

Building Foundations: Educational Resources for Healthy Relationships



Empowering Every Student for Respectful, Safe Relationships

In the United States, **domestic violence, dating violence, and healthy relationship education** in schools vary significantly across states and districts. Programs can depend on state mandates, school district priorities, and community resources. Here are key points:

- **State and Local Decision-Making:** State and local departments largely govern U.S. education, meaning programs on violence prevention and healthy relationships are optional or mandated by state-specific laws.
- **Mandated vs. Optional Programs:** Some states, like Texas, Virginia, and Rhode Island, mandate these topics, but many schools implement programs like Second Step or Safe Dates at their discretion based on community needs, staff support, and available funding.
- **Nonprofit and Community Partnerships:** Many schools partner with nonprofits and health departments for resources and training, helping implement programs that might otherwise be unavailable.
- **Funding and Resources:** Schools often rely on grants, federal funds, or community support to adopt and maintain these programs.
- **Teacher and Staff Involvement:** A dedicated staff, particularly trained educators, is essential. A certified teacher who understands the program can help provide more comfortable, supportive instruction.
- **Curriculum Balance:** Adding new programs may require adjusting other curriculum content to prevent overload and maintain a balanced educational approach.
- **Inconsistent Standards Across Schools:** While many schools incorporate social- emotional learning or violence prevention, there's no consistent standard, and the quality varies by district. Advocacy efforts continue to push for nationwide standards, though progress remains uneven.

*–Rebekah's Legacy –
Inspiring Safer Futures Through Education and Advocacy*



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A brief selection of educational programs to help schools and communities teach critical issues like domestic violence and healthy relationships

Elementary School Programs

These programs help young children develop foundational skills like emotional intelligence, empathy, and conflict resolution, which prepare them for more detailed programs in later grades.

Second Step

secondstep.org

Social-emotional learning curriculum covering empathy, emotion management, and problem-solving.

The Committee for Children

cfchildren.org

Offers the Second Step program and the Child Protection Unit, focusing on personal safety and understanding boundaries.

Steps to Respect

crimesolutions.ojp.gov

Aims at helping upper elementary students recognize, refuse, and report bullying.

Kidpower

kidpower.org

Safety and self-defense education for children, teaching boundaries, communication, and how to seek help.

Friendship and Character Education Programs

charactercounts.org

Focuses on friendship skills, respect, empathy, and kindness, creating a foundation for understanding healthy relationships.

Emerging Relationships

dibbleinstitute.org

Designed for ages 10-12, aligns with national standards for health education, and teaches relationship skills for adolescents.



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Middle and High School Programs

These programs provide more specific guidance on healthy relationships, dating violence prevention, and how to recognize and handle abuse.

Loveisrespect

loveisrespect.org

Provides resources, quizzes, and chat services for young people to understand healthy relationships and recognize abuse.

Start Strong

futureswithoutviolence.org

Aims to promote healthy relationships in middle school and prevent dating violence early on.

Safe Dates

crimesolutions.ojp.gov

Evidence-based program for middle and high school students that includes role-playing and interactive activities.

Break the Cycle

breakthecycle.org

Offers workshops, classroom presentations, and resources on recognizing abusive relationship dynamics and seeking help.

One Love Foundation

joinonelove.org

Created the "Escalation Workshop," a film-based program for high school and college students about the warning signs of abuse.

Teen Dating Violence Prevention Program (TDVPP)

ojp.gov

Widely implemented in schools, this program educates students on the signs of dating violence and healthy relationships.



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Middle and High School Programs - Page 2

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Expect Respect

safeaustin.org

Works in schools to promote safe relationships through education and support groups, with training for educators and parents.

Dating Matters

cdc.gov

A CDC-developed teen dating violence prevention model for ages 11-14, including training and resources for educators.

Choose Respect

vetoviolence.cdc.gov

A national initiative that promotes healthy relationships and offers educational materials and community activities.

The Dibble Institute

dibbleinstitute.org

Provides relationship skills programs focused on dating violence prevention for teens and young adults.

Relationship Smarts

dibbleinstitute.org

A 13-lesson curriculum teaching young teens about relationship skills.

Safe Place - Expect Respect

ncdsv.org

A program engaging middle and high school students in preventing dating violence and promoting healthy relationships.