



Safe Dates: An Adolescent Dating Abuse Prevention Curriculum

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Safe Dates is evidence-based

Safe Dates is the only evidence-based dating violence prevention program listed in SAMHSA's National Registry of Evidence-Based Programs and Practices for its strength of evidence and ease of replication.

Rigorous research shows that *Safe Dates* is effective in both **preventing** dating violence and in **reducing** dating violence among teens already using violence against their dates. ***Even four years after participating in Safe Dates, students who participated in the Safe Dates program reported 56% to 92% less physical, serious physical, and sexual dating violence victimization and perpetration*** than teens who did not participate in *Safe Dates*.

Adolescents participating in the program, as compared with those who did not, also reported

- less acceptance of dating violence
- stronger communication and anger management skills
- less gender stereotyping
- greater awareness of community services for dating abuse

Safe Dates is effective for both boys and girls, for victims and perpetrators, and for black and white students. The new version is especially adapted for students of diverse cultures.

Safe Dates is easy to implement in a variety of settings

Safe Dates has been implemented in schools, community-settings, domestic violence shelters, adolescent treatment programs, and correctional facilities. All the materials needed to implement all five elements of *Safe Dates* are included.

- A nine-session dating abuse curriculum (the new edition will include an additional session)
- A play about dating abuse
- A poster contest
- Parent materials (the new edition will include Dr. Foshee's evidence-based Families for Safe Dates)

Safe Dates is being significantly revised in 2010, with new information, updated scenarios, and the inclusion of an evidence-based parent program, designed to increase *Safe Dates*' already impressive outcomes.

Safe Dates meets National Education Standards

Safe Dates meets many of the National standards for health education and life skills. Students who participate in this highly interactive program learn information about dating violence, how to distinguish between healthy and unhealthy relationships, how to communicate and handle anger in healthy ways, and how to help their friends.

For a complete description of these standards, and a complete scope and sequence of *Safe Dates* goals, objectives and activities, go to: <http://www.hazelden.org/safedates>.