



## Introduction to Families for Safe Dates

### Program Description

Families for Safe Dates is a program that involves all types of families, no matter the teen's experience with dating. The program helps caregivers (parents, foster parents, grandparents, or others) discuss dating and dating abuse with their teens. The program consists of six booklets that include information and activities for caregivers and teens to complete together at home.

### Program Outcomes

Families for Safe Dates was evaluated in a national, randomized trial with families throughout the country. Families for Safe Dates was found to be effective in the following ways:

For Caregivers:

- Increased knowledge of teen dating abuse
- Increased awareness in teens' vulnerability to be involved in dating abuse
- Increased awareness in the severity of teen dating abuse
- Increased comfort levels in discussing dating abuse with teens
- Increased involvement in setting dating rules and guidelines for teens
- Decreased acceptance of dating abuse

For Teens:

- Increased awareness of negative consequences regarding dating abuse
- Increased conflict resolution skills
- Decreased acceptance of dating abuse
- Decreased likelihood of being a victim of dating abuse
- Decreased likelihood of being a perpetrator of dating abuse

For Families:

- Increased communication skills between caregivers and teens
- Increased communication skills between caregivers and other caregivers

## **Program Implementation Methods**

There are two implementation methods for the Families for Safe Dates program.

### ***Method 1: Implementation by a Health Educator or Agency***

A health educator mails the Getting Started booklet and booklet 1 to the caregiver's address. The caregiver reads through Getting Started, and then completes booklet 1 with his or her teen. About two weeks after the caregiver receives these booklets, the health educator contacts the caregiver by telephone to discuss the booklet and answer any questions the caregiver may have. The same format will be followed for each booklet. Welcome Letter 1 from the CD-ROM can be sent along with the first mailing to explain this implementation method to caregivers.

### ***Method 2: Implementation by a School Using the Safe Dates Curriculum***

The educator who teaches *Safe Dates* to teens in the classroom mails (or sends home with the students) all six booklets in the Families for Safe Dates program. Welcome Letter 2 from the CD-ROM can be sent along with the booklets to give caregivers instructions on how to complete Families for Safe Dates with their teens.