men engages athletic coaches through the Coaches Leadership Program to help shape the attitudes and behaviors of young male athletes. Athletic coaches play an extremely influential and unique role in the lives of young men; often serving as a parent or mentor to the boys they coach. Because of these special relationships, coaches are poised to positively influence how young men think and behave both on, and off, the field. From speeches to the team, practice sessions, or simply casual conversation, coaches have many opportunities to impart their philosophies to athletes. In August 2012, the first in a series of statewide CBIM trainings for coaches of high-school male athletic teams was held. To date nearly forty coaches have been trained and programs are being implemented in communities across the state. Plans are under way to sponsor statewide trainings in 2013 and to provide the coaches with technical assistance to ensure its success.

Visit their site at: http://www.futureswithoutviolence.org/section/our_work/men_and_boys/coaching_leadership. For information on CBIM programming in Alaska contact ann.rausch@alaska.gov or patricia.owen@alaska.gov.

Alaska Men Choose Respect Evaluation
We are in the beginning stages of developing tools for measuring the engagement of men in the community. Website analytics indicate that there was a correlation between the airing of campaign ads and visits to the AMCR website. To date, there have been more than 120,000 visitors to the website. The number of communities applying for the Alaska Men Choose Respect mini-grants has doubled, as has the number of young men and adult men participating in our community engagement efforts. The number of coaches who have been trained has gone from 7 in 2010 to 38 in 2012. While we seek to conduct a more broad-base assessment of the norm changes amongst Alaskans, it is promising to see the increase in the number of men committed to ending violence and promoting respect. In Juneau, AWARE has partnered with a local high school boys basketball team to implement the Coaching Boys Into Men program. Initial pre-post surveys have shown a 65% increase in boys reporting they have intervened against sexist attitude and behaviors, a 24% increase in working towards equality in their relationships, and a 42% increase in valuing what girls have to say.
Partnering with Youth For Prevention

When I am an Elder: Youth Imagine a World Without Violence

**Funding and Implementation Partners:** Alaska Network on Domestic Violence and Sexual Assault; The Council on Domestic Violence and Sexual Assault; DHSS-WCFH and CDPHP; Rape Prevention Education; Tundra Women's Coalition (TWC); Governor Parnell’s Choose Respect Initiative; Teens Acting Against Violence; Arctic Women In Crisis (AWIC); North Slope Borough Health Department; North Slope Borough Police Department; Barrow Boys and Girls Club; Women in Safe Homes (WISH); Ketchikan Indian Community; Sitkans Against Family Violence (SAFV); Aiding Women in Abuse and Rape Emergencies (AWARE); Central Council of the Tlingit and Haida Indian Tribes of Alaska; AmeriCorps VISTA.

When I am an Elder is the latest youth campaign to promote respect, peace, and equality for the future of our state. This campaign was based on a poem written by a Bethel Teens Acting Against Violence (TAAV) member in 2001, which imagined a world without violence for future generations. Television spots and public service announcements, as well as the voices of other youth, both from Bethel and Barrow, turned this poem into powerful tool against violence. This year, youth from Southeast Alaska added their voices to When I am an Elder.

In 2012, youth from Juneau, Ketchikan and Sitka shared their poems and ideas to create a better world for future generations. This resulted in 6 TV public PSA broadcasted to the across the state.
Lead On! For Peace and Equality: Youth Working Together to End Violence

Funding and Implementation Partners: The Alaska Network on Domestic Violence and Sexual Assault; Council on Domestic Violence and Sexual Assault; Alaska Department of Health and Social Services: WCFH & CDPHP & DBH; Rape Prevention Education; Association of Village Council Presidents; Mat-Su Health Foundation; Alaskan Children’s Trust; Alaskan Native Tribal Health Consortium; Alaska Native Heritage Center.

Lead On youth are at the forefront of the movement to prevent violence in Alaska. Annually, the Lead On statewide youth leadership conference inspires, engages, and supports youth who promote respect and are working to end violence.

Youth from across the state co-develop Lead On materials, programs, and presentations featuring Alaska teens and national speakers. Presenters use innovative and engaging approaches to promoting respect and ending violence.

Lead On focuses on activities that allow youth to practice healthy relationship skills and strengthen protective factors (achievement, self-confidence, connectedness to peers & adults) and minimize risk factors (norms that support violence, substance use, bullying).

Perhaps most significantly, youth take what they have learned and host Lead On projects in their own communities, which focus on building communities of respect and nonviolence.

IMPACT OF LEAD ON: PARTICIPANT PERSPECTIVES:

- 92% of Lead On participants indicated that Lead On gave them “some to a lot of experience” to be a leader in preventing Violence.
- 98% of youth stated that since arriving at Lead On, their understanding of planning projects in their community has improved.
- 100% of Lead On 2012 participants said that their understanding of respecting themselves has increased.
- 99% of participants said that Lead On increased their ability to work with other youth to plan healthy relationship and respect activities.
- 99% of participants said that after being at Lead On, they thought about what influences their ideas on relationships and violence.

“For the past two years I have been lucky enough to attend, and I’ve learned an awesome amount about my peers, my community, my state, and myself.”
How you Can Promote Respect

What does it actually mean to choose respect?

What do Alaskan teens say:
- Show respect when you talk and in how you treat others
- Know yourself and understand how you can really respect yourself
- Create positive change in your community
- Talk out difficult situations
- Learn skills to resolve conflicts without violence

How can you talk up Respect?
- Let others know that you are working to promote respect
- Take pledges of nonviolence in relationships and sexual activity
- Become a peer educator or start a peer education program
- Find programs on www.standupspeakupalaska.org to bring to your school or group
- Create fun activities with your friends to explore ideas and values around relationships
- Be a part of Lead-On and other youth leadership projects
- Find out about respect projects in Alaska
- Be a role model and mentor to younger kids

The following youth led projects took place around the state:

**Anchorage:** Anchorage youth promoted healthy relationships, respect and nonviolence by hosting an event to discuss bystander intervention (the Green Dot model), sexual consent and safe and effective methods of decreasing power-based violence.

**Barrow:** Barrow youth promoted healthy lifestyles, culture and positive choices among youth in Barrow. The grant recipients invited the Native American band Broken Walls to present at the elementary, middle, and high schools. Topics of the presentations included Native American music and dance, healthy lifestyles, and unity.
Bethel: Bethel youth promoted respect for self, others, environment and Elders as well as inform teens about healthy relationships, suicide prevention, and cultural traditions. The grant recipients hosted a teen leadership camp in Bethel.

Bethel: Bethel youth promoted teen leadership and cultural activities in communities in the Bethel region. The grant recipients hosted trips focusing on subsistence and cultural traditions.

Cordova: Cordova youth promoted positive choices among youth in Cordova by inviting a motivational speaker to give presentations at the elementary school, high school, and at a community event as well as presenting in neighboring villages.

Dillingham: Dillingham youth recorded and preserved cultural stories told by Elders and built positive relationships among youth, their peers, and Elders.

Juneau/Gustavus: Gustavus youth promoted respect, leadership, and healthy relationships through an outdoor leadership program that focused on peer education, self-respect, and wilderness experiences.

Juneau: Juneau youth developed a mentorship program, school presentations, and hosted a team-building weekend media campaign focusing on healthy relationships and respect.

Ketchikan: Ketchikan youth promoted respect, substance free lifestyles, and healthy relationships among youth. The grant recipients hosted two events, one created by middle school youth and another by high school teens. The middle school youth handed out informational materials about healthy lifestyles and substance abuse. The high school teens hosted an event to raise awareness about cliques, promote respect, and increase anti-bullying efforts.

Kipnuk: Kipnuk youth promoted healthy relationships and respect by hosting classes that teach traditional sewing and have conversations about respect, culture, and healthy relationships.

Kotzebue: Kotzebue youth promoted positive choices, anti-bullying, and nonviolence. Youth hosted basketball exhibition games and accompanying events that discussed healthy relationships, dating violence, bullying and sexual assault.
**Nenana:** Nenana youth promoted respect and unity among community members and visitors of Nenana by hosting discussions about community and creating a “Welcome to Nenana” sign.

**Palmer:** Palmer youth promoted community activism, healthy lifestyles, and positive choices. Teens hosted a radio show called “Radio Free Palmer,” a youth-led program that encourages youth to get involved in their community.

**St. Paul:** St. Paul youth hosted a softball tournament that included pre-game meetings that discussed sportsmanship, teamwork, respect, and nonviolence. Nonviolence information was also included in promotional information for the tournament.

**Sitka:** Sitka youth promoted respect both within and across the high schools in Sitka. The grant recipients created a media campaign, coordinated a week of social change activities, and hosted an outdoor leadership trip.

Visit: [http://www.standupspeakupalaska.org/take-action/](http://www.standupspeakupalaska.org/take-action/) for more information on *Stand Up Speak up* community projects.
Building Prevention Infrastructure and Training

**Funding and Implementation Partners:** The Council on Domestic Violence and Sexual Assault; Governor Parnell’s Choose Respect Initiative; Alaska Network on Domestic Violence and Sexual Assault; Alaska Department of Health and Social Services: CDPHP & DBH

A collaborative team has expanded the existing training, tools, and resources available to support domestic and sexual violence prevention with our local and state partners. These include:

- An increase in domestic and sexual violence prevention training.
- ANDVSA offers monthly web-conferences and a bi-annual retreat for DV/SA prevention workers on topics ranging from prevention planning, evaluation, youth engagement, and involving men. Community tailored technical assistance is also available. Contact lgrassgreen@andvsa.org for more information.
- CDVSA organized Alaska’s first primary prevention summit in 2012. Contact ann.rausch@alaska.gov
- The Pathways Steering Committee is hosting a new web-conference series exploring how to best address the root causes of violence and address barriers to health and safety through.
- The Training and Infrastructure workgroup meets to strategically plan prevention capacity support, training and communication for domestic violence and sexual assault primary prevention efforts. The group has established a list-serv and is conducting a statewide scan on existing local training, evaluation capacity on both the state and local level. These will be used to establish baselines, as well as to develop a training plan. Contact jayne.andreen@alaska.gov for more information.
- The Department of Health and Social Services- CDPHP is upgrading the Alaska Health Education Library Project (AHELP), an online searchable database to include Alaska’s local, regional and statewide projects, materials and primary prevention contacts in the field of chronic disease, infectious disease, violence, and injury prevention. AHELP includes a calendar of events, tools to support outcome-based programming, and a program for peer reviewed success stories. Contact jayne.andreen@alaska.gov for more information.
- The Department of Education and Early Development and the Department of Health and Social Services, hosted Fourth R training for teachers and school administrators interested in promoting healthy relationship skills in the classroom. Contact patricia.owen@alaska.gov for more information.
Bystander Intervention: The Green Dot in Alaska

**Funding and Implementation Partners:** Governor Parnell’s Choose Respect Initiative; the Council on Domestic Violence and Sexual Assault; and the Department of Health and Social Services-DBH

Over the next three fiscal years, Green Dot developers will work in partnership with five pilot communities on program implementation and the development of a Train the Trainer curriculum. Trainers from the pilot communities will mentor with the developers to build capacity for Alaska-specific trainers, who will be available to train in other communities throughout the state.

Green Dot is an evidence-based bystander intervention program that engages individual community members and leaders in prevention by providing them with the tools to intervene safely before violence occurs. The goal is to equip community members with skills allowing them to integrate moments of prevention within existing relationships and daily activities. This allows bystanders to move from a place of passive agreement that violence is wrong, to active intervention.

Communities across the state have worked with Green Dot to develop materials for community-specific needs, adapt materials for high school-aged students, and incorporate child abuse prevention materials into the content of Green Dot.

Several communities including Kodiak, Bethel, and Anchorage hosted Green Dot training in 2012, and communities across the state continue to express their interest in this strategy.

Over the next three fiscal years, Green Dot developers will work in partnership with five pilot communities on program implementation and the development of a Train the Trainer curriculum. Trainers from the pilot communities will work with the developers in order to build the capacity for Alaska specific Trainers, who will then be available to train in other communities throughout the state.

Please contact ann.rausch@alaska.gov for more information.
Addressing the Roots of Violence

Pathways is committed to understanding and addressing the underlying circumstances, systems, and conditions that support or hinder our health, safety, and well-being.

Emerging research shows that in order to effectively prevent violence, we must address the social, political, and economic structures that perpetuate inequities in health and safety. Understanding these intersecting determinants of health can be complex, so we start by considering the historical context, social and economic policy, and decision making structures that shapes our collective experiences within Alaska.

There are many specialized frameworks for analyzing root causes: gender, oppression, race, among others. However, there are few comprehensive tools that consider all of these factors.

At its core, Pathways is working to integrate these philosophies into programs and policy. Pathways works to:

- Promote well-being and harmony within relationships, families and communities in the state;
- Value and incorporate diverse worldviews, traditions, experiences, scholarship, and knowledge;
- Minimize power differences as relates to social needs, organizing, and response to needs;
- Consider gender as a determinant of health for boys and girls, women and men;
- Consider the intersections between economic, racial, gender, and cultural hierarchies;
- Break down attitudes and practices that contribute to disparities and cultivate violence;
- Identify engrained structural and systemic factors that affect individuals’ wellness, safety, and success;
- Clarify and work to shift mechanisms by which social determinants generate health inequities;
- Incorporate evaluation tools that assess the impact of our work as it relates to specific groups in Alaska.

The Pathways SSC has been working with partners (Alaska and national) to develop tools for communities and organizations to consider barriers and supports for health and safety. These tools will be piloted internally January 2013.

Pathways Statewide Steering Committee Root Cause Subcommittee is working to increase understanding of historical and contemporary considerations for health and safety and working to ensure that this is included in all strategies supported through our collaboration.

Pathways In Action: Understanding Barriers and Supports for Health, Safety, and Wellness in Alaska

Pathways Statewide Steering Committee has developed a web-series to begin the conversation on root causes of violence and barriers to health and safety. This will begin in January of 2013.

January: Bethel’s Journey: Undoing Racism and Historical Trauma: Cheryl Offit, Association of Village Council Presidents and Michelle Dewitt, Tundra Women’s Coalition; February: Communication Across Barriers: Donna Beegle writes and trains across the nation to break the iron cage of poverty. She is the author of “See Poverty, Be The Difference,” and “An Action Approach to Educating Students Who Live in the Crisis of Poverty”; March: Addressing Gender Inequities in Health and Safety: Marilyn Metzler; Clare Reddy- Centers for Disease Control and Prevention, Atlanta; April: Alaska Native Discussions on Racial Equity: Jorie Paoli, First Alaskans Institute, Anchorage; May: Tools for Addressing Systemic Barriers to Wellness and Safety in Alaska: An Intersectional Approach Pathways Statewide Steering Committee Members
Partnering with Communities for Prevention

For more information see ANDVSA community snapshots including AWARE-Juneau; SAFE- Dillingham; SAFV- Sitka; WISH- Ketchikan; Juneau CCR; Ketchikan Wellness Coalition Pathways to a Safer Sitka; Rural Alliance For Teens/CANDU- Dillingham. Local Prevention- AWAIC- Anchorage; STAR-Anchorage; AWIC- Barrow; TWC-Bethel; CFRC-Cordova; IAC-Fairbanks; SPHH- Homer; Leeshore- Kenai; KWRCC- Kodiak; MFCC-Kotzebue; BSWG- Nome; USAFV-Unalaska; AVV-Valdez. Additional partners supporting community DV/SA Primary Prevention Efforts: the Council on Domestic Violence and Sexual Assault; Governor Parnell’s Choose Respect Initiative; and the Department of Health and Social Services.

It takes the whole community to shift norms, behaviors, and systems that perpetuate violence and norms to create safe and healthy communities. Communities across the state are coming together to end violence. In November 2012, more than 14 community teams met in Anchorage at the first Domestic Violence and Sexual Assault Primary Prevention Summit, Putting Prevention to Work, to participate in training and create a plan for the primary of prevention of domestic violence and sexual assault in their communities.

Prevention Plan

Since 2006, with funding from the Centers for Disease Control and Prevention through ANDVSA, four communities began efforts to improve their prevention programs and obtain the evaluation skills needed to assess the effectiveness of their efforts. Coalitions in Dillingham, Juneau, Ketchikan, and Sitka each worked through a planning, implementation, evaluation and sustainability process. Their community plans focusing on the primary prevention of domestic violence and sexual assault can be seen at http://www.andvsa.org/communities-organizing/. Other communities have started similar planning processes or have integrated domestic, teen dating, and sexual violence into broader community wellness plans. In 2012, prevention capacity training opportunities were expanded to include a total of 9 communities attending the semi-annual prevention retreat. Topics covered included building organizational prevention capacity, finding the story in your data, sharing your story, engaging men, engaging youth, and building/sustaining your prevention initiatives.
Community-based initiatives
Communities across the state have begun to use both evidence-based and innovative strategies. These programs include the integration of healthy relationships and healthy identities into their core objectives.

These include:
- Girls on the Run: http://gotrjuneau.org/page2.html
- Coaching Boys into Men: http://www.alaskamenchooserespect.org/?page_id=17
- Culture Camps and Programs: http://www.andvsa.org/communities-organizing/
- Green Dot http://www.livethegreendot.com
- Youth Leadership/Peer Education Programs: http://www.standupspeakupalaska.org/lead-on/
- Arts-based programs

Tracking The Impact Of Community Prevention Efforts:
Coalitions in Dillingham, Juneau, Ketchikan, and Sitka continued to increase their evaluation capacity and build an evidence base for local prevention programming. Each coalition worked closely with an evaluator to develop or enhance data collection tools, and started to summarize and disseminate initial findings. http://www.andvsa.org/communities-organizing/ Examples of data that is being collected include: youth self-esteem, bystander behaviors, and how frequently healthy relationship skills are incorporated into youth groups and activities.

While other pressing issues such as substance abuse have been integrated into the core work of community wellness programming, it has been just recently that we have seen an increase in domestic, teen dating, and sexual violence prevention being incorporated into community conversations, planning, priorities, and activities.
Next Steps for Prevention: Priorities 2013-2014

The Pathways to Prevention Statewide Steering Committee has identified key priorities to build prevention capacity and to work toward ending violence in Alaska. The Pathways group will focus on strengthening and evaluating the numerous strategies identified between 2010-2013. Priorities include:

- Fund local prevention staff to support prevention collaboration and sustain prevention coalitions.
- Develop health education standards inclusive of social and emotional learning and domestic violence and sexual assault prevention.
- Continue to expand high school and middle school Fourth R implementation and share Fourth R evaluation findings.
- Develop and support implementation of K-6 curricula for healthy relationships — Fourth R or other curricula.
- Establish messaging campaign and tools for parents to talk to youth about healthy relationships.
- Work with Elders to identify prevention activities that will engage interested Elders and key community leaders.
- Develop new tools and approaches to address root causes of violence.
- Establish a comprehensive dv/sa training program on primary prevention for key sectors and for prevention teams across the state.
- Expand and evaluate youth engagement efforts that promote healthy relationships and work to end violence including StandUp SpeakUp, Lead On!, When I am an Elder, and youth group prevention capacity building.
- Expand our work to engage men: expand training and tools to incorporate healthy relationship content into athletic programs, outdoor settings, and subsistence activities.
Moving Forward Together

We learn respect and nonviolence from many places and people in our lives. Therefore, it takes many people working together to promote respect in relationships. By working together, we CAN stop violence before it ever starts.

Policy Makers

- Learn more about statewide and local prevention efforts by contacting programs in your community.
- Prioritize funding for the primary prevention of teen dating violence and domestic violence (see priorities page).
- Place an emphasis on supporting community collaborations and promising practices for prevention.
- Support policies and resources that ensure healthy relationships and social and emotional curriculum.
- Endorse initiatives that create a peer culture for youth that promotes respect and breaks the cycles of disrespect.
- Get involved and be a spokesperson for promoting healthy relationships in local primary prevention efforts.

For more information visit www.andvsa.org or local program websites http://www.andvsa.org/shelters-and-services/communities-served-2/communitys-programs/

Parents

- Talk to your children about relationships and rights http://www.standupspeakupalaska.org/
- Ensure that schools in your community teach a curriculum on preventing dating relationship violence and building social and emotional learning curriculum.
- Never assume your child could not be in a violent relationship. Ask questions http://www.loveisrespect.org/get-help/help-others/help-your-child
- Know about healthy relationship skills and practice them often with your children.
- Contact ANDVSA to develop or disseminate materials for parents in your community
  info@andvsa.org
- Advocate for policy and programs that stop violence before it ever starts

Educators

- Use research-based materials to build respect and relationship skills in the classroom and in your school
- Seek professional development around healthy relationships and building safe school environments contact kmoore@andvsa.org or Patricia.owen@alaska.gov
- Learn about youth leadership, peer education and after school programs that promote healthy relationships and respect.

Youth

- Join a committed group of youth and adults creating change by promoting respect and nonviolence in relationships.
- Learn more about healthy relationships www.standupspeakupalaska.org
- Treat others with respect and do not tolerate disrespect in your community.
  http://www.standupspeakupalaska.org/six-steps/keep-respect-going/
- Participate in Lead On! for Peace and Equality in Alaska and strengthen your leadership skills to promote respect.
  http://www.andvsa.org/lead-on/
- Know where to go for help.
  http://www.standupspeakupalaska.org/more-info/

Men

As men, there are many ways to be partners and allies in ending violence. Visit AlaskaMen-ChooseRespect.org

- Respect diversity and the rights of those around you
- Build relationships based on respect and equality.
  http://www.alaskamenchooserespect.org/?page_id=7
- Have the strength to ask for help.
  http://www.alaskamenchooserespect.org/?page_id=13
- Bring together men and boys in your community to develop community-based solutions.
  http://www.alaskamenchooserespect.org/?page_id=15
- Contact domestic violence and sexual assault programs or community groups to find out how to help end relationship violence.
- Get involved as a role model or coach.
  For Coaching Boys to Men contact ann.rausch@alaska.gov or outdoor subsistence programs such as Compass: A Guide For Men kmoore@andvsa.org.
- Advocate for federal, state, local, and organizational policy change: supporting equality and accountability. info@andvsa.org

Elders

- Promote values that are consistent with strong families and nonviolence.
  http://www.ankn.uaf.edu/ancr/Values/index.html
- Get involved in sharing the message through community events.
- Share stories and skills with youth in your community to help them build the skills they need to become Elders.
  http://www.andvsa.org/info/campaigns
- Help break the silence around violence.
  www.andvsa.org
### Women
- Teach your sons and daughters about the importance of respect in relationships. [www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)
- Advocate for federal, state, local, and organizational policy change supporting equality and accountability. [info@andvsa.org](mailto:info@andvsa.org)
- Bring prevention efforts to your community groups and activities.
- Encourage the men in your life to get engaged in ending men’s violence against women. [www.alaskamenchooserespect.org](http://www.alaskamenchooserespect.org)
- Learn how to intervene as a bystander. [http://livethegreendot.com/map_us_alaska.html](http://livethegreendot.com/map_us_alaska.html)

### Health Workers and Service Providers
You are uniquely positioned to promote individual, relationship, and community wellness.
- Provide regular guidance on relationship development and relationship skills.
- Ask questions that reinforce healthy relationship skills and provide parents with tools for preventing violence. [http://www.loveisrespect.org/get-help/help-others/help-your-child](http://www.loveisrespect.org/get-help/help-others/help-your-child)
- Participate in community collaborations to work towards preventing relationship violence.

### Faith Leaders
- Establish a norm of nonviolence in your congregation.
- Promote values that are consistent with strong families.
- Pray and speak for peace, respect, and healthy relationships regularly.
- Mentor youth to promote respect.
- Provide forums for youth to stand up and speak up about ending violence and promoting respect.
- Create ecumenical councils for the purposes of ending domestic, teen dating, and sexual violence.

### Law Enforcement
- Encourage and support youth to take leadership roles in promoting healthy relationships and healthy communities. [http://dps.alaska.gov/cdvsa/](http://dps.alaska.gov/cdvsa/)
- Treat youth with respect, show them they are valued, and help them to develop leadership skills [http://www.standupspeakupalaska.org/six-steps/leading-the-way/](http://www.standupspeakupalaska.org/six-steps/leading-the-way/)
- Connect youth with their own culture and other cultures in the community.
- Listen to youth and provide resources for help. [http://standupspeakupalaska.org/more-info](http://standupspeakupalaska.org/more-info)
- Do not tolerate disrespect and violence within the community.

### Youth Group Leaders
- Encourage and support youth to take leadership roles in promoting healthy relationships and healthy communities. [www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)
- Treat youth with respect and show them that they are valued.
- Connect youth with their own culture and other cultures in the community.
- Integrate relationship teachable moments into your youth group and activities.
- Work on projects with youth that develop leadership skills and healthy communities [http://www.standupspeakupalaska.org/six-steps/leading-the-way/](http://www.standupspeakupalaska.org/six-steps/leading-the-way/)
- Do not tolerate disrespect and violence within the community.
Thank you
to all of the community members and state partners that work
tirelessly to end violence, strengthen families, and restore respect
in communities. A special thank you goes to the following

Pathways to Prevention Statewide Steering Committee Members:

Alaska Network on Domestic Violence and Sexual Assault
The Association of Alaska School Boards
The Council on Domestic Violence and Sexual Assault
Alaska Department of Education and Early Development Alaska Department of Health and Social Services Division of Public Health- CDPHP & WCFH Sections
Clarke Public Health Consulting- Sitka Dillingham Public Nursing
First Alaskans Institute
Strategic Prevention Solutions
University of Alaska Anchorage University of Alaska Fairbanks
Women in Safe Homes-Ketchikan
Elders and Community Representatives:
Anna Frank, Liz Sunnyboy, and Pete Hoepfner
Domestic violence and teen dating violence have real and significant costs for Alaskans, both personally and financially.

Violence is preventable. With a coordinated and intentional approach, we can shift the trends of violence in Alaska to ensure safe and respectful relationships for all Alaskans.

Each of us has a role to play in preventing violence. The pathways and strategies outlined in this plan provide possible steps or a roadmap for anyone to use.