Celebrating Solutions Award
Nomination Form

Legal name of organization: Travis County Domestic Violence and Sexual Assault Survival Center, d/b/a SafePlace

Year established: 1974

Program nominated for award (if different): Expect Respect School-Based Services program (Expect Respect)

Year established: 1988

Address: P.O. Box 19454

City/State/ZIP code: Austin, TX 78760

Contact person: Julia E. Spann, MSW

Title: Executive Director

Phone number: (512) 356-1556

Fax number: (512) 385-0662

E-mail address: jspann@safeplace.org

Website address: www.safeplace.org

Brief description of organization: For 34 years, SafePlace has provided a wide range of safety, healing, prevention and social change services to women, youth and men hurt by domestic and sexual violence.

Geographical area served: City of Austin and Travis County (in Texas)

Is the organization tax-exempt under IRS 501 (c) (3) guidelines or a public agency/unit of government? Yes

Please check up to five descriptors that best apply to the program you are nominating

- Shelter-based
  - Counseling
  - Heath care setting
  - Dating violence
  - School/youth violence
  - Underserved population
  - Faith-based
  - Elder abuse
  - Legal aid/assistance
  - University setting
  - Batterer treatment
- Prison-based
  - Stalking
  - Coalition/collaboration
  - Transitional housing
  - Technology/Internet service
  - Employment/training program
  - Victim relocation
  - Hotline service
  - Public awareness/education
  - Other youth leadership/education; and training
As one of the goals of the Mary Byron Foundation is to disseminate information about cutting-edge programs and best practices, we wish to post exemplary Celebrating Solutions Award nominations on our website (www.marybyronfoundation.org). Those posted will include the organization's website address, telephone number, and e-mail address. If you have concerns about this request, please address them to information@marybyronfoundation.org prior to submitting a nomination.

By my signature on this letter, I grant the Mary Byron Foundation permission to use the contents of my nomination for the Celebrating Solutions Award in the manner and for the purposes set above. I further affirm that I am fully authorized to grant such permission to the Mary Byron Foundation.

Julia E. Spann  
Executive Director  
SafePlace  
10.9.2008
Nomination by SafePlace of the Expect Respect School-Based Services program (Expect Respect) for the 2008-09 Mary Byron Foundation’s Celebrating Solutions Awards.

Program Outline
October 10, 2008

1. Describe the mission of your organization in five sentences or less.

   Mission: SafePlace exists to end sexual and domestic violence through safety, healing, prevention and social change. We work to achieve this mission through providing a wide range of services to thousands of survivors of these crimes in the City of Austin/Travis County community in Texas each year. These services, developed and expanded over our 34-year history, include: a 24-hour hotline, 105-bed emergency shelter, hospital accompaniment for rape survivors, counseling, transitional housing, and case management, among other services. SafePlace also provides outreach, education, training and prevention programs in schools and in the community at large to help people better identify, respond to and more openly address sexual and domestic violence issues.

2. Describe the most innovative aspects of the program you are nominating.

   SafePlace is nominating our Expect Respect school-based services program (Expect Respect), the only program of its type and scope in Austin/Travis County. Established in 1988, Expect Respect provides: counseling for youth hurt by domestic, sexual and dating violence; youth leadership and educational activities; and professional training to address and prevent interpersonal violence (IPV). It is recognized as an innovative and effective program for responding to and preventing IPV among school-aged youth, a high-risk population. SafePlace is continually contacted by agencies throughout the U.S. that seek to replicate Expect Respect services; and our staff provide training at state and national conferences on issues relating to IPV among youth.

   IPV among youth is alarmingly prevalent: national data shows that 1 in 5 female 9th-12th graders have experienced dating violence; and 83% of girls and 79% of boys in grades 8-11 reported they had experienced sexual harassment. In the 2006-2007 school year, of the students referred to SafePlace for Expect Respect counseling services: 68% indicated they had witnessed and/or experienced domestic violence; 32% experienced parental or caregiver abuse; 19% experienced sexual assault, abuse or harassment; 16% were in an abusive relationship; and 32% witnessed and/or experienced other forms of abuse. (These categories are not mutually exclusive). The need in the community for Expect Respect is huge; at any time, there are about 30 schools on a waiting list for program services.

   One innovative aspect of the program is SafePlace’s 20-year collaboration with the Austin Independent School District (AISD), and other partnerships with local school districts and community agencies. These collaborations have multiplied the results and benefits of the program. For example, Expect Respect staff worked closely with AISD in 2003-2005 to develop and provide training on a district-wide policy on dating violence, sexual harassment and bullying. The policy informed the passage of a law in 2007 requiring all Texas schools to address teen dating violence through policies, training, counseling for affected students, and education for students and parents.
Another innovative aspect of Expect Respect is the breadth and type of services provided. This includes individual counseling and weekly support groups at local K-12 schools for female and male students who have experienced sexual, domestic and dating violence. The weekly support groups provide youth with a place to share their experiences, give and receive supportive feedback, and learn and practice new skills for healthy relationships.

Also offered are youth leadership and educational activities, which we developed in recognition that youth leadership is key to changing social norms related to IPV and ultimately breaking multi-generational cycles of violence. Research and our experience shows that youth need to see their peers as leaders and positive role models in order to adopt new, healthy attitudes and behaviors.

These activities include the SafeTeens Youth Leadership program, an eight-hour training for middle and high school student groups on bullying, sexual harassment, sexual assault and dating violence prevention. It also teaches youth to be leaders in raising awareness about these issues among their peers. Following the training, youth in SafeTeens identify a problem related to IPV and develop a creative and unique prevention project. They serve as educators and mentors on their campuses, to effect change in the school culture. Also offered is Heroes, a four-hour leadership training for elementary students.

In 2004, SafeTeens was selected by the National Crime Prevention Council and the National Center for Victims of Crime as one of 20 programs in the nation to participate in the Youth Outreach for Victim Assistance (YOVA) Project. Austin youth in this teen leadership project developed a dating violence prevention kit for local high schools. In 2005, SafePlace was selected to serve as a YOVA Mentor site, in which SafeTeens youth and Expect Respect staff served as mentors to new organizations in the YOVA project.

In addition, the Changing Lives Youth Theatre Company (Changing Lives) is a collaboration between SafePlace, Theatre Action Project and the City of Austin. During the summer, youth are paid by the City of Austin to complete training on sexual and dating violence prevention and theater skills. The training culminates in two performances featuring original theatrical scenes, poetry and visual arts in July. In the Fall, youth create a new performance, which is then toured in the Spring. Changing Lives enables youth to creatively express their vision of healthy relationships, and further motivate their peers to discuss and take a stand against IPV.

Expect Respect also provides presentations for youth in classrooms, at youth conferences and in community-based youth groups, to educate them about healthy relationships and to increase their ability to prevent violence. Expect Respect staff provide technical assistance and training on preventing bullying, sexual harassment and dating violence to professionals and parents.

3. Describe your program's implementation. What barriers did your organization have to overcome? How did you marshal the necessary resources for implementation?

Expect Respect originated in 1988, when an AISD high school counselor requested counseling from SafePlace for female students in abusive dating relationships. The on-campus support
groups filled quickly and were praised by school staff and students, and SafePlace then expanded the program to five additional schools. Over the past 20 years, the program has expanded to include the services described above, as well as the development of curricula.

A barrier faced by Expect Respect is that youth hurt by IPV often do not seek help, due to shame, fear of retaliation from the abuser, perceived negative reactions, and feeling that no one would understand or be able to help them. To address this, the program offers training to professionals on identifying warning signs, how to talk with youth about these issues, and how to link youth to appropriate services. Expect Respect also provides education for parents, so that they are better able and more comfortable talking with their children about healthy relationships. In addition, one of the primary goals of Expect Respect is to support youth in taking a stand against abuse, as evidenced by the youth education and leadership activities described above.

An ongoing barrier faced by Expect Respect is limited resources for the comprehensive prevention services needed to meet the needs of the community. To help address this, SafePlace submits an average of 70 governmental and private grants each year for support of Expect Respect and other SafePlace programs. We also work to secure support from individuals and corporations. In addition, support for Expect Respect is garnered through the sales of curricula and provision of trainings.

4. How do you know your program works? Please cite two examples.
SafePlace has collaborated over the past 11 years on various projects with the Centers for Disease Control and Prevention (CDC), including evaluation of Expect Respect. The results of the most recent evaluation in 2008 show the effectiveness of the program. For example, over 90% of youth who participated in support groups reported increases in their personal safety, healthy relationship, conflict resolution and coping skills, and in their knowledge about the warning signs of abuse. In their words, they “learned how to make relationships work”, which is key to breaking cycles of violence.

Additionally, in 2006-2008, SafePlace was selected by the CDC to implement and evaluate the effectiveness of Choose Respect, a dating violence prevention campaign developed by the CDC, in several local middle schools. The campaign included staff and parent training, classroom lessons, projects led by a team of youth and adults at each school, videos and other materials. Evaluation results thus far have indicated that students exposed to Choose Respect showed positive and significant changes in behaviors, knowledge and beliefs, including knowing the warning signs of abuse, believing that abuse in relationships is unacceptable, and being less likely to threaten or spread rumors about a dating partner.

Further, SafePlace conducts ongoing, internal evaluation of Expect Respect, the results of which further exemplify the effectiveness of these services. For example, for Expect Respect for the six-month time period of March 1, 2008 – August 31, 2008:

• 323 youth received individual counseling and/or support group services. 93% of youth in support groups reported increasing skills for healthy relationships.
• 5,259 youth\(^1\) participated in youth leadership and/or educational activities. 89% of participating youth reported increased understanding of abusive and healthy relationships.

• 1,518 individuals received professional training. 100% of individuals trained reported an increase in knowledge of the topic presented.

5. Who are your key partners? What are their roles?
SafePlace partners with the Austin Independent School District (AISD), other local school districts, and community-based organizations in implementing Expect Respect. Schools provide space for support groups, referral of students for groups, access to students for leadership activities, and access to teachers and parents for training. We also collaborate with district-level administrators to develop curricula, training and policies, and provide consultation as needed in crisis situations involving individual students and families. SafePlace partners with local agencies such as the Boys & Girls Clubs of the Capital Area, GENAustin (which serves adolescent girls), Con Mi MADRE (a college preparatory program for Latina students), and other groups to educate youth and adults on IPV prevention.

Expect Respect staff collaborate with statewide organizations, including on the Texas Teen Dating Violence Prevention Team, established in 2004 to disseminate the National Teen Dating Violence Prevention Week in Texas. In 2008, this Team developed a toolkit and provided statewide training for schools on implementing the Week and complying with the abovementioned law requiring Texas schools to address teen dating violence. The Team includes the Governor's Commission for Women, Texas Advocacy Project, Texas Council on Family Violence (TCFV), Texas Association Against Sexual Assault and the Texas Education Agency. SafePlace is also partnering with TCFV to provide training across Texas to law enforcement, health care, victim services professionals and others involved in responding to and preventing domestic violence.

As noted above, SafePlace partners with the Centers for Disease Control and Prevention (CDC). From 1997-2000, SafePlace worked with the CDC and The University of Texas to evaluate the impact of a bullying and sexual harassment prevention program in elementary schools. In 2003, Expect Respect was selected as one of four programs to participate in a CDC national evaluation project, and SafePlace received technical assistance on program evaluation. As described above, from 2006-2008, SafePlace implemented and evaluated Choose Respect, a dating violence prevention campaign developed by the CDC. Also in 2008, SafePlace partnered with the CDC to develop a program manual and training materials (described below), to help other organizations replicate Expect Respect in their communities.

6. Could/should your program be replicated in other areas of the country? Why?
In 2008, SafePlace released the Expect Respect Program Manual, which is designed to guide other organizations in replicating three components of Expect Respect: support groups; youth

\(^1\) This may be a duplicated count, as youth may receive/participate in more than one type of service.
leadership activities; and school-wide prevention strategies. A copy was requested by the U.S. Department of Justice for their resource library; and the National Coalition Against Domestic Violence sent out a brochure on the Manual to over 5,000 domestic violence agencies. The Manual has garnered over $17,000 from sales and training fees.

In addition, earlier this year, SafePlace was one of more than 500 agencies that submitted a grant proposal to the Robert Wood Johnson Foundation (RWJF), for their Building Healthy Teen Relationships initiative. We requested support for the Northeast Austin Teen Relationships Project, an expansion of the Expect Respect program which involves AISD and other partners. The Project targets 3,200 students, most of whom are youth of color, in four middle schools in an area with high rates of poverty and violence.

Youth consultants and community stakeholders will be involved in the Project, which will encompass: prevention curricula in schools; dating violence prevention in after-school programs; protocols and materials for health care professionals; youth leadership and educational activities; and a youth-led media campaign. The goal is to reduce dating and sexual violence in Northeast Austin, and develop a model that can be expanded to other communities. SafePlace has been selected as one of 12 finalists for the RWJF grant, and we will be informed by December 2008 if we have been selected as a grantee.

Expect Respect is locally and nationally recognized as a highly innovative and effective program. It was shown as a model school-based program in a 2005 CNN story on teenage dating violence, and has been featured on the Oprah Winfrey Show, Good Morning America, Parade Magazine, ABC News and National Public Radio, among other media. In 2006, Expect Respect received the statewide Innovative Program of the Year Award from the Texas Association Against Sexual Assault.

The program was also featured in a training video produced by the National Center for Victims of Crime, to help law enforcement officers, school personnel and other service providers effectively serve youth victims of crime. In 2002, the National Resource Center on Domestic Violence designated Expect Respect as a promising practice, and commissioned a replication manual that was published and distributed across the nation.

The services offered through Expect Respect have been shown to have significant and positive benefits for youth and adults. Through this program, we aim to have a lasting impact which will reduce the prevalence of domestic and sexual violence, and raise expectations throughout the community for safe and healthy relationships. By empowering youth, we are preparing the next generation of leaders to expect respect, and settle for nothing less. Expect Respect is an exemplary program that demonstrates promise in breaking the cycle of domestic violence. Thank you for your consideration of this nomination.
June 18, 2009

Marcia Roth
Executive Director
Mary Byron Project
10401 Linn Station Road
Louisville, KY 40223-3842

Dear Ms. Roth:

SafePlace was delighted to learn that our nomination of our Expect Respect School-Based Services program (Expect Respect) had been selected to advance to the next round of judging for the Mary Byron Project's 2009 Celebrating Solutions Award. Per your correspondence dated May 29, 2009, enclosed please find the following:

- Letters of support, from the following three entities:
  - Austin Independent School District (partnering/collaborative organization)
  - Texas Council on Family Violence (victims' organization)
  - Michael & Susan Dell Foundation (funding source)

- The 501(c)(3) letter from the Internal Revenue Service for our organization. Please note that our legal name is: Travis County Domestic Violence and Sexual Assault Survival Center, and our d/b/a is SafePlace.

- 2008 Budget for the Expect Respect program

- Responses to questions

- A copy of the Expect Respect Program Manual/curriculum and brochure

Thank you so much for your continued consideration of the Expect Respect program for the 2009 Celebrating Solutions Award. If you have any questions, please contact Barri Rosenbluth, School-Based Services Director, at 512-356-1628, or by e-mail at brosenbluth@safeplace.org.

Sincerely,

[Signature]
Julia E. Spann, MSW
Executive Director

Enclosures
June 5, 2009

Mary Byron Project
Celebrating Solutions Award

I am pleased to support SafePlace’s nomination of the Expect Respect Program for a 2009 Mary Byron Project’s Celebrating Solutions Award. The Austin Independent School District (AISD) is committed to providing a positive learning environment for all students that enhances personal safety and promotes respect, dignity and equality among students. As a valued community partner for over 20 years, SafePlace helps us achieve this goal every day.

AISD is a large, urban school district that serves a culturally diverse population. We rely on SafePlace to help us meet the needs of our students and families. In fact, the Expect Respect Program began in 1989 in response to a need at one of our high schools and continues to serve thousands of students each year through support groups and educational programs. These services are effective and well-received by our students, parents and school personnel.

In 2004 AISD established a district-wide policy concerning dating violence, sexual harassment and bullying with assistance from SafePlace. In 2007 the AISD school policy helped inform HB 121, a law requiring all school districts in Texas to address teen dating violence. The Texas law addresses safety planning, enforcement of protective orders, school-based alternatives to protective orders, training for teachers and administrators, counseling for affected students, and awareness education for students and parents. It is through our partnership with SafePlace that we are able to implement this comprehensive approach to dating violence prevention in our district.

SafePlace and AISD collaborate on a number of current grant initiatives. As a funded partner under AISD’s Safe Schools Healthy Students initiative SafePlace works to reduce and prevent dating and sexual violence by working with young men in 14 middle schools. AISD is a primary partner in SafePlace’s Start Strong: Building Healthy Teen Relationships initiative funded by the Robert Wood Johnson Foundation. Through Start Strong AISD will implement prevention curriculum in middle schools and engage school personnel and parents in teaching, modeling and supporting healthy relationships.
On behalf of AISD I fully support the nomination of the Expect Respect Program for a 2009 Mary Byron Project's Celebrating Solutions Award. Expect Respect is a model that can and should be replicated in other communities in order to stop and prevent teen dating violence, a tragedy that affects individual families and our entire nation.

Sincerely,

Pascal D. Forgione, Jr., Ph.D.,
Superintendent

6/5/09
June 9, 2009

Dear Sirs and Madams:

It is with great honor to write a letter in support of SafePlace's nomination of the Expect Respect Program for the 2009 Mary Byron Project's Celebrating Solutions Award. As a previous honoree, The Texas Council on Family Violence appreciates the Mary Byron Project for recognizing promising domestic violence prevention programs through this award.

The Texas Council on Family Violence is the statewide coalition against domestic violence. Our mission is to promote safe and healthy relationships by supporting service providers, facilitating strategic prevention efforts, and creating opportunities for freedom from domestic violence. TCFV is one of the largest and longest-established coalitions against domestic violence in the nation, with over 700 members, including member programs serving survivors of domestic and dating violence across the state. We are also home to the National Domestic Violence Hotline and lovesrespect.org, the National Teen Dating Abuse Helpline.

We strongly support SafePlace's efforts to prevent dating and sexual violence among youth through its Expect Respect Program. Our research shows that 75% of young people in Texas have either experienced dating violence or personally know someone who has. Half of young Texans ages 16-24 have themselves experienced abuse in dating relationships. The prevalence of this problem is staggering, and its consequences can be fatal.

The Expect Respect Program has a strong reputation for providing quality services and professional training in Austin and surrounding areas. We collaborate with the Expect Respect Team on multiple projects including a statewide initiative to prevent dating violence among runaway and homeless youth. We partner on the Texas Teen Dating Violence Prevention Team, a coalition of local and state organizations working to promote policy, education and support services for youth in schools and communities throughout Texas. We also consult with members of the Expect Respect team in developing educational materials to help other communities in Texas engage boys and men and other community members in dating and sexual violence prevention.

On behalf of the Texas Council on Family Violence, I strongly support the nomination of the Expect Respect Program for this distinguished award.

Sincerely,

Gloria Aguilera Terry
President, Texas Council on Family Violence
512-794-1133
gterry@tcfv.org
June 8, 2009

Marcia Roth  
Executive Director  
The Mary Byron Project  
10401 Linn Station Road  
Louisville, KY 40223-3842

Dear Ms. Roth:

The Michael & Susan Dell Foundation is pleased to submit the following letter of support for SafePlace's nomination of its Expect Respect program for a 2009 Mary Byron Project's Celebrating Solutions Award. The Michael & Susan Dell Foundation is dedicated to improving the lives of children living in urban poverty around the world. Our vision is to focus on opportunities with the greatest potential to directly and measurably transform the lives of children living in urban poverty.

Over the past several years, the Dell family foundation has provided grant funding to Expect Respect and other SafePlace programs. It has been invigorating to see not only the success of Expect Respect in meeting its annual goals, but also the development of its youth leadership and educational services. We recognize the importance of involving youth as role models and leaders in interpersonal violence (IPV) prevention. Through Expect Respect, thousands of youth each year are learning about healthy relationships and how they can take a stand against IPV. The program as a whole offers a model that we hope others will seek to emulate and replicate in their communities, further impacting the lives of countless youth.

We were also pleased that SafePlace received a national grant from the Robert Wood Johnson Foundation last year for a collaborative Expect Respect project that will implement school and community-based strategies for promoting healthy teen relationships in Austin. The foundation looks forward to what this project will achieve in our community. We are proud to support Expect Respect in its work to address IPV and engage youth in creating healthy futures free of violence, in which all may lead and grow. Thank you, and if you have any questions, please contact me at 512-329-0799 or nichole.aston@msdf.org. Please note that our address is PO Box 163867, Austin, TX 78716.

Sincerely,

Nichole Aston  
Central Texas Programs
In reply refer to: 0248322289
May 15, 2008 LTR 4168C E0
74-1977853 000000 00 000
0016033
BODC: TE

TRAVIS COUNTY DOMESTIC VIOLENCE AND
SEXUAL ASSAULT SURVIVAL CENTER
PO BOX 19454
AUSTIN TX 78760-945491

Employer Identification Number: 74-1977853
Person to Contact: Ms. Jackson
Toll Free Telephone Number: 1-877-829-5500

Dear Taxpayer:

This is in response to your request of May 06, 2008, regarding your tax-exempt status.

Our records indicate that a determination letter was issued in August 1978, that recognized you as exempt from Federal income tax, and discloses that you are currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records also indicate you are not a private foundation within the meaning of section 509(a) of the Code because you are described in section(s) 509(a)(1) and 170(b)(1)(A)(vi).

Donors may deduct contributions to you as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to you or for your use are deductible for Federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely yours,

Michele M. Sullivan, Oper. Mgr.
Accounts Management Operations I
### 2008 Expect Respect Budget Actuals

#### Expenditures

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<sup>1</sup> Includes expenditures and revenues generated from the provision of professional training, technical assistance and consultation, sales of curricula and other materials.

2009 Celebrating Solutions Award applicant: SafePlace
4a) What is the approximate number of individuals served annually by the nominee?
In 2008, the Expect Respect program provided individual counseling and support groups for 746 youth at 48 Austin Independent School District schools; youth leadership and educational activities for 8,490 youth; and training/technical assistance for 2,508 teachers, parents and other adults. We anticipate serving an increased number of youth and adults in 2009.

4b) Are there past awards, accolades, and grants furnished upon the nominee that would further exemplify its success in combating domestic violence?
Expect Respect has received numerous honors and recognitions of its efforts to address and prevent domestic violence, among which are the following:

Robert Wood Johnson Foundation: SafePlace was selected in 2008 as one of 11 sites nationally (from more than 500 applicants) to participate in Start Strong, the largest-ever grant initiative for the primary prevention of dating and sexual violence. In collaboration with community partners, SafePlace will: engage youth in school and out-of-school settings; engage parents, teachers, nurses and older youth mentors; establish environments and policies that support healthy relationships in youth-serving institutions; and use innovative media strategies to change social norms.

Choose Respect Initiative. From 2004-2008, Expect Respect was selected by the Centers for Disease Control and Prevention (CDC) to contribute to the development, implementation and evaluation of Choose Respect, a national dating violence prevention initiative for middle school youth. SafePlace has also received funding, training, and technical assistance from the CDC through several different initiatives over the past 11 years to further develop and evaluate the Expect Respect program.

The National Teen Dating Violence Prevention Initiative of the U.S. Department of Health and Human Services and the American Bar Association (ABA): An Expect Respect Counselor and a youth participant presented at the National Teen Dating Violence Prevention Summit in 2005, and took leadership roles in creating the ABA dating violence prevention toolkit. This initiative successfully established the first-ever National Teen Dating Violence Awareness and Prevention Week, designated by the U.S. Congress beginning in 2006.

The Central Texas Counselors Association awarded SafePlace its Mental Health Provider of the Year award for the Expect Respect program in 2007.

National Center for Victims of Crime (NCVC): NCVC selected SafePlace as a mentor site for its national Youth Outreach to Victims of Crime project. In addition, Expect Respect was featured as a model program in Because Things Happen Every Day (2005), a training video produced by NCVC and funded by the U.S. Department of Justice. This video was developed to promote community partnerships throughout the U.S. for responding to teen victims of crime.
**National Resource Center on Domestic Violence:** Expect Respect was designated as a promising practice by the National Resource Center on Domestic Violence in 2002, and produced a nationally-disseminated replication manual entitled *Expect Respect: A School-Based Program Promoting Safe and Healthy Relationships for Youth.*

**National Network of Violence Prevention Practitioners (NNVPP):** In 1992, Expect Respect was selected as one of 22 violence prevention programs in the U.S. to be part of NNVPP, led by researchers at the Harvard School of Public Health and Prevention Institute. Expect Respect was featured as a model program in one of the project's training broadcasts.

In addition, Expect Respect was shown as a model school-based program in a 2005 CNN story on teenage dating violence; and has been featured on the Oprah Winfrey Show, Good Morning America, ABC News and National Public Radio, among other media.

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4c) *If funding were not an issue, what (if any) changes or additions would you make to your program in the future?*

Children in grades K-5 who have been hurt or exposed to domestic violence need supportive adults at school. These children, particularly those who are not served by domestic violence shelters, are extremely vulnerable because of their limited access to counseling and other services. Their safety often depends on the capacity of school personnel to recognize and respond to their needs.

Elementary schools comprise the majority of schools on the Expect Respect waiting list, yet we are very limited in our ability to serve them due to funding constraints. In 2008-2009, we were able to serve only two out of 81 elementary schools in the Austin Independent School District, the largest school district in Travis County.

With additional funds for Expect Respect, we would provide the following services in elementary schools: school-based counseling and support groups; outreach to parents, in collaboration with district Parent Support Specialist staff and Parent-Teacher Associations (PTAs); training for school personnel; and leadership/educational programs for students in classrooms and after-school settings.

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1. *Have you done any tracking of the long term learning of participants? For example, do you ever survey participants a month or two after the program comes to their school? If so, what are the results?*

Program evaluation is an integral part of the Expect Respect program. Qualitative and quantitative methods have been used to evaluate each program component. In 2010, the CDC will conduct a randomized controlled study of Expect Respect support groups. This evaluation will include control groups and follow-up surveys to assess for long-term effects, including reductions in victimization and perpetration.

A 2008 evaluation report on Expect Respect is provided below.
A school-based program for preventing teen dating violence and promoting safe and healthy relationships

Program Evaluation Highlights, October 2008

Expect Respect engages youth and adults in middle and high schools in creating a respectful environment, changing social norms about dating relationships and building relationship skills. Expect Respect has been serving Austin-area schools since 1988.
I. Expect Respect Support Groups
Participants in Expect Respect support groups are youth who have experienced violence in their homes or dating relationships. At intake, 68% of youth disclose domestic violence, 32% disclose child abuse, 20% disclose sexual violence and 15% disclose problems in peer and dating relationships. Boys and girls meet in separate-gender groups for 24 sessions during the school day. SafePlace provides approximately 28 support groups in middle and high schools each year.

Qualitative evaluation 2004 - 2005

Figure 1: Results of interviews with participants in 5 boys’ and 5 girls’ groups. Overview of response categories and number of responses in each category.

Participants from 5 boys’ and 5 girls’ groups described their important learning experiences in group interviews. They reported changes in attitudes and beliefs, knowledge, self-awareness and, most importantly, in skills for healthy relationships. In their words, they “learned how to make relationships work.”

- It basically taught me to recognize girls’ feelings and express my feelings more to females. (boy)
- It helps you to communicate, to get your point across instead of yelling or shouting or doing any kind of verbal or physical abuse. (boy)
- It gave me the courage to stand up for myself. (girl)

Positive relationships with the support group facilitator and other group members were essential for the success of the group. Participants said that the groups provided an emotionally safe and supportive environment, and established norms for healthy and respectful relationships.¹

Quantitative evaluation 2007 – 2008

Based on the results of our qualitative evaluation, we designed pre- and post-tests to measure behavioral outcomes. We assessed participants’ use of healthy conflict resolution skills; measured emotional abuse perpetration and victimization; and included two items each for physical and sexual violence perpetration and victimization. Two mediating factors were assessed: participants' insecurity in relationships and likelihood to control a partner, and their ability to identify abusive behaviors.

Matching pre- and post-tests were collected from 144 participants (54% boys and 46% girls).

The preliminary results suggest that Expect Respect support groups have immediate positive effects:

- All participants reported significant increases in healthy conflict resolution skills involving their dating partners or close friends.

- Other outcomes differed by gender and by perpetration/victimization status at pre-test.
  - Girls demonstrated a significant decrease of insecurity and controlling behaviors in relationships, and a significant increase in their ability to identify abusive behaviors at post-test. Boys evidenced no significant changes on these measures.
  - Youth who reported perpetration of physical and/or sexual violence or victimization in the three months prior to the intervention were considered to be at high risk for further perpetration or victimization. Among these boys and girls we found significant decreases in emotional abuse perpetration, emotional abuse victimization, and physical/sexual violence perpetration at post-test.

Student Feedback 2007-2008

Table 1: Results for student feedback questions:

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<table>
<thead>
<tr>
<th>How much did support groups help you to:</th>
<th>Percentages (N=144)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not at all</td>
</tr>
<tr>
<td>communicate your thoughts and feelings?</td>
<td>5.6</td>
</tr>
<tr>
<td>increase your personal safety?</td>
<td>5.6</td>
</tr>
<tr>
<td>learn different ways of coping with problems?</td>
<td>5.6</td>
</tr>
<tr>
<td>feel supported?</td>
<td>4.2</td>
</tr>
<tr>
<td>stand up for yourself?</td>
<td>2.8</td>
</tr>
<tr>
<td>increase your understanding of abusive and respectful relationships?</td>
<td>5.6</td>
</tr>
<tr>
<td>increase your skills for healthy relationships?</td>
<td>4.9</td>
</tr>
<tr>
<td>know how to help a friend in an abusive relationship?</td>
<td>5.6</td>
</tr>
<tr>
<td>speak up when you see abusive or harassing behavior?</td>
<td>4.2</td>
</tr>
<tr>
<td>seek help when you have problems in your relationships?</td>
<td>4.2</td>
</tr>
</tbody>
</table>

**II. Youth Leadership**

Youth leadership and educational programs train youth in interpersonal violence prevention and how to raise awareness about bullying, dating violence, sexual harassment and sexual violence. These programs include the SafeTeens leadership training for middle and high school students, the Heroes leadership training for elementary school students, and the Changing Lives Youth Theatre Company for high school students. Changing Lives participants create and provide interactive performances on these topics in school and community settings.

In 2007-2008, 5,259 youth participated in youth leadership and educational programs. This represents a duplicated count, as most youth participated in multiple sessions.

At the end of the activities, youth completed a feedback form. Of youth who participated: 89% reported increased understanding of abusive and healthy relationships; 88% reported increased knowledge of how to help themselves and others; and 82% reported increase in their willingness to help others.

**III. School-wide Prevention**

SafePlace was selected to implement and evaluate the effectiveness of Choose Respect in local middle schools during the 2007-2008 school year. Choose Respect is a primary prevention initiative for dating abuse developed by the Centers for Disease
Control and Prevention. The implementation plan included faculty training, teacher-led classroom lessons, parent seminars, display of materials throughout campuses, screening of videos and public service announcements, and projects and activities initiated by a team of youth and adults on each campus. Faculty and students completed pre- and post-tests, which were analyzed to determine changes on selected scales.

Preliminary findings\(^3\) revealed that students who had been exposed to the initiative showed positive and significant changes in knowledge and beliefs, and in behavioral intentions. After participating in Choose Respect activities:

- There was a decrease in the number of students who felt a healthy relationship is one where a dating partner wants to know where they are every minute, or gets jealous when they talk to other people.
- Students were better able to identify the warning signs of abuse, such as hanging out only with a dating partner, or disengaging from activities they previously enjoyed.
- Students showed stronger beliefs that abuse in relationships is unacceptable.
- Students were less likely to believe jealousy is a good way to show you care; or that violence between couples is personal, and other people should mind their own business.
- Students reported that they were less likely to spread rumors about or threaten to hurt a dating partner.

2. What are the specifics of your program that you feel make it successful?
We believe the Expect Respect program is successful because it is meeting a huge, ongoing need in our community. The program began in response to a request from a local school counselor for help with a young woman in an abusive relationship, and has evolved over the past 21 years to meet the growing and changing needs of Austin youth. The logic model in the evaluation report above describes each program component and the strategies used to engage different members of the school community.

Support groups serve the most vulnerable youth, those involved in or exposed to domestic violence, because groups are most effective in building social support among youth. Youth leadership training is used to engage groups of youth to become role models and peer educators, thereby changing social norms on campus. School-wide prevention strategies include school policies and universal prevention education for students, parents and school personnel. Expect Respect recognizes that all members of the school community have an important role in teaching, modeling and supporting healthy relationships.

In addition, we believe that Expect Respect is successful because our staff, clients and community partners share a common goal: increasing healthy relationships among youth. We are united in our belief that youth want healthy relationships and can achieve them, and we believe in their power to make domestic, dating and sexual violence unacceptable for all.

3. A copy of the Expect Respect Program Manual/curriculum and brochure are enclosed.