Moms and Teens for Safe Dates Study
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\textsuperscript{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 violence.\textsuperscript{14-21}
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 contact:

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References

References cont.


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