

expectrespect®

A Program of **SAFE**

Promoting healthy relationships and preventing violence and abuse through innovative, research-based programming in schools and the community

Expect Respect works at the forefront of prevention and intervention to break the cycle of abuse in children's lives and prevent violence from happening in the first place. The program supports youth who have already been exposed to violence and engages youth as leaders in creating safer schools and communities.

We do this through:

- School based support groups and counseling
- Educational theatre programs
- Youth leadership programs
- Consultation and training

SAFE | stop abuse for everyone



Breaking the Cycle of Violence

Safe and supportive relationships are key to good health, well-being and school success. Unfortunately 60% of children experience some form of violence each year and nearly half report more than one incident. Studies show that exposure to violence can negatively affect a young person's physical and mental health, relationships and academic performance and increase their risk for future victimization and perpetration.

Twenty-one percent of female and 10% of male high school students experience physical or sexual violence from a dating partner. Survivors have higher rates of unintended pregnancy, sexually transmitted infections, eating disorders, substance abuse and suicidal thoughts and behaviors. Dating violence is prevalent and can be lethal, particularly for girls and women.

School-based Support Groups and Counseling

Support groups provide a safe environment to develop authentic and respectful relationships. Students participate in weekly curriculum-based sessions where they learn and practice assertive communication skills, identify qualities of healthy relationships, challenge unhealthy gender norms, and experience a sense of belonging and connection.

In secondary schools Expect Respect Counselors provide 24-weekly sessions. In elementary schools the curriculum consists of 14 sessions. Individual counseling and advocacy are also provided to help keep children safe, healthy and in school. All services are free, confidential and provided at school during the school day.



Young People Taking the Lead

Expect Respect educates and empowers youth to become active bystanders, allies and peer educators through educational theatre and youth leadership training.

In partnership with local arts organizations Expect Respect engages youth in creating and performing original theatre on teen issues including dating, consent, sexual harassment, and cyber-bullying. Performances are provided by request and free of charge.

The Changing Lives Youth Theatre Ensemble (in collaboration with Creative Action)

- High school students write, rehearse and tour an original production each year for middle school students
- Productions are designed for groups of approximately 200
- Themes teach healthy relationship behaviors and encourage teens to take a stand against discrimination, violence and abuse
- 1-hour show includes 15-minute post show dialogue

Where's Your Line?

- This Theatre for Dialogue program provides interactive performances by college-level educators for high school students
- Performances are designed for groups of approximately 50 students
- Program addresses healthy/unhealthy relationship behaviors, personal boundaries, and how to be a supportive friend or ally
- 75 min. interactive performance includes dialogue throughout

School-based Leadership Training

- Experiential classroom sessions on issues including bullying, cyberbullying, sexual harassment, dating abuse and healthy relationships
- Provided by request in classrooms, clubs, and other youth settings
- Development of youth-led campaigns, peer education and multi-media projects
- Training for teachers and other important adults in children's lives

Summer Youth Leadership Academy

- 5-week, paid part time employment at SAFE and partner sites
- Job readiness training and work experience for youth ages 14-18
- Advanced registration required through Austin/Travis County's Work-based Learning/ Summer Youth Employment Program

Prevention Works

Expect Respect is recognized by the U.S. Centers for Disease Control and Prevention, U.S. Department of Justice, the National Center for Victims of Crime, the National Resource Center on Domestic Violence, the National Sexual Violence Resource Center and other experts in the field. Results of a program evaluation safeaustin.org/expectrespect, published in 2017, demonstrate that Expect Respect Support Groups are an effective strategy to reduce peer aggression and dating abuse among students who have been exposed to violence. Expect Respect has the potential to decrease the negative health and educational outcomes associated with aggression in peer and dating relationships.



Bringing Expect Respect to You

Expect Respect Program Manual

- Includes curricula and materials to implement the comprehensive program

Consultation and Training

- Support for creating safer schools and youth settings through policy development, technical assistance and training. Contact us to discuss options.

Expect Respect Program Training

- Customized to meet your needs and provided in your location (6 hours)
- Pre and post training technical assistance

Contact Us for services, program manual, trainings and more information at expectrespect@safeaustin.org or **(512) 356-1628**.

Learn more at safeaustin.org/expectrespect.

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Confidential, 24-hour SAFeline

Call: **512.267.SAFE (7233)**, Text: **737.888.7233**, Chat: safeaustin.org/chat

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