

Moms and Teens for Safe Dates Study



UNC
GILLINGS SCHOOL OF
GLOBAL PUBLIC HEALTH

The program is designed to prevent

- ▶ Psychological
- ▶ Physical
- ▶ Sexual Dating Abuse Victimization and Perpetration

- ▶ Among teens who have been exposed to domestic violence

**Moms and Teens for Safe Dates is
focused on**

PRIMARY PREVENTION

Why target adolescents exposed to DV and their mothers?

- ▶ Many studies have found associations between witnessing domestic violence as a child and perpetrating domestic violence as an adult^{1,2,3}

This program is designed for

- ▶ Mothers who have experienced domestic violence and are living apart from the abuser
- ▶ 12–15 year old teens who had some exposure to their mom's abuse
- ▶ Boys and girls

Moms and Teens for Safe Dates includes:

- ▶ 5 booklets mailed to mothers – one every two weeks
- ▶ Booklets include dating abuse prevention information and interactive activities for the mother and teen to do together

Moms and Teens for Safe Dates drew from:

- ▶ Safe Dates
- ▶ Families for Safe Dates
- ▶ 2 years of pilot testing

Moms and Teens for Safe Dates was intentionally designed to:

- ▶ Be inexpensive to deliver
- ▶ Be convenient for busy families
- ▶ Not place high demands on families in terms of time, travel and money
- ▶ Not require professionally trained staff to administer it

Why not school-based?

- ▶ The vast majority of adolescent dating abuse prevention programs are school-based^{5,6-10,11-13}
- ▶ Staff at DV and SV agencies often report difficulties with gaining access to schools
- ▶ Schools are often reluctant to provide time to DV/SV agencies
- ▶ Time provided is typically insufficient time to impact complex behaviors

Why family-based?

- ▶ Families have a significant impact on adolescent dating violence
- ▶ Programs that focus on family change may have long-term effectiveness
- ▶ The family is the primary context in which adolescents get their information and sense of values, despite peer influence
- ▶ Family -based programs have been found effective in preventing and reducing other forms of youth violence¹⁴⁻²¹

The study to evaluate the effectiveness of Moms and Teens for Safe Dates in preventing teen dating violence:

- ▶ Is being funded by the CDC
- ▶ Will involve 560 mothers and their 12–15 year old teens
- ▶ Recruited from across North Carolina and the US
- ▶ Mothers and teens can receive between \$120–\$195 in incentives

NCCADV's role

- ▶ Collaborate with UNC researchers to recruit eligible families for the study

- ▶ If Moms and Teens for Safe Dates is found to be effective, NCCADV will:
 - Raise awareness
 - Facilitate distribution of the program
 - Train local providers on how to deliver the program

Participants eligible for the study

- ▶ English-speaking mothers who have experienced domestic violence and are living apart from the abuser, and who have a 12–15 year old teens

How families participate

- 1) Interested women call a toll free number beginning in early 2011
- 2) Eligible moms and teens complete a telephone baseline interview
- 3) 280 families are randomly assigned to receive the booklets as part of the study
- 4) 280 families will not receive the booklets as part of the study
- 5) Families that receive booklets as part of the study will receive one booklet every two weeks
- 6) All 560 families (moms and teens) complete a follow-up telephone interview 3 and 6 months after program completion

Study incentives

- ▶ For 280 participants who receive booklets as part of the study
 - Moms and teens receive \$60 each for completing the three interviews (baseline, 3 and 6 month follow-up)
 - Teens will receive a \$15 Visa gift card for each of the 5 booklets completed (up to \$75)
- ▶ For 280 participants who don't receive booklets as part of the study
 - Moms and teens receive \$60 each for completing the three interviews (baseline, 3 and 6 month follow-up)

How you can get involved

- ▶ NCCADV will be asking DV service providers, state coalitions and allied professionals to spread the word about the study to eligible participants
- ▶ In early 2011, NCCCADV will be sending informational flyers and handouts to your coalitions that include the toll free number for women to call and enroll

**For more information please
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