

Sexual Violence Prevention Education Resources

PRE-TEENS AND TEENAGERS

1. **Dating: Peer Education for Reducing Sexual Harassment and Violence Among Secondary Students**, Toby B. Simon and Bethany Golden, Holmes Beach, FL: Learning Publications, Inc., 1996. Curricula, 117 pages, \$19.95. Distributed by: Health Connection (800-548-8700) and Learning Publications, Inc. (800-222-1525).

The process for using the Peer Advocacy in Intimate Relationships (PAIR) Program to reduce sexual harassment and violence among high school students is explained. The importance of peer educators is stressed along with instructions and activities to recruit and train peers. Various aspects of teen dating are then explored through a series of 10 activities, exercises, and programs appropriate for peer leaders to develop with high school students.

2. **Helping Teens Stop Violence**, Allan Creighton and Paul Kivel, Hunter House Publishers. Paperback, 168 pages, ISBN 0-89793-116-S. Call to order at (800) 266-5592 .

Contains practical workshop materials and exercises, explores the roots of violence and its effects on young people, discusses issues of race, gender, and age, and provides curricula for classroom settings and support groups.

3. **Disability, Sexuality, and Abuse: An Annotated Bibliography**, Dick Sobsey, Don Wells, Diane Pyper, and Beth Reimer-Heck, Baltimore, MD: Paul Brookes Publishing Company, 1997. Manual, 208 pages, \$26.00. Distributed by: Paul Brookes Publishing Company (800-638-3775).

Over 1,100 references are included in this bibliography for people who work with children and teens who have disabilities. Topics include sexual abuse, assault, and exploitation. Research studies, position papers, program descriptions, clinical reports and media accounts are referenced.

4. **Expect Respect: A Sexual Harassment Module for Youth**, Irene Beck and Charlotte Crawford, Downers Grove, IL: American Association of University Women Initiative for Educational Equity, 1995. Multimedia kit: curricula, booklet, computer disk, \$60.00. Distributed by: American Association of University Women Initiative for Educational Equity (202-785-7700).

With this kit, high school teachers are provided with a variety of tools to initiate an interactive sexual harassment prevention program. The kit contains outlines, teaching scripts, activities, discussion topics, reproducible handouts, and surveys that involve students while they learn about respect, proper behavior, and communication skills. Also included is *Let Me Tell You*, a booklet of 100 real stories about sexual harassment and gender bias, and IBM and Macintosh computer diskettes for creating customized student brochures.

- 5. Flirting or Hurting? A Teacher's Guide on Student-to-Student Sexual Harassment in Schools (Grades 6 through 12)**, Nan D. Stein and Lisa Sjostrom, Washington, DC: National Education Association, 1994. Curricula, 106 pages, \$19.95. Distributed by: Wellesley College Center for Research on Women (617-283-2510).

Classroom lessons on sexual harassment prevention that can be incorporated into Social Studies, English, Psychology, or Health Classes are presented for middle school and high school levels. Includes case studies, quizzes, definitions, legal information, articles from teen magazines, and teaching notes. An award winning video, *Flirting or Hurting: Sexual Harassment in Schools*, can be used with the curriculum.

- 6. Sex Without Consent, Volume 1: A Peer Education Training Manual for Secondary Schools**, Toby B. Simon and Cathy A. Harris, Holmes Beach, FL: Learning Publications, Inc., 1993. Manual, \$21.95. Distributed by: Learning Publications, Inc., (800-222-1525).

Background on acquaintance rape among high school students is presented along with recommended policies. The policies focus on developing peer intervention programs for treatment of victims and offenders.

- 7. Sexual Harassment: Pick and Choose Activities for Grades 7-12**, Betty M. Hubbard, Santa Cruz, CA: ETR Associates, 1996. Curricula, 136 pages, \$35.00. Distributed by: ETR Associates (800-321-4407).

Over 35 classroom activities cover the subject of sexual harassment. Seven cover definitions, 12 promote identification, 10 explore causes, and 7 practice skills learned. Each activity lists time and materials needed, background information, and step-by-step procedures. Reproducible student activity sheets are included.

- 8. Teen Dating Violence Prevention Curriculum and Workbook for Native American Girls**, Native American Women's Health Education Resource Center, 2002. Workbook, \$10. Facilitator's Guide, \$12. Native American Community Board (605-487-7072). Order online at www.nativeshop.org.

The curriculum is designed to address both dating violence and date rape. The workbook contains information and exercises that deal with self-esteem, warning signs, communication, setting and enforcing boundaries, gender stereotypes, healthy relationships, self-care, and healing. The accompanying facilitator's guide provides discussion topics and approaches to help facilitate insightful and useful discussions. Ideal for the classroom or community groups.

- 9. Gender Violence/Gender Justice: An Interdisciplinary Teaching Guide for Teachers of English, Literature, Social Studies, Psychology, Health, Peer Counseling, and Family and Consumer Sciences**, Nan Stein, and Dominic Cappello, Wellsley Center for Reseach on Women. Teaching Guide, \$25. Online catalog of resources at www.wcwoonline.org or call 781-283-2510.

Going beyond discussions of negative interpersonal interactions, the Teaching Guide makes use of selections from literature and history to include lessons on the themes of friendship, mutuality, affection, courage, and loyalty – some of the qualities we hope will replace violence and coercion in interpersonal relationships.

- 10. May I Kiss You: A Candid Look at Dating, Communication, Respect, & Sexual Awareness**, Michael J. Domitrz, Awareness Publications, 2003. Book, \$15.95. Online at www.awarenesspublications.com or call 1-800-389-9650.

Those of us working in the area of sexual violence, if we're honest, will probably admit that "consent" is a bear to deal with. Mike Domitrz, who has been speaking for over a decade about dating, communication, respect, and sexual assault awareness, offers us a way out of our struggles to teach sexual communication with his book, "May I Kiss You?" If youth ask, "What is consent?" the tendency might be to provide them with some prescriptive answers. But Domitrz recognizes the importance and value of ownership, so rather than simply telling, he moves us and the young people we work with into a questioning space.

- 11. The Teen Relationship Workbook: for professionals helping teens to develop healthy relationships and prevent domestic violence**, Kerry Moles, Wellness Reproductions & Publishing, LLC., 2001. Online at www.wellness-resources.com or call 1-800-669-9208.

Contains 68 reproducible worksheets about evaluating relationships, understanding abuse, social influences, building healthy relationships, and making good decisions. Includes chapters on sexual violence.

YOUNG ADULTS

- 12. The MVP Playbook and MVP Trainer's Guide**, Boston, MA: Northeastern University Center for the Study of Sport in Society, 1994. Curricula, 19 pages, call for pricing information. Distributed by: Northeastern University Center for the Study of Sport in Society (617-373-4025) and Speakers Exchange (718-422-1030).

The *Mentors in Violence Prevention (MVP) Project* conducts training-of-trainers programs to promote awareness of sexual violence and harassment among young men and to encourage active participation in its reduction. The curriculum contains a series of scenarios which encourage responsible decision-making. The program uses peer leaders who lead sessions with high school students, college students, youth within community-based programs, and athletes. MVP materials are available through participation in training sessions. Order Playbooks online at www.jacksonkatz.com.

- 13. Sex Without Consent, Volume 2: A Peer Education Training Manual for Colleges and Universities**, by Toby B. Simon and Cathy A. Harris, Holmes

Beach, FL: Learning Publication, Inc., 1993. Manual, \$21.95. Distributed by: Learning Publications, Inc., (800-222-1525).

This manual provides information to educators and trainers on how to effectively reach people to raise awareness about sexual violence and to educate college men and women about this epidemic. It outlines every step of the process, from recruiting students to actual workshops.

- 14. Rape 101: Sexual Assault Prevention for College Athletes**, Andrea Parrot, Nina Cummings, and Timothy Marchell, Holmes Beach, FL: Learning Publications, Inc., 1996. Curricula, \$21.95. Distributed by: Learning Publications, Inc. (800-222-1525).

A model program used with a college football team is described. Included are background articles to support program activity.

- 15. Prevention Alcohol Related Problems on Campus: Acquaintance Rape, A Guide for Program Coordinators**, Peter Finn, Newton, MA: Education Development Center Higher Education Center for Alcohol and Other Drug Prevention, 1996. Manual, 83 pages, call for pricing. Distributed by: Education Development Center for Alcohol and Other Drug Prevention (800-676-1730) and ERIC (document # ED400734) (800-443-ERIC).

This guide is for college and university program coordinators and planning committees. It explains how to establish, expand, or improve programs on prevention of acquaintance rape. Information is given for Presidents, Vice Presidents, and Deans on the relationship between acquaintance rape and alcohol, reasons for top administrators to become involved, and initial steps to take for establishing prevention programs. Prevention activities are described including peer educator programs and evaluation content and methods. The appendix lists resources.

- 16. Men and Rape: Theory, Research, and Prevention Programs in Higher Education**, Alan Berkowitz, San Francisco, CA: Jossey-Bass Publishers, 1994. Book, 91 pages, \$20. Available through CCASA.

This book offers a philosophy for effective rape prevention work, reviews relevant research and theory, evaluates resource materials, provides guidelines for clinical interventions, and introduces a model acquaintance rape prevention program for men.

- 17. Sexual Assault In Context: Teaching College Men About Gender**, Chris Kilmartin, Holmes Beach, FL: Learning Publications Inc., 2001. Book, 127 pages, \$20. Available through CCASA.

This book is intended as an aid to people who are interested in initiating or improving men's campus programming by integrating masculine gender information into their discussion and exercises.

- 18. The Men's Program: How to Successfully Lower Men's Likelihood of Raping**, John Foubert, Homes Beach, FL: Learning Publications Inc., 1998. Program Manual, 138 pages, \$21.95. Distributed by Learning Publications, Inc. (800-222-1525). Order online at www.learningpublications.com.

The manual is a how-to guide for implementing *The Men's Program*, an all-male, sexual assault, peer-education program. The manual begins with a complete description of what *The Men's Program* is and why it is effective. Subsequent chapters give step-by-step instruction for designing a program, recruiting and training students, and conducting prevention education.

- 19. Men's Work and Men's Workbooks 1, 2 & 3**, Paul Kivel, Center City, MN: Hazelden. For price and ordering information, call 1-651-213-4000 or order online at www.hazelden.org.

These workbooks provide men with some tools for eliminating inequality and violence in their lives and in society at large.

- 20. The Relationship Workbook**, Kerry Moles, Wellness Reproductions & Publishing, LLC., 2001. Online at www.wellness-resources.com or call 1-800-669-9208.

Includes 72 reproducible worksheets about evaluating relationships, understanding abuse, exploring values, building healthy relationships, and making good decisions. Includes chapters on sexual violence.

OTHER

- 21. Preventing Violence in Relationships: Interventions Across the Life Span**, Paul A. Schewe, Washington, DC, American Psychological Association, 2002. Book, \$39.95. Call 800-374-2721 or order online at www.apa.org/books/.

The goal of this book is to act as a guide for researchers, program directors, educators, clinicians, and social workers who are concerned about preventing violence in relationships at all developmental stages. The types of violence covered in the book include verbal, physical, and sexual abuse between acquaintances, dating partners, and married couples, as well as child sexual abuse and elder abuse within families. The book explores the relationships skills and attitudes that males and females need to develop at each developmental stage, from preschool to parenting.

- 22. Respect Curriculum**, East Hartford, CT: Connecticut Sexual Assault Crisis Services, Inc., 1993. Curricula, binder, 5 parts and conclusion, \$30.00. Distributed by: Connecticut Sexual Assault Crisis Services, Inc. (800-282-9881).

Created for use by sexual assault counselors addressing managers and supervisors, the *Respect Curriculum* is a three-hour training program about workplace sexual harassment. It provides definition of the problem, explanation of the implications of harassment in the workplace, and recommendation for

creating guidelines. The curriculum contains articles, handouts, case studies, references and resources.

- 23. The Undetected Rapist**, by David Lisak. Video, running time: 6 minutes, 18 seconds, \$15. National Judicial Education Program (212-925-6635). Order online at www.nowldef.org/html/njep/curric.shtml.

This video is a reenactment of an actual interview with a college student conducted by Dr. Lisak as part of his research on undetected rapists. The interviewee's remarks illustrate key characteristics of serial, acquaintance rapists and the tactics they use to carry out an assault. A great training tool to spark discussion.

Adapted from a catalog compiled by:
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Visit:
http://www.vahealth.org/civp/svp_resource_catalog.pdf
for a complete online version of the catalog compiled by the
Virginia Department of Health Center for Injury and Violence Prevention