



Center for the Prevention of Abuse and Violence

POWER

(POSITIVE OUTCOMES WITHIN EVERY RELATIONSHIP)

- **TARGET AUDIENCE:**
Grades 7 through 12

- **PROGRAM OBJECTIVES:**
 1. Empower students to build healthy relationships and self-esteem, while reducing dating violence among adolescents.
 2. Increase resistance to negative peer pressure and gender stereotyping.
 3. Decrease the inappropriate use of power in relationships.

- **DESCRIPTION:**
Four classroom sessions consisting of:
 1. Discussion of hallmarks of healthy dating relationships.
 2. Recognition of manipulation and exploitation in relationships.
 3. Recognition of sexual harassment and date rape in relationships.
 4. Discussion of forms of abuse and violence in relationships.
 5. Coping with violence in relationships and getting help if victimization occurs.

- **INDICATORS OF ABUSE:**
 1. Pre and post testing demonstrating increased knowledge and skills.
 2. Feedback from students, teachers and schools.

- **YEARS PROVIDED BY CASA: 18**

- **NUMBER OF SCHOOLS RECEIVING THIS SERVICE: 168**

- **AGENCIES PROVIDING THE SAME SERVICE IN THE**

VALLEY: None